



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20240816

Silent Brain Strokes (Hindustan Times :20240816)

<https://www.hindustantimes.com/lifestyle/health/silent-brain-strokes-what-are-they-why-do-they-happen-101723708009240.html>

Silent brain strokes, unlike normal brain strokes, do not have symptoms. They can go undetected for years. Also known as silent cerebral infarction, silent brain strokes do not have symptoms such as sudden weakness, speech difficulties, or facial drooping. In an interview with HT Lifestyle, Dr Raghvendra Ramdasi, Consultant Neurosurgeon, Jaslok Hospital, Mumbai, said, “Despite their subtlety, these strokes can cause significant damage to brain tissue and may lead to cognitive decline or increase the risk of future strokes. Also called small strokes, silent strokes can happen in a section of the brain without causing any outward symptoms. However, having several silent strokes can still raise your risk of having a big stroke and seriously harm your brain.”

Why do silent brain strokes happen?

“Silent brain strokes occur when blood flow to a part of the brain is temporarily blocked, leading to tissue death. This can happen due to small blood clots, narrowed blood vessels, or atherosclerosis (buildup of plaque in the arteries). The brain’s ability to compensate for these small injuries can make them go unnoticed, but the cumulative damage can be severe,” added Dr Raghvendra Ramdasi.

Who is prone to silent brain strokes?

Elderly individuals: Age is a major risk factor and can accelerate the chances of silent brain strokes.

People with high blood pressure: Hypertension is a leading cause of silent brain strokes.
Diabetics: Poorly controlled blood sugar can damage blood vessels, increasing stroke risk.

Individuals with a history of cardiovascular disease: Those with heart disease or previous strokes are more vulnerable.

People with a sedentary lifestyle: Lack of physical activity increases the likelihood of stroke.

Silent brain strokes: Subtle signs to not miss

While silent brain strokes are usually symptomless, they often present themselves with mild memory loss, cognitive decline, mood shifts and challenges with balancing and coordination.

Are silent brain strokes fatal?

“While silent brain strokes themselves may not be immediately fatal, they are a red flag. They increase the risk of larger, more debilitating strokes and contribute to the gradual loss of brain function,” explained the Neurosurgeon.

Silent brain strokes: Prevention tips

Manage blood pressure: Keep it within a healthy range to avoid health issues.

Control diabetes: Maintain blood sugar levels through diet, exercise, and medication.

Adopt a heart-healthy diet: Focus on fruits, vegetables, whole grains, and lean proteins.

Exercise regularly: Aim for at least 150 minutes of moderate-intensity exercise each week.

Avoid smoking and limit alcohol: Both of these harmful habits can significantly increase stroke risk.

Inguinal Hernia (Hindustan Times :20240816)

<https://www.hindustantimes.com/lifestyle/health/what-is-inguinal-hernia-the-condition-that-neeraj-chopra-suffers-from-101723652797394.html>

What is inguinal hernia, the condition that Neeraj Chopra suffers from?

Neeraj Chopra reportedly suffers from inguinal hernia – the condition that affected his performance in the Paris 2024 Olympics. Neeraj bagged the silver medal this year with the javelin throw of 89.94m - his personal best. However, Neeraj’s performance was affected by his injury. Neeraj confessed that it is time for him to address the condition with proper treatment, as suggested by the doctors.

“A hernia is the abnormal exit of tissue or organ, such as the bowel or momentum, through the wall of the cavity in which it normally resides. Here we are talking about groin hernia which can be inguinal or femoral. Inguinal hernia is the most common type of groin hernia seen practically by surgeons. The lowermost part of Anterior abdominal wall has an inguinal canal on either side carrying testicular vessels and spermatic cord structures from abdomen to testes in males. this area is the potential site for formation of two common types of Inguinal hernias known as Direct or Indirect Inguinal hernia,” said Dr Vinaykumar Thati.

Inguinal hernia: Symptoms

Inguinal hernias can be present at birth also and their incidence increases with ageing. The most common symptom noted by patients or caretakers is a bulge in the groin area which reduces by lying down. As time advances, the bulge can grow in size and it can give a dragging pain or even groin or abdominal pain. When the bowel or momentum as a content in hernia does not reduce or if there is severe groin or abdominal pain it is a warning sign for emergency treatment.

