



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20240814

Kidney (Hindustan Times :20240814)

<https://www.hindustantimes.com/lifestyle/health/can-a-person-survive-with-one-kidney-urologist-answers-101723567831827.html>

Can a person survive with one kidney? Urologist answers

Kidney is a crucial organ that helps in removing toxins from the blood. It helps in producing urine and controlling the blood pressure. It helps in balancing salts and electrolytes in the body and assisting formation of red blood cells. But can a person survive with one kidney? In an interview with HT lifestyle, Dr Vikas Agarwal, director and HOD-Robotic Urology, Kidney Transplant, Uro Oncology, Aakash Healthcare, New Delhi, said, “Of all the organs, the demand for kidney donation is the highest. A living donor can donate one kidney to someone and function well for the rest of their lives. A person can live a normal healthy life with a single kidney. Normally, while some prefer to donate their organs like a kidney after death, however, you can do so while one is alive.”

What is a living kidney transplant?

Living kidney transplant is one where one of the kidneys is removed from a healthy donor and transplanted into the recipient. Most people living with one kidney - whether by birth or after undergoing a kidney transplant - are able to live long and healthy lives.

Factors to take into consideration:

“The only factor which really matters is if the patient is having diabetes or hypertension, or he or she is taking any painkiller or any other toxic injury to the kidney that can damage his or her kidney which can impair their life. Otherwise, a person can do whatever he can do with the single kidney or with both the kidney and there is no difference in the life and the survival of the patient. However, it is important to follow a healthy lifestyle and undergo regular medical checkups to monitor kidney health,” explained Dr Vikas Agarwal. The Urologist further urged people to take part in kidney donations, as kidney transplants can save about 150,000 people in India.

Pregnancy (Hindustan Times :20240814)

<https://www.hindustantimes.com/lifestyle/health/uterine-fibroids-in-pregnancy-complications-for-mother-and-baby-symptoms-risks-treatment-for-expecting-women-101723541755808.html>

Uterine fibroids in pregnancy: Complications for mother and baby, symptoms, risks, treatment for expecting women

Not only gestational diabetes or gestational hypertension but even uterine fibroids are common during pregnancy. Know symptoms and treatment of this condition

Women may experience some health issues during the crucial phase of pregnancy and some may have uterine fibroids or leiomyoma's, which are non-cancerous growths on the uterus. Not only gestational diabetes or gestational hypertension but even uterine fibroids are common during pregnancy. Hence, it is important to know the symptoms and treatment of this condition.

In an interview with HT Lifestyle, Dr Kekin Gala, Gynaecologist at Apollo Spectra in Mumbai, shared, "The symptoms of it are heavy bleeding between or during menses, periods lasting for many days, menstrual cramping and clots, pelvic pain, frequent urination, pain during intercourse and swelling of the abdomen. Hormonal imbalance, age, late menopause, obesity, and family history can lead to fibroids in a large number of women. Fibroids can be distressing for pregnant women. Moreover, if left unmanaged can lead to various complications for mother and baby."

Complications for the baby

Abnormal Placenta: There is a link between fibroids and conditions such as placenta previa (wherein the placenta tends to attach near or over the cervix) and placental abruption (the early detachment of the placenta from the uterus).

Breech Position: If fibroids restrict space in the uterus, it can result in your baby being positioned breech (bottom down) rather than head down. If your baby remains in a breech position, a cesarean section might be suggested by your doctor.

Preterm Delivery: A significant presence of fibroids may put stress on the uterus, potentially causing preterm contractions and early delivery.

Complications for mother

Incomplete cervical dilation: Large fibroids in the lower uterine region can obstruct the birth canal, making it difficult for the cervix to fully open and one may need a C-section.

Ineffective contractions: Fibroids can interfere with normal uterine tissue, leading to weaker contractions and one may again require a C-section.

Postpartum hemorrhage: Weak contractions can also contribute to excessive bleeding after childbirth. If the uterus fails to contract effectively, blood vessels that supply the placenta might continue to bleed and cause postpartum hemorrhage. One has to stay vigilant when it comes to her health and make informed decisions after consulting the doctor.

The treatment:

Dr Kekin Gala revealed, "Medication will be prescribed to manage the symptoms and shrink the fibroids. Apart from this, myomectomy is done to treat fibroids. Uterine fibroid

embolization is the procedure that is carried out to manage fibroids. Even radiofrequency ablation will allow us to deal with fibroids. Removing the uterus by doing a hysterectomy if one doesn't desire future pregnancy can also be one of the options to tackle fibroids. Follow what your doctors say to manage fibroids to ensure a smooth pregnancy journey.”

Type 1 diabetics (Hindustan Times: 20240814)

<https://www.hindustantimes.com/lifestyle/health/onceaweek-insulin-shot-for-type-1-diabetics-convenient-new-option-may-soon-be-a-reality-101723536930565.html>

Once-a-week insulin shot for Type 1 diabetics? Convenient new option may soon be a reality

The recent findings of a study may revolutionise the way treatment of type 1 diabetes is done currently. A recent study has stated that soon people with type 1 diabetes may need to give insulin to themselves only once a week. Currently, diabetic patients need to give themselves insulin at least 10 times a day to survive. The constant fluctuations in blood sugar can make it difficult for people. The urgency of keeping things in check can also be mentally draining for patients with diabetes.

Researchers in the US, Australia and China have successfully designed novel insulins that can mimic the response of the body in case of blood sugar fluctuations, and act accordingly to respond. This is the cure as close as it can come to treat type 1 diabetes – the insulin stays dormant in the body and only springs to action in case of blood sugar fluctuations.

Insulin helps in addressing blood sugar fluctuations

According to the standard procedure followed currently, insulin, when injected, helps in regulating blood sugar levels. However, once the job is done, it cannot help with future fluctuations. Hence, a patient needs to inject insulin again when the blood sugar fluctuates. This problem can be addressed with the new method.

Glucose-responsive insulin: How does it function?

According to the new treatment procedure, the new glucose-responsive insulins (GRIs) become active only when there is a certain amount of sugar in the body – this helps in preventing hyperglycaemia. After that, they become inactive again to prevent hypoglycaemia. With this procedure, diabetic patients will not need to constantly keep injecting insulin in their body. They can inject insulin once a week.

Dr Elizabeth Robertson, the director of research at Diabetes UK, explained that the aim of the research is to develop new insulins that can closely mimic the body's response in situations of changing blood sugar levels. This can further help in combating the physical and mental stress that diabetic patients go through on a daily basis. It will also significantly bring down the frequency by which diabetic patients need to inject themselves with insulin.

Disclaimer: This article is for informational purposes only and not a substitute for professional medical advice. Always seek the advice of your doctor with any questions about a medical condition.

Cancer (Hindustan Times: 20240814)

<https://www.hindustantimes.com/lifestyle/health/alcohol-raises-cancer-risk-from-the-first-drop-no-amount-is-good-for-you-new-study-reveals-101723531012091.html>

Alcohol raises cancer risk from the first drop, no amount is good for you: New study reveals

There's a common notion that light drinking or moderate drinking can actually make us healthier – a recent study busted the myths and dropped the truth bomb that it does not. In fact, any level of drinking alcohol is unhealthy for the body. A large study was conducted that defined light or moderate drinking as mean alcohol intake of up to 20 grams a day for men and up to 10 grams daily for women. However, even light drinking is responsible for accelerating the risk of cancer deaths in older adults.

How much alcohol is healthy?

The study was conducted for 12 years with a population of 135,103 adults aged 60 and older for 12 years. Dr. Rosario Ortola, an assistant professor of preventive medicine and public health at Universidad Autónoma de Madrid and the lead author of the paper stated that the study didn't find any beneficial relationship between mortality and low drinking habits. She further added that alcohol is responsible for raising the risk of cancer from its first drop.

US dietary guidelines on alcohol consumption

The current US dietary guidelines state that drinking less is healthier than drinking more. This comes at a time when deaths from excessive alcohol consumption have risen in the United States by 30 percent.

A year back, the Canadian Centre on Substance Use and Addiction issued a guideline stating that no amount of alcohol consumption is healthy. The World Health Organisation also declared that no alcohol, in no amount, is ever healthy. However, it added that most alcohol-related harms happen due to excessive, episodic drinking.

The study stated that older adults with light drinking faced more risk of dying. The study further added that moderate and light drinking is associated with higher risk of death from cancer and other causes – it also states that heavy drinking is also responsible for raising the risk of death from all causes, mainly cancer and cardiovascular diseases.

Appendix Cancer (THE TIMES OF INDIA: 20240814)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/appendix-cancer-in-young-adults-everything-we-should-know/articleshow/112490682.cms>

Appendix cancer in young adults: Everything we should know

Appendix cancer diagnoses in young adults have risen, influenced by improved diagnostic tools and increased awareness. Early detection remains crucial for better prognosis; though younger patients often face more aggressive tumors. Effective treatments like CRS and HIPEC are more viable for younger individuals due to their resilience. Public knowledge and education on symptoms are vital for early medical action.

Appendix cancer in young adults: Everything we should know

Appendix cancer is just one example of the rising number of young adults receiving cancer diagnoses overall. A number of variables, including as dietary practices, genetic predispositions, and changes in lifestyle, can be blamed for the rise in cancer cases among younger people. Technological developments in diagnostics have also been crucial in raising awareness and enabling early detection of appendix cancer.

The rising number of cases of this uncommon illness makes it imperative to comprehend the particular difficulties and possibilities that come with treating appendix cancer in young adults.

The Rising Incidence of Appendix Cancer in Young Adults

In the past, it was thought that appendix cancer mostly affected elderly people. On the other hand, the number of young adults receiving this disease's diagnosis has increased recently. The development of diagnostic tools, which has made appendix cancer earlier and more accurately detectable, is one of the main causes of this change. Furthermore, more people are seeking medical attention for abdominal problems, which has led to earlier diagnosis, as a result of greater public knowledge and education about the signs, causes, and risks of appendix cancer.

Familial syndromes—genetic diseases that raise the likelihood of developing various malignancies, including appendix cancer—such as Lynch syndrome and familial adenomatous polyposis (FAP) are another contributing factor. Those with a family history of these illnesses may identify cancers at an earlier age since they frequently manifest at a younger age.

Challenges of Appendix Cancer in Young Adults

Although early detection is a good thing, young persons with appendix cancer face particular difficulties. Regrettably, younger persons who receive a cancer diagnosis typically have a worse prognosis than older adults. This is due to the fact that tumors tend to be more aggressive and can spread more quickly in younger people. As a result, young individuals who receive an appendix cancer diagnosis may have a more difficult time undergoing therapy and a higher chance of recurrence.