Inguinal hernia: Causes

Constant straining of the abdominal wall due to chronic cough, constipation and straining while passing urine due to prostate enlargement in males are some of the causes of inguinal hernia.

Inguinal hernia: Treatment

“Treatment for Groin hernias is Purely Surgical. There is absolutely no medicine anywhere in the world to treat hernias. One big advancement for treatment of Groin hernias that has occurred in past 15 years is the ability to treat it with Minimal invasive surgery called as Laparoscopic or Robotic groin hernia treatment which causes minimal pain and aids early recovery,” explained Dr Vinaykumar Thati.

Mpox Strain (Hindustan Times: 20240816)

<https://www.hindustantimes.com/lifestyle/health/what-is-the-mpox-strain-spreading-in-central-africa-101723703063329.html>

What is the Mpox strain spreading in Central Africa: All you need to know about this transmissible disease

The high-risk Mpox Clade 1b strain is rapidly spreading in Central Africa, with significant cases reported in the Democratic Republic of the Congo.

A new type of Mpox called "clade 1b" appears to be deadlier and able to spread from person-to-person more easily than previous forms. Mortality rates are as high as 10% of infections. (Also Read | World Health Organisation declares Mpox a global health emergency)

Clade 1b Mpox was first detected in Democratic Republic of Congo (DRC) in central Africa, where it started spreading in September 2023.

Infections have since been reported in Cameroon, the Central African Republic (CAR), and Rwanda. New cases in Uganda and Kenya in early August 2024 were also linked to clade 1b.

The World Health Organization on Wednesday declared the spread of Mpox to be a global public health emergency, the second time in two years it has categorized the virus as such.

In a post on social media platform X in early August, WHO Director-General Tedros Adhanom Ghebreyesus said that because a "deadlier strain of Mpox spread to multiple African countries," the WHO, Africa CDC and local governments were "scaling up the response to interrupt disease transmission."

What are Mpox clades?

Mpox is separated into two different clades: clade I and clade II.

The more virulent and deadlier clade I is endemic in the Congo Basin in central Africa. Clade II is endemic in West Africa.

Clade II is the type that caused the global outbreak that began in 2022. Infections from clade II Mpox are less severe, with more than 99.9% of people infected surviving the disease.

Clade I strains cause more severe illness and deaths, with mortality rates of around 3%. But health experts in the DRC say the mortality rate from strain clade 1b can be as high as 10% among children.

(Also Read | Common illness during monsoon in children: Tips to ensure their safety)
The clade 1b strain causes skin rashes across the whole body, unlike other strains where lesions and rashes are usually limited to the mouth, face and genitals.

Both Mpox clades are spread by close contact with an infected person. That includes talking and breathing near an infected person — via so-called "droplets", as we learned during the COVID pandemic.

Mpox can also be transmitted sexually — in fact, sex is one of the main transmission routes — but health experts do not describe the disease as a sexually transmitted infection (STI).

Clade 1b mortality rates high in DRC children
DRC has been hit particularly hard by cases of clade 1b Mpox cases. More than 13,000 people have been infected.

The vast majority of deaths (85%) were in children under 15 years of age — they accounted for 68% of cases. The disease is more common among males, who accounted for 73% of all cases reported.

Most countries are yet to specify the strains causing suspected Mpox infections.

Mpox situation in Africa 'high risk'
While Mpox is moderately transmissible and dangerous, the fatality rate has been much higher on the African continent compared to the rest of the world.

"Despite a safe and effective vaccine and antiviral treatment against Mpox, these are not readily available to most [African Union member states]. Thus, we have listed the risk level as high," wrote Africa CDC in a report on July 30, 2024.

(Also Read | The Neeraj Chopra diet: From snacks to cheat meals to fitness routine)
Between January and the end of July 2024, a total of 14,250 cases (2,745 confirmed; 11,505 suspected) and 456 deaths were reported from 10 African countries.

This represents a 160% and 19% increase in the number of cases and deaths respectively in 2024 compared to the same period in 2023.

According to the report, DRC is the hotspot of Mpox cases, accounting for 96.3% of all cases and 97% of all deaths reported this year.

The European Centre for Disease Prevention and Control (ECDC), said on July 29, 2024, the risks to the European region are "very low."

Meditation (Hindustan Times: 20240816)

<https://www.hindustantimes.com/lifestyle/health/this-morning-start-your-day-with-10-minutes-of-meditation-for-these-amazing-benefits-101723710719277.html>

This morning, start your day with 10 minutes of meditation for these amazing benefits

Mornings are meant to be started slowly and with more mindfulness. Mornings show the day ahead, and the way we start the morning helps us to prepare the mind and body for the hours ahead. When we start a rushed morning, we end up having a stressful day. But when we take our time to get up, practice mindful techniques and spend time with family before going to work, it helps us to have a more positive approach to the day ahead. Meditating in the morning has a lot of amazing benefits. It helps in centering ourselves and making ourselves calm and relaxed. It also gives us the emotional and mental strength to deal with the challenges of the day.

Starting the day right:

Instead of rushing through the morning and being disturbed about how we are always late, we should take our time and go outdoors and breathe in fresh air. We should sit to meditate and listen to calming music during the process. This helps us to feel more centered – it gives us the energy to start the day right.

Managing stressful days:

When we start a morning with ten minutes of meditation, it makes the nervous system feel calm and relaxed. This further helps us to deal with the stress of the day. It is a common belief that when we have a busy day ahead, we must devote more time to meditation to combat the upcoming stress more effectively.

Morning quietness:

A person can meditate whenever he/she finds the time for it. But meditating in the morning, right after waking up has its own benefits. Mornings are the peaceful time of the day, filled with the beauty of silence. This helps us to meditate and become more self-aware.

Focusing on the present:

Meditating in the morning helps us to bring our focus to the present and be more involved in the moment. It also helps us to be more patient and creative.

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.

Slapped Cheek Syndrome (THE TIMES OF INDIA: 20240816)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/parvovirus-alert-what-is-slapped-cheek-syndrome-know-all-about-the-fast-rising-condition-in-the-us/articleshow/112542050.cms>

Parvovirus alert: What is slapped cheek syndrome? Know all about the fast-rising condition in the US

The US CDC reported an increase in cases of 'slapped cheek' disease, caused by Parvovirus B19, which primarily affects children and pregnant women. The disease, characterized by a distinctive facial rash, can cause severe outcomes in vulnerable populations. The CDC advised preventive measures like handwashing and avoiding close contact with infected individuals.

Parvovirus alert: What is slapped cheek syndrome? Know all about the fast-rising condition in the US

Cases of 'slapped cheek' disease, a highly contagious disease that commonly affects kids and pregnant women, have witnessed an uptick across the US in recent times. The US Centers for Disease Control and Prevention has issued a health advisory on Tuesday to take adequate preventive measures to curb the spread of the disease caused by Parvovirus. The 'slapped cheek' refers to a distinctive facial rash which leads to rosy cheeks in those affected.

It is caused by Parvovirus B19, also called fifth disease. While in children and healthy adults, the symptoms are usually mild, in case of pregnant women or vulnerable population, it can cause severe disease.

In adults the symptoms may manifest as joint pain and stiffness and this can continue for many weeks, even after the other symptoms have vanished.

Parvovirus can be dangerous in pregnant women because it can cross the placenta and infect the fetus and cause it to be anemic, which could lead to fetal death, says NBC News. CDC says the disease is more common in the age group of children between 5 to 9.

Slapped cheek syndrome usually lasts for around 3 weeks. In the case of adults, though rare, the disease can turn serious.

Symptoms of slapped cheek disease

The first signs of slapped cheek syndrome as per NHS UK are:

Feeling unwell for few days

A high temperature

A runny nose and sore throat

A headache

How a slapped cheek or parvovirus rash looks like:

- A red rash may appear on 1 or both cheeks in children. Adults may not experience this symptom
 - The rash may not be so prominent in people with brown or black skin
 - After a few days of appearance of rash on the face, spotty rash may appear all over the body - chest, back, arms, and legs
 - The rash last for 1-3 weeks
- Why is it called Fifth disease?