Positively, younger individuals are typically better able to handle intensive treatment. For example, a very intense treatment method called cytoreductive surgery plus hyperthermic intraperitoneal chemotherapy (CRS and HIPEC) entails removing tumors surgically and then directly applying heated chemotherapy to the belly.

Younger patients are often better candidates for this treatment due to their overall physical resilience. Additionally, they may respond more favorably to systemic chemotherapy, targeted therapies, and immunotherapy, which are crucial in managing advanced cases of appendix cancer.

The Importance of Early Diagnosis and Awareness

Good prognosis for young individuals with appendix cancer still depends on early diagnosis. The likelihood of a successful course of treatment and possible cure increases with the early detection of the condition. This emphasizes how critical it is to spread knowledge about appendix cancer, especially to younger people who might not think they are at risk for such a rare illness.

In order to encourage early medical action, efforts must be made to raise public awareness of the symptoms of appendix cancer, which include bloating, changes in bowel habits, and unexplained abdominal pain. It is imperative for healthcare providers to use caution when making a differential diagnosis of appendix cancer, particularly in young individuals who exhibit stomach problems.

Young adult appendix cancer is an increasing issue that has to be addressed by the medical profession as well as the general public. More awareness and improved diagnostic technologies have contributed to the rise in diagnoses, but ongoing education and early detection initiatives are still crucial. Although young adults with appendix cancer confront particular difficulties, outcomes can be improved with early detection and the capacity to withstand rigorous therapy. Improving the prognosis for this uncommon but dangerous illness requires increasing awareness of the risk factors linked to appendix cancer.

World Organ Donation Day (THE TIMES OF INDIA: 20240814)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/world-organ-donation-day-what-does-an-organ-recipient-need-to-know/articleshow/112485221.cms>

World Organ Donation Day: What does an organ recipient need to know?

The article discussed the rigorous medical evaluations required for organ transplant eligibility, the factors influencing waiting list duration, and the financial considerations. It also touched on the importance of lifelong follow-up care, potential risks, psychological challenges, lifestyle changes, and legal aspects. The comprehensive outlook highlighted the importance of informed and prepared recipients for successful outcomes.

World Organ Donation Day: What does an organ recipient need to know?

Eligibility for a transplant requires recipients to undergo comprehensive medical evaluations to determine if they are suitable candidates. Factors such as overall health, the severity of the disease, and other existing medical conditions are carefully assessed to ensure the best possible outcomes for the transplant.

Organ transplants are frequently in high demand, resulting in patients being placed on a waiting list.

The duration one spends on this list can vary depending on several factors, including blood type, organ size, and geographic location. This variability influences how quickly a suitable organ becomes available for transplantation.

Organ transplantation can be costly, encompassing expenses such as surgery, post-operative care, and lifelong medication. It is crucial to be aware of these financial implications and to investigate insurance coverage and available financial assistance options to manage the overall cost effectively.

Recipients of organ transplants must be prepared for lifelong follow-up care, which includes regular check-ups, adherence to immunosuppressive medications to prevent organ rejection, and management of any potential side effects. While organ transplants can be life-saving, they come with inherent risks such as the possibility of organ rejection, infections, and other complications. It is crucial for recipients to be well-informed about these potential risks to better manage their health and treatment. Receiving an organ transplant can be emotionally challenging, often involving complex feelings such as guilt, gratitude, and anxiety about the future. Psychological support may be necessary to help recipients navigate these emotional experiences and adjust to their new circumstances. Post-transplant, recipients often need to make significant lifestyle changes, including dietary modifications, avoiding infections, and adhering strictly to their medication regimen. These adjustments are crucial for maintaining their health and ensuring the success of the transplant.

Recipients should be aware of the legal aspects of organ transplants, which include consent requirements, the legality of organ trading, and the ethical considerations surrounding organ donation. Understanding these legal and ethical issues is crucial for ensuring that the transplant process is conducted with integrity and in compliance with regulations.

Understanding these factors helps ensure that both donors and recipients are fully informed and prepared for the organ donation process, leading to better outcomes and a smoother experience.

AI model to detect diabetes, stroke, COVID (THE TIMES OF INDIA: 20240814)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/ai-model-to-detect-diabetes-stroke-covid-with-98-accuracy-by-studying-the-color-shape-of-tongue/articleshow/112492202.cms>

AI model to detect diabetes, stroke, COVID with 98% accuracy by studying the color, shape of tongue

Researchers at Middle Technical University and University of South Australia developed an AI imaging system capable of diagnosing various diseases by analyzing the tongue's appearance. The system identifies conditions such as diabetes, cancer, and Covid-19 by evaluating tongue color and other features. The study, published in Technologies journal, showcased a 96.6% diagnostic accuracy rate.

AI model to detect diabetes, stroke, COVID with 98% accuracy by studying the color, shape of tongue

Researchers are hell bent on using the potential of AI for disease diagnosis. An imaging system developed by researchers at the Middle Technical University (MTU) and the University of South Australia (UniSA) in Australia can diagnose conditions such as diabetes, stroke, anemia, asthma, liver and gallbladder issues, Covid-19, and other vascular and gastrointestinal diseases.

How does it work?

The computer algorithm can detect diseases just by looking at your tongue.

“Typically, people with diabetes have a yellow tongue; cancer patients a purple tongue with a thick greasy coating; and acute stroke patients present with an unusually shaped red tongue,” senior study author Ali Al-Naji, who teaches at Middle Technical University in Baghdad and the University of South Australia told New York Post.