In the early 1900s, doctors created a list of six common childhood rashes to improve diagnostic precision: measles, scarlet fever, rubella (German measles), Filatov-Dukes (now considered obsolete), Fifth disease (erythema infectiosum), and roseola (Sixth disease). Each of these conditions, caused by various viruses and bacteria, presented with distinct rashes and symptoms. Although this numbering system has largely fallen out of use due to the recognition of additional rashes like chickenpox, the term Fifth disease remains in common usage.

How to prevent infection?

There is no vaccine for parvovirus prevention in human, although scientists are working on developing one. It is important to prevent exposure to the virus by frequent hand washing with soap and water, avoiding close contact with those who may be infected, covering mouth while sneezing or coughing, staying home if infected.

Cancer Risk (THE TIMES OF INDIA: 20240816)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/cancer-in-millennials-rising-top-lifestyle-changes-to-cut-cancer-risk/articleshow/112548916.cms>

Cancer in millennials rising; top lifestyle changes to cut cancer risk

Cancer cases among millennials and Generation X have surged due to factors like obesity, poor diet, lack of exercise, and poor sleep. A study in The Lancet highlighted an increase in 17 types of cancer. Positive lifestyle changes, such as losing weight, adopting a plant-based diet, reducing sedentary behavior, and avoiding processed foods, can significantly reduce the risk of cancer.

Cancer in millennials rising; top lifestyle changes to cut cancer risk

Cancer cases are rising exponentially among millennials and Generation X and the growing threat among youth could be linked to obesity, poor diet, environmental factors, lack of exercise and poor sleep. A study published in medical journal The Lancet reported an increase in diagnosis of 17 types of cancer in young including gastric cardia, small intestinal, Estrogen receptor-positive breast, ovarian, Liver and intrahepatic bile duct in women, colon and rectal, Uterine corpus, Gallbladder and other biliary, Kidney and renal pelvis, Pancreatic, Myeloma, leukemia among others.

While one cannot fully guard against genetic or environmental factors, making positive changes in the lifestyle can greatly cut your cancer risk and improve your general health, says Macmillan Cancer Support.

Here are top lifestyle changes youth should make to reduce cancer risk:

1. Lose weight

There has been a rise in obesity-related cancer in the recent decades. Excess weight can put one at risk of deadly cancers such as colorectal, endometrial, kidney, esophageal, pancreatic, liver, and gallbladder cancer. By reducing weight through healthy lifestyle interventions, you can naturally cut risk of cancer.

2. Adopt a plant-based diet

Adding nuts, fruits, whole grains, tofu, legume and other plant-based foods can keep cancer away. Eating a plant-based diet can reduce cancer chance to 47%, as discovered by a new research by UC San Francisco. According to this study, men with prostate cancer could greatly reduce chances of the disease worsening by eating more fruits, vegetables, nuts and olive oil.

3. Stop sitting for long hours

One of the reasons behind dramatic rise in cancer cases could be our growing tendency towards sedentary lifestyle. Sitting for long hours like 10-12 hours could be increasing our cancer risk in a range of ways. According to MD Anderson Cancer Center, the most sedentary individuals had an 82% higher risk of cancer mortality compared to the least sedentary individuals.

4. Skip processed foods

Chips, burgers, pizza, Cola and samosa have become a way of our life. Ultra-processed food and drinks are indirectly linked to cancer risk due to increased levels of sugar and sodium, which can lead to weight gain and obesity. "Eating these ultra-processed foods that are high in calories and low in nutritional value can increase your cancer risk by causing weight gain and obesity."
cancer risk 2

5. Eat loads of fibre and drink water

High-fat and low-fibre diets can be wreaking havoc on your health as they can put you at the risk of many cancers including bowel, lung, prostate and uterine cancers. Adding fibre-rich fruits, vegetables, nuts and seeds in your diet can ward off cancer risk. Apart from that make sure to consume 8-10 glasses of water.

6. Avoid peak hour sun

Sun's harmful rays can also raise your cancer risk. Too much UV radiation from the sun can damage DNA in your skin cells and cause skin cancer. Use sunscreen and avoid stepping out between 12pm-5pm when sun's rays can directly penetrate your skin.

7. Eat homemade food

Homemade meals offer us the flexibility to customize our food to our preferences. We can also be mindful of cooking methods and to limit oil and salt intake. Ayurveda also advocates for consuming freshly prepared food, as it preserves nutrients. Low in calories and high in fibre, homemade food can play a vital role in preventing various diseases, including cancer.

8. Quit smoking and drinking

The best thing you can do to cut cancer risk is getting rid of harmful habits like smoking and drinking. People who smoke and also drink alcohol are at a higher risk of mouth and upper throat cancers. When consumed together, the risk goes up significantly.

Monkeypox (THE TIMES OF INDIA: 20240816)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/monkeypox-declared-global-public-health-emergency-what-is-it-and-why-is-it-a-global-threat/photostory/112541456.cms?picid=112541486>

Monkeypox declared global public health emergency: What is it and why is it a global threat?

WHO declares monkeypox as PHEIC

On Wednesday, the World Health Organisation (WHO) declared monkeypox as a global threat. The WHO flagged it as a PHEIC or public health emergency of international concern, which is the highest level of warning issued by the WHO. PHEIC is “an extraordinary event which is determined to constitute a public health risk to other States through the international spread of disease and to potentially require a coordinated international response.”

What is the current status of monkeypox? Where is its outbreak?

WHO's emergency declaration on monkeypox comes a day after the Africa Centers for Disease Control and Prevention declared it to be a public health emergency on the continent. WHO said there have been more than 14,000 cases and 524 deaths in Africa this year, which already exceed last year's figures. Monkeypox has now been detected in at least 13 African countries. So far, more than 96% of all cases and deaths are in a single country — Congo. WHO said monkeypox was recently identified for the first time in four East African countries: Burundi, Kenya, Rwanda and Uganda. All of those outbreaks were linked to the epidemic in Congo.

Current surge of monkeypox in Africa

“The current upsurge of mpox in parts of Africa, along with the spread of a new sexually transmissible strain of the monkeypox virus, is an emergency, not only for Africa, but for the entire globe. Mpox, originating in Africa, was neglected there, and later caused a global outbreak in 2022. It is time to act decisively to prevent history from repeating itself,” WHO Committee Chair Professor Dimie Ogoina said.

Why is this monkeypox virus a big concern?

A new clade, or variant in simple words, has emerged this time. What intensifies the situation is that unlike in previous monkeypox cases, this time the lesions (which are a common occurrence in monkeypox infection) are seen on the genitals. This makes the infection difficult to identify and gives it time to spread to people without the person even knowing that they are infected and are spreading out this infection to others.

The rise of plant-based diets: Are they actually healthy?

Otherwise, in monkeypox infections the lesions are mostly seen in the chest, hands and feet.

"The emergence of a new clade of mpox, its rapid spread in eastern DRC, and the reporting of cases in several neighbouring countries are very worrying. On top of outbreaks of other mpox clades in DRC and other countries in Africa, it's clear that a coordinated international response is needed to stop these outbreaks and save lives," WHO Director-General Dr Tedros Adhanom Ghebreyesus has said in a press statement.

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Monkeypox was first identified in Congo in 1970

The first reported human case of monkeypox was a nine-month-old boy in the Democratic Republic of the Congo in 1970. A global outbreak of monkeypox was recorded in 2022-2023.

"The natural reservoir of the virus is unknown – various small mammals such as squirrels and monkeys are susceptible," the WHO says.

How does monkeypox virus spread?

Monkeypox can easily spread from an infected person to a healthy one through direct contact like talking or breathing, touching or sex, kissing, oral sex or kissing the skin. People with multiple sexual partners are at higher risk. People can also contract the infection through contaminated objects such as clothing or linens, injuries or even tattoo parlours.

Monkeypox can also occur through animal bites, scratches or coming in contact with the flesh or skin of contaminated animals.

How to identify if it is monkeypox?

There are certain typical signs of monkeypox seen within 21 days of the infection. The common symptoms are rash, fever, sore throat, headache, muscle aches, back pain, low energy, and swollen lymph nodes.