The study is published in the journal Technologies.

"Key features of this evaluation include the color of the tongue, shade of the coating, form of the tongue, depth of the coating, oral moisture, tongue crevices, contusions, red spots, and tooth impressions," the researchers have said.

Among these, tongue color is of the most importance, they have said and have added that a healthy tongue usually shows a pink color and a slender white film.

The AI model is replicating a 2,000-year-old technique from traditional Chinese medicine, according to which:

Yellow coating on the tongue means diabetes mellitus; in some cases, it can also be blue with a yellow coating.

Purple tongue with a thick fatty layer can be cancer

Unusually shaped red tongue can be acute stroke

A white tongue may indicate chill syndrome or a lack of iron in the blood

Yellow tongue signifies a condition of increased body heat, hepatic and biliary organ disease

Indigo or violet tongue can be due to vascular or gastrointestinal issues

Appendicitis can lead to changes in the exterior of the tongue

Depending on the intensity of bacterial or viral COVID-19, the tongue can be faint pink in mild cases, crimson in moderate infections, and deep red (burgundy) in serious cases

5 Ayurvedic herbs that cut down cancer risk

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5 Ayurvedic herbs that cut down cancer risk

"In this study, a webcam was employed to capture images of the tongue in real time using MATLAB GUI software. The proposed system was tested using 60 images of both patients and healthy individuals captured in real time with a diagnostic accuracy rate reaching 96.6%," the researchers have said.

Iron Deficiency (THE TIMES OF INDIA: 20240814)

6 daily mistakes that cause iron deficiency

How do daily habits lead to iron deficiency?

Iron is an important mineral that aids in the formation of haemoglobin, a protein found in red blood cells that transports oxygen throughout the body. Despite its importance, iron deficiency remains one of the most common nutritional deficiencies worldwide, especially among women and children. According to the World Health Organisation, it is estimated that 40% of all children aged 6 months to 5 years, 37% of pregnant women and 30% of women 15–49 years of age. It might be harmless but, over time, can lead to serious health issues like anaemia. Here are 6 daily mistakes that can cause iron deficiency and how we can avoid them.

Skipping the most important meal regularly

Breakfast is the most important meal of the day, and for a good reason. When we skip breakfast, we miss out on the opportunity to replenish our body's nutrient levels after a night of fasting. Many iron-rich foods, such as fortified cereals, eggs, and lean meats, vegetables are typically consumed during breakfast. Skipping this meal consistently can lead to lower overall iron intake, setting the stage for a deficiency. A study published in the American Journal of Clinical Nutrition found that individuals who regularly skip breakfast have a higher risk of nutrient deficiencies, including iron.

Relying on tea or coffee immediately after meals

Tea and coffee are beloved beverages around the world, but consuming them immediately after meals can interfere with iron absorption. Both contain compounds called tannins and polyphenols, which bind to iron and inhibit its absorption in the intestines. This is particularly concerning for individuals who rely heavily on plant-based iron sources, which are already less bioavailable than animal-based iron. A study conducted by the American Society for Nutrition demonstrated that drinking tea or coffee within an hour of a meal can reduce iron absorption by up to 60%. To mitigate this effect, it's advisable to enjoy these beverages between meals rather than right after eating.

Overconsumption of calcium-rich foods with iron-rich meals

Calcium is essential for bone health, but excessive intake, especially in close proximity to iron-rich meals, can hinder iron absorption. Calcium competes with iron for absorption in the gut, making it harder for our body to get the iron it needs. This is particularly problematic when calcium is consumed through supplements or dairy products like milk and cheese.

Research published in the British Journal of Nutrition shows that consuming more than 300 mg of calcium at a time can significantly reduce iron absorption. To avoid this, try to space out the intake of calcium-rich foods and supplements from your iron-rich meals.

Following a strict vegan or vegetarian diet without proper planning

While plant-based diets offer numerous health benefits, they can also increase the risk of iron deficiency if not properly planned. Plant-based sources of iron, known as non-heme iron, are less efficiently absorbed by the body compared to heme iron found in animal

products. Many plant-based foods contain phytates, compounds that can further inhibit iron absorption.

A study from the Journal of Nutrition found that vegans and vegetarians are at a higher risk of iron deficiency due to the lower bioavailability of non-heme iron.

Not eating enough iron-rich foods

This might seem obvious, but not consuming enough iron-rich foods is a direct path to deficiency. Iron-rich foods include red meat, poultry, fish, lentils, beans, and spinach. Many people, particularly those on restrictive diets or with specific eating preferences, may not consume these foods in sufficient quantities. According to the World Health Organization (WHO), iron deficiency is a global public health problem that affects over 30% of the world's population, particularly due to inadequate dietary intake.

Ignoring gut health issues

The health of our gut plays a significant role in nutrient absorption, including iron. Conditions like celiac disease, Crohn's disease, or even chronic inflammation can impair the gut's ability to absorb nutrients effectively, leading to deficiencies. Even if someone is consuming enough iron, poor gut health can prevent our body from absorbing it.

Parkinson's Disease (Medical News Today: 20240814)

<https://www.medicalnewstoday.com/articles/type-seaweed-help-prevent-parkinsons-disease>

Could this type of seaweed help prevent Parkinson's disease?

Parkinson's disease is currently a chronic condition that doesn't have a cure.

Researchers are interested in ways to prevent Parkinson's disease from occurring in the first place.

A recent study in mice found that components of the seaweed *Ecklonia cava* may help prevent Parkinson's disease.

A study published in *Nutrients* delved deeper into the neuroprotective properties of a common seaweed called *Ecklonia cava* and whether or not this seaweed could combat the development of Parkinson's disease.

Parkinson's disease ^{Trusted Source} is a neurological condition that leads to movement challenges and sometimes cognitive changes. There are many complexities behind how the condition develops and the underlying mechanisms involved.

The researchers found the seaweed to be quite effective in mouse models, and they also gained insight into the underlying mechanisms likely involved.

Using edible brown algae to prevent Parkinson's disease

Researchers of the current study note that there are two main types of Parkinson's disease. One is primarily related to genetics, while the other most likely has many risk factors contributing to it.

They note that exposure to certain neurotoxic substances is one environmental risk factor for Parkinson's disease. One potentially dangerous substance is rotenone, a pesticide and insecticide. Rotenone leads to heightened levels of reactive oxygen species and, ultimately, cell death.

The researchers wanted to study the protective effects of *Ecklonia cava* against nerve damage caused by rotenone.

Study author Akiko Kojima-Yuasa, associate professor at Osaka Metropolitan University's Graduate School of Human Life and Ecology, explained more about the study setup and details to Medical News Today:

“In this study, we focused on *Ecklonia cava*, an edible brown alga, to investigate the preventive effects of food components against Parkinson's disease. *Ecklonia cava* is rich in phlorotannins, a type of polyphenol unique to brown algae, and has strong antioxidant properties. We examined the preventive effects of *Ecklonia cava* polyphenols (ECP) and their mechanisms of action as a novel physiological effect using animal experiments with a Parkinson's disease model mouse and cell experiments with a Parkinson's disease model cell. Rotenone was used to create the Parkinson's disease models.”

The researchers further noted in the study that the death of neurons that occurs in Parkinson's disease is associated with oxidative stress, which is when there is an imbalance of antioxidants and free radicals that can lead to cell harm.

The researchers conducted their research using male mice and cell models.

The cell research results indicated that *Ecklonia cava* polyphenols (ECPs) helped restore cell viability and inhibited rotenone-induced reactive oxygen species production. The results also indicated that ECP helps to increase the activity and gene expression level of a specific antioxidant enzyme called NQO1. Additionally, inhibiting the protein Nrf2, which is involved in the cellular response to oxidative stress, contributed to a loss of the protective effects of ECP.

For the research involving mice, researchers divided the mice into four groups. One was a control group, and one received rotenone. The other two groups received *Ecklonia cava* polyphenols (ECPs) at different concentrations. The group receiving the highest ECP amount also received rotenone.

Improved Parkinson's symptoms

The researchers then examined several outcomes in the mice.

They found that the mice who had received ECP had improved motor skills and intestinal function, which rotenone would normally impair. They also found that ECP also likely protects dopaminergic neurons.

Kojima-Yuasa explained the study results this way:

“In the cell experiments, it was revealed that ECP eliminated intracellular reactive oxygen species by activating antioxidant enzymes and had a protective effect against rotenone-induced neuronal cell damage. In the animal experiments, oral administration of ECP was found to improve motor function in Parkinson’s disease model mice. These results suggest that ECP has a preventive effect against Parkinson’s disease.”

Daniel Truong, MD, neurologist and medical director of the Truong Neuroscience Institute at MemorialCare Orange Coast Medical Center in Fountain Valley, CA, who was not involved in the study, further commented with his thoughts on the study to Medical News Today:

“Oxidative stress is believed to play a key role in the degeneration of dopaminergic neurons in [Parkinson’s disease], leading to the progressive nature of the disease. By targeting oxidative stress, therapies could potentially slow or prevent the progression of Parkinson’s. Antioxidants, like those found in Ecklonia cava polyphenols, have shown promise in preclinical models by reducing oxidative damage and preserving neuronal function, supporting their potential use in Parkinson’s prevention.”

“The study on Ecklonia cava suggests that its polyphenols may offer a protective effect against Parkinson’s disease by activating the Nrf2-ARE pathway, which helps combat oxidative stress—a key factor in Parkinson’s disease progression. For people at risk of Parkinson’s, incorporating Ecklonia cava polyphenols could potentially reduce neuronal damage and delay the onset of Parkinson’s symptoms.”

— Daniel Truong, MD

Research limitations

This research focused on studying mice and cell models, so future research can confirm the findings and work toward application in people. Experts cannot assume that positive results in research with mice will translate to positive results for people. It will likely take time for the results of this study to lead to changes in clinical practice.

In addition, more research is needed to understand the underlying mechanisms that lead to the observed results and what part of ECP actually leads to the observed protection of brain tissue. Future research can also explore if this seaweed could improve symptoms in people who already have Parkinson’s disease as well.

Kojima-Yuasa noted that “ECP is already recognized as safe, as it has a history of being consumed and is sold as a supplement. However, it is necessary to investigate its effects through human clinical trials to determine its preventive effects on Parkinson’s disease.”

Truong also noted the following areas for continued research:

“Further research and action in this area would require: Conducting more in-depth studies on the molecular mechanisms of Ecklonia cava polyphenols to understand their effects on different pathways involved in Parkinson’s disease. Designing and implementing human clinical trials to evaluate the safety, optimal dosage, and efficacy of Ecklonia cava polyphenols in individuals at risk for Parkinson’s or those with early-stage Parkinson’s.