The initial signs of monkeypox are fever, muscle ache and sore throat.

The typical sign of monkeypox is a rash that appears as a flat sore. It then develops into a blister and can be itchy. Children, pregnant people and people with weak immune systems are at risk for complications from monkeypox.

Complications associated with monkeypox

Monkeypox has become severe and lead to pneumonia, corneal infection with loss of vision; pain or difficulty swallowing, vomiting and diarrhoea causing severe dehydration or malnutrition; sepsis; inflammation of the brain or encephalitis, heart, rectum (proctitis), genital organs (balanitis) or urinary passages (urethritis); or death.

Is there a threat of monkeypox in India?

India reported the first case of monkeypox in 2022. "The first case of monkeypox in WHO South-East Asia Region has been reported from India, in a 35-year old man who arrived from the Middle East earlier this week," the WHO had confirmed then.

As on 24 July, 2023, a total of 27 confirmed cases of Monkeypox disease have been reported by the States and UTs in the country. This includes 12 cases from Kerala and 15 cases from Delhi.

Monkeypox preventive measures

To stay safe from monkeypox, practice good hygiene by washing your hands frequently with soap and water. Avoid close contact with anyone showing symptoms of monkeypox, such as rash, fever, and swollen lymph nodes. Use personal protective equipment if caring for someone infected and avoid handling or consuming wild animals, particularly those showing illness. Maintaining cleanliness and vigilance in personal interactions can significantly reduce the risk of contracting or spreading monkeypox.

Plant-Based Diets (THE TIMES OF INDIA: 20240816)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/the-rise-of-plant-based-diets-are-they-actually-healthy/articleshow/112544273.cms>

The rise of plant-based diets: Are they actually healthy?

Post-Paris adrenaline rush: Neeraj, Manu strike gold with brand deals

Plant-based meats have become popular as healthier alternatives to traditional meat, made from ingredients like soy and peas. They offer benefits such as lower saturated fat and no cholesterol, potentially reducing heart disease risk. However, concerns remain regarding their processing and nutrient content. Experts advise mindful consumption and careful dietary planning for balanced nutrition.

The rise of plant-based diets: Are they actually healthy?

The use of plant based diets, like meat made from plant products are increasingly getting popular. The plant version of foods is a new way of consuming healthy foods, many believe.

Plant-based meats have surged in popularity as an alternative to traditional animal-based proteins, often regarded for their health benefits and environmental sustainability.

These products are made from ingredients like soy, peas, and mushrooms, and aim to replicate the taste and texture of meat while being entirely plant-derived.

But, is it meeting our nutritional requirement? Are they healthy? Their health implications are a topic of considerable debate.

"The use of plant-based meats has increased as a more sustainable and healthful option than traditional meat. These products are intended to replicate the flavor and texture of animal meat. They are manufactured from substances such as soy, pea protein, and other plant-based sources," says Dr Piyush Mishra, General Physician & Immunization Officer,

Dr Mishra goes on to highlight the benefits offered by these replica foods: The fact that plant-based meats often contain less cholesterol and saturated fat than animal meat can help minimize the risk of heart disease. This is one of the key advantages of plant-based foods. They are a healthy option for anyone trying to cut back on their meat intake because they are also high in fiber and vital elements like vitamins and minerals.

The rise of plant-based diets: Are they really healthier?

One of the primary advantages of plant-based meats is their lower saturated fat content compared to conventional meat. High saturated fat intake is linked to increased risk of heart disease, so plant-based options may offer a heart-healthier alternative. These products typically contain no cholesterol, which further supports cardiovascular health. Moreover, plant-based meats can be rich in fiber, which is beneficial for digestive health and can help in managing weight by promoting satiety and reducing calorie intake. If plant based products are healthy, why not switch to vegetarianism?

"Plant-based diets are indeed healthy. They lower the chance of chronic illnesses like cancer, diabetes, and heart disease while also supplying important nutrients like fiber, vitamins, and antioxidants. When these diets are varied and well-balanced with a variety of plant-based foods, they can also help with weight management and enhance general health," says Dietician Parmeet Kaur, Chief- Head Dietician, Marengo Asia Hospital Gurugram.