Long-Term Studies: Investigating the long-term effects of Ecklonia cava supplementation on Parkinson's disease progression and whether it can prevent or delay symptom onset.”

When will this be tested in humans?

Parkinson's disease affects millions of people all over the world. In 2019, the global estimate of the number of people with Parkinson's disease was over 8.5 million Trusted Source. The disease can make basic movements and independence challenging, which can be very stressful for people with the condition and their caregivers.

Research like this emphasizes that experts are closer to understanding what proactive steps can address the problems of Parkinson's disease. Preventing Parkinson's disease and minimizing its symptoms could lead to improvements in quality of life and cut down on healthcare costs that are related to Parkinson's disease.

Positive results in animal studies give hope for preventing Parkinson's disease in the future.

“The fact that the preventive effects of ECP on Parkinson's disease were observed in animal experiments suggests that orally administered ECP was absorbed through the small intestine and acted effectively without losing its potency. Additionally, based on the amount of orally administered ECP, when converting the dosage for a human clinical trial, it was found that the amount is safely consumable by humans,” Koima-Yuasa said.

Computer Algorithm that can Predict Various Diseases (The Tribune: 20240814)

<https://www.tribuneindia.com/news/health/new-algorithm-analyses-tongue-to-predict-diabetes-stroke-with-98-per-cent-accuracy/>

New algorithm analyses tongue to predict diabetes, stroke with 98 per cent accuracy

For example, people with diabetes typically have a yellow tongue, while cancer patients show a purple tongue with a thick greasy coating

Researchers have developed a novel computer algorithm that can predict various diseases like diabetes or stroke, just by analysing the colour of the human tongue with 98 per cent accuracy.

The imaging system developed by Middle Technical University (MTU) and the University of South Australia (UniSA) in Australia can diagnose conditions such as diabetes, stroke, anaemia, asthma, liver and gallbladder issues, Covid-19, and other vascular and gastrointestinal diseases.

“The colour, shape, and thickness of the tongue can reveal a litany of health conditions,” said Ali Al-Naji, adjunct Associate Professor at MTU and UniSA.

“Typically, people with diabetes have a yellow tongue; cancer patients a purple tongue with a thick greasy coating; and acute stroke patients present with an unusually shaped red tongue,” he added.

The breakthrough was achieved through a series of experiments using 5,260 images to train machine-learning algorithms to detect tongue colour.

Researchers received 60 tongue images from two teaching hospitals in the Middle East, representing patients with diverse health conditions. The AI model matched tongue colour with the correct disease in nearly all cases.

The paper published in *Technologies* describes how the system analyses tongue colour to provide real-time diagnoses, demonstrating that AI can advance medical practices significantly.

Al-Naji explained that AI is replicating a 2,000-year-old technique from traditional Chinese medicine, where the tongue’s colour, shape, and thickness are used to diagnose health issues.

For example, people with diabetes typically have a yellow tongue, while cancer patients show a purple tongue with a thick greasy coating. Stroke patients often present with an unusually shaped red tongue. A white tongue can indicate anaemia, severe Covid-19 cases are associated with a deep red tongue, and an indigo or violet tongue suggests vascular or gastrointestinal problems or asthma.

The study used cameras placed 20 centimetres from a patient to capture tongue colour, and the imaging system predicted health conditions in real time.

Co-author, UniSA, Professor Javaan Chahl noted that this technology could eventually be adapted for use with smartphones, making disease screening more accessible.

Blood Sugar (The Indian Express: 20240814)

<https://indianexpress.com/article/lifestyle/health/can-high-humidity-increase-blood-sugar-levels-9509654/>

Can high humidity increase blood sugar levels?

Navigating the challenges of managing diabetes becomes even more complex during periods of high humidity. The combination of heat and moisture in the air doesn’t just affect comfort levels—it can also have a significant impact on blood sugar control, according to doctors. For those living with diabetes, understanding how humidity interacts with the body’s glucose regulation is crucial to maintaining overall health and well-being during these weather conditions.

Dr Manisha Arora, Director – Internal Medicine at the CK Birla Hospital, Delhi, explained how high humidity can significantly impact blood sugar levels, particularly for individuals with diabetes.

Heat Stress and Cortisol Secretion: High humidity often leads to heat stress, which can cause the body to release cortisol. Cortisol is a stress hormone that increases blood sugar levels, potentially leading to hyperglycemia in those with diabetes.

Reduced Physical Activity: High humidity can make physical exertion more difficult and uncomfortable, discouraging regular exercise. Since physical activity is vital for regulating blood sugar, less movement can result in elevated glucose levels.

Dehydration and Insulin Resistance: While not definitively proven, there is some evidence that dehydration—common in humid weather—may lead to insulin resistance. This condition occurs when the body's cells don't respond as effectively to insulin, requiring more insulin to manage blood sugar levels.

Medication Efficacy: Humidity can also affect the storage and efficacy of diabetes medications. If medications degrade in humid conditions, they may not control blood sugar as effectively, leading to potential spikes.

wegovy Humidity can also affect the storage and efficacy of diabetes medications. (Source: Getty Images/Thinkstock)

Managing Blood Sugar in Humid Weather

Diabetics should take extra care during periods of high humidity to manage their blood sugar levels effectively:

Monitor Blood Sugar Levels: Regular monitoring is crucial. Keeping a detailed blood sugar chart and sharing it with your healthcare provider can help in making necessary adjustments to your management plan.

Maintain a Healthy Diet: Eating a balanced diet is essential to keeping blood sugar levels stable, especially during challenging weather conditions.

Stay Hydrated: Drinking plenty of water is important to avoid dehydration and maintain blood sugar control. Proper hydration may also prevent complications related to insulin resistance.

Take Cooling Measures: Spending time in air-conditioned environments can help reduce the effects of heat stress. Although it's not advisable to spend excessive time in air conditioning, short intervals can help mitigate the impact of high humidity on blood sugar.

Manage Stress: Practicing stress management techniques like yoga, meditation, or deep breathing exercises can lower cortisol levels, which might be elevated due to heat stress in humid conditions.

Vitamin D (Navbharat Times: 20240814)

<https://navbharattimes.indiatimes.com/lifestyle/health/what-are-the-signs-of-vitamin-d-deficiency-and-eat-these-5-vitamin-d-rich-foods-to-strong-bones-and-muscles/articleshow/112510660.cms>

चिकन-मटन खाते हैं फिर भी सूखकर कांटा हो रहा बदन? इस विटामिन की हो गई कमी, जल्दी खाना शुरू करें ये 5 चीजें

Vitamin D Deficiency Symptoms: शरीर में विटामिन डी की कमी होने पर न सिर्फ हड्डियां कमजोर होने लगती है बल्कि और भी कई बीमारियों का खतरा बढ़ जाता है। विटामिन डी की कमी होने पर शरीर में कई तरह के लक्षण दिखने लगते हैं जिन्हें नजरंदाज नहीं करना चाहिए।

शरीर को यदि पर्याप्त मात्रा में विटामिन डी ना मिले तो हड्डियां कमजोर होने लगती है साथ ही मांसपेशियों से जुड़ी समस्याएं भी होती है। विटामिन डी की कमी में हमारी बॉडी कैल्शियम और फॉस्फेट को कम अवशोषित करती है। हड्डियों को मजबूत रखने के लिए शरीर में इन दोनों का भरपूर मात्रा में होना बेहद जरूरी है।

कैल्शियम और फॉस्फेट सही मात्रा में नहीं मिलने से विटामिन डी की कमी होती है। इससे हड्डियों से जुड़ी बीमारियों का रिस्क बढ़ जाता है। विटामिन डी की कमी से हड्डियां कमजोर और नरम होने लगती है और मेडिकल भाषा में इसे ऑस्टियोमलेशिया कहा जाता है। वहीं बच्चों में इस स्थिति को रिकेट्स कहते हैं।

मुख्यतौर पर विटामिन डी की कमी धूप से पूरी की जाती सकती है। यदि आप रोजाना कम से कम 15 से 20 मिनट धूप में रहते हैं तो इससे आपकी बॉडी को पर्याप्त मात्रा में विटामिन डी मिलेगा। इसके अलावा खाने पीने की कुछ ऐसी चीजें भी मौजूद हैं जो इस विटामिन की कमी को पूरा कर सकते हैं। शरीर में विटामिन डी की कमी होने पर कुछ खास लक्षण दिखने लगते हैं।

विटामिन डी की कमी के लक्षण

आयुर्वेदिक डॉक्टर रॉबिन शर्मा के अनुसार शरीर में विटामिन डी की कमी के लक्षण कुछ इस प्रकार होते हैं

डिप्रेसन और एंजायटी

अधिक पसीना आना

कमर में दर्द

ऑटोइम्यून डिजीज

बालों का झड़ना

कब्ज

बहुत ज्यादा थकान और कमजोरी महसूस होना

इन बीमारियों का भी होता है रिस्क

ऑस्टियोपोरोसिस: हड्डियों के कमजोर होने से ऑस्टियोपोरोसिस हो जाता है। इसमें हड्डियां आसानी से टूट सकती हैं।

डायबिटीज: यदि शरीर को पर्याप्त मात्रा में विटामिन डी नहीं मिल रहा है तो टाइप 1 और टाइप 2 डायबिटीज का खतरा बढ़ जाता है।

हृदय रोग: चूंकि विटामिन डी का स्तर कम होने से डायबिटीज और हाई ब्लड प्रेशर की समस्या हो जाती है, ऐसे में इससे हार्ट हेल्थ भी प्रभावित होती।

विटामिन डी क्यों जरूरी है और इसकी कमी कैसे पूरी करें

क्यों जरूरी है विटामिन डी?

विटामिन डी ना सिर्फ हमारी बोन हेल्थ के लिए जरूरी है बल्कि यह हमारी ओवरऑल हेल्थ को भी ठीक रखने में मदद करता है। यह इम्यूनिटी को बढ़ाता है। यदि बॉडी में विटामिन डी का स्तर सही है तो कैंसर जैसी जानलेवा बीमारी का खतरा भी कम रहता है। विटामिन डी मूड बूस्ट करता है और व्यक्ति डिप्रेशन से दूर रहता है। इसके अलावा शरीर के कई जरूरी कामकाज में भी इसकी महत्वपूर्ण भूमिका होती है।

इन चीजों से मिलता है विटामिन डी

अगर शरीर में विटामिन डी की कमी है तो इससे भरपूर खाद्य पदार्थ लेना शुरू कर दीजिए। सैल्मन, मैकेरल और ट्राउट जैसी फैटी फिश विटामिन डी का सबसे बढ़िया स्रोत माने जाते हैं। विटामिन डी के लेवल को बढ़ाने के लिए आप संतरे का जूस, बादाम का दूध और सोया मिल्क भी पी सकते हैं। विटामिन डी को सनशाइन विटामिन भी कहा जाता है क्योंकि सूरज विटामिन डी का सबसे अच्छा सोर्स है।

कॉड लिवर ऑयल

यह एक सप्लिमेंट के रूप में विटामिन डी की कमी को पूरा करता है। कॉड लिवर ऑयल ना सिर्फ विटामिन डी का बढ़िया सोर्स है बल्कि इससे विटामिन ए और ओमेगा 3 फैटी एसिड भी मिलता है। हालांकि इस तरह के सप्लिमेंट्स लेने से पहले हमेशा डॉक्टर से सलाह लेनी चाहिए।

Digital Dementia (Dainik Jagran: 20240814)

<https://www.jagran.com/lifestyle/health-what-is-digital-dementia-its-causes-symptoms-risk-and-preventions-23777961.html>

हर वक्त फोन से चिपके रहने की आदत बन सकती है Digital Dementia की वजह, 20 से 40 उम्र वालों को ज्यादा खतरा

फोन अब सिर्फ बात करने भर का जरिया नहीं रह गया है बल्कि इससे आप शॉपिंग बैंकिंग पढ़ाई जैसी कई और दूसरे काम भी निपटा सकते हैं। ऐसी ही सुविधाओं के चलते लोग फोन के आदि बनते जा रहे हैं। इसकी लत ने लोगों को आलसी और भुलक्कड़ बना दिया है। कम उम्र में भूलने की इस समस्या को डिजिटल डिमेंशिया का नाम दिया जा रहा है।

लाइफस्टाइल डेस्क, नई दिल्ली। फोन डिजिटल क्रांति की सबसे बड़ी उपलब्धि है। फोन के जरिए आज हम और आप बिना किसी रूकावट घंटों फोन पर बात कर पाते हैं। सिर्फ बातचीत को ही नहीं, फोन ने पढ़ाई, बैंकिंग, शॉपिंग जैसी चीजों को भी आसान हो गई है और इसी वजह से लोग इस पर बहुत ज्यादा डिपेंड हो गए हैं। जागते, खाते-पीते, उठते- बैठते हर वक्त आंखें फोन पर ही टिकाए रहते हैं। फोन का बहुत ज्यादा इस्तेमाल और उस पर निर्भरता के चलते लोग डिजिटल डिमेंशिया का शिकार हो रहे हैं।

क्या है डिजिटल डिमेंशिया (Digital Dementia)?

कभी काम, तो कभी सोशल मीडिया स्क्रॉलिंग, कभी मूवी, तो कभी गेम....वजह कोई भी हो, घंटों फोन पर लगे रहना फिजिकल और मेंटल दोनों ही हेल्थ के लिए बहुत ही खराब आदत है। इससे दिमाग के काम करने की क्षमता कम होने लगती है। इसे ही एक्सपर्ट्स डिजिटल डिमेंशिया का नाम दे रहे हैं।

डिजिटल डिमेंशिया के लक्षण

कनफ्यूजन

छोटी-छोटी बातें भूलना

फोकस में कमी

थकान

ब्रेन फॉग

20 से 40 साल की उम्र वालों को है ज्यादा खतरा

डिजिटल डिमेंशिया के ये सारे लक्षण आजकल युवाओं और व्यस्कों में ज्यादा देखने को मिल रहे हैं। जिस वजह से उनका रूटीन प्रभावित हो रहा है। काम और पढ़ाई में मन नहीं लग रहा। जिन चीजों को पहले आसानी से हैंडल कर लेते थे। अब उन चीजों को करने में उन्हें वक्त लग भी रहा है और वो सही तरीके से भी नहीं कर पा रहे हैं।

डिजिटल डिमेंशिया से बचने के उपाय

1. फोन के इस्तेमाल का टाइम फिक्स करें

फोन के इस्तेमाल के लिए एक टाइम सेट कर लें। इससे इसकी लत से बचे रहेंगे और दूसरी चीजों के लिए भी वक्त निकाल पाएंगे।

2. फिटनेस पर ध्यान दें

रोजाना कुछ देर एक्सरसाइज करें। योग, ध्यान और वॉक जैसी एक्टिविटीज बॉडी एंड माइंड दोनों को फिट रखती हैं।

3. ऑनलाइन से ज्यादा ऑफलाइन एक्टिविटीज करें

किताबें पढ़ें, नई-नई चीजें सीखें, पहेलियां बुझाएं। इससे दिमाग के काम करने की क्षमता बढ़ती है।

4. लोगों से मिले- जुलें

फोन से थोड़ा ब्रेक लेकर दोस्तों, फैमिली के साथ वक्त बिताएं। इससे भी दिमाग शांत और रिलैक्स होता है।

ये भी पढ़ें:- **Social Media** से हो गए हैं परेशान, तो ऐसे करें इसका इस्तेमाल, मिलेंगे फायदे ही फायदे

5. अच्छी डाइट लें

विटामिन और मिनरल्स से भरपूर डाइट लें। ब्रेन को हेल्दी और एक्टिव रखने के लिए ओमेगा-3 फैटी एसिड, विटामिन ई और बी 12 जरूरी हैं।

6. नींद पूरी करें

स्वस्थ शरीर के लिए 7 से 8 घंटे की नींद जरूरी होती है। इससे दिमाग रिलैक्स रहता है और उसके काम करने की क्षमता भी बढ़ती है।