"Diets high in fiber, vitamins, and antioxidants from plants are beneficial to health in many ways, including reduced chances of heart disease, obesity, and some types of cancer. Additionally, they support environmental sustainability by lessening the ecological footprint that comes with raising animals. In general, plant-based diets are beneficial to the environment and human health," the expert adds. However...

"Not all plant-based products are made equal. Some items may be overly processed and have high sodium, artificial additives, and preservative levels, which can offset some of the health benefits. They might also be deficient in some nutrients including iron, omega-3 fatty acids, and vitamin B12, which are present in animal products," warns Dr. Mishra. The rise of plant-based diets: Are they really healthier?

Some plant based products can be highly processed and contain significant amounts of sodium, added sugars, and unhealthy fats to enhance flavor and texture. Excessive sodium intake, for instance, is associated with high blood pressure and other cardiovascular issues. Therefore, while plant-based meats can be a healthy choice, they should be consumed as part of a balanced diet rather than relying on them exclusively.

"Animal products include higher concentrations of some nutrients, certain people may find it difficult to consume enough iron, calcium, vitamin B12, protein, and omega-3 fatty acids through plant based products. Fatigue, anemia, and weak bones are a few problems that can result from deficiencies. An over dependence on plant-based processed meals can also result in unhealthful eating habits. To guarantee a meal that is both balanced and sufficiently nutrient-dense, careful planning and potential supplementation are necessary," agrees dietitian Parmeet Kaur and recommends that individuals who are deficient in certain nutrients, such calcium, iron, or vitamin B12, may need to stay away from plant-based diets or follow them closely. Before following a strict plant-based diet, those with particular health issues that require a greater protein or nutritional intake, youngsters, and pregnant women should speak with a doctor or dietician.

"Being plant-based doesn't necessarily mean it's healthier"

The idea of mimicking plant products into foods that taste and feel like meat is not something very modern. The colloquial references to phrases like "please try it tastes just like meat" is something that has been in practice from generations. The origin of plant based meats are linked to the taste of vegetarian customers and other factors like environmental concerns, ethical reasons behind the farming of animals and food sustainability.

infographic

"I think it's very important to monitor the trends of the consumption patterns in the population and also monitor the health effects of those products, because some of those products, even though they contain high amounts of plant-based protein, may also contain unhealthy ingredients, such as high amounts of sodium or unhealthy fats. Being plant-based doesn't necessarily mean it's healthier," a Harvard Gazette from June 2019 has quoted researcher Frank Hu, from the Harvard T.H. Chan School of Public Health saying. In a nutshell

Plant-based foods like meat can be a healthy alternative to traditional meat, particularly for those looking to reduce saturated fat and cholesterol intake. They offer potential benefits such as lower saturated fat, no cholesterol, and added nutrients. However, their health benefits depend upon the quality of the product and its place within a diverse diet. As with any food, moderation and mindful consumption are key to ensuring they contribute positively to overall health.

Diabetes (Medical News Todays: 20240816)

<https://www.medicalnewstoday.com/articles/diabetes-eating-baked-potatoes-rice-other-carbs-improve-heart-health>

Diabetes: Could eating baked potatoes over other carbs improve heart health?

Scientists saw that baked potatoes improved many health markers in people with diabetes. GMVozd/Getty Images

A new study suggests that baked and roasted potatoes can help people with type 2 diabetes maintain healthy blood sugar levels and reduce their waistlines.

The study compared baked potatoes with another carbohydrate — an equivalent portion of white rice.

Potatoes in any form that have been fried are not beneficial to one's health, so their method of preparation is key, experts warn.

There are more than 4,000 types of potatoes worldwide packed with nutrients. A new study finds that these compact vegetables when cooked properly, can help people with diabetes lose weight and maintain healthier blood sugar levels.

Compared to a control group consuming an equivalent amount of white rice, people eating baked potatoes experienced a modest decrease in fasting blood glucose levels, waist circumference, resting heart rate, and improvements in body composition.

The principal investigator of the study was Neda Akhavan, PhD, RD, assistant professor in the Kinesiology and Nutrition Sciences Department of the University of Nevada.

Each of the 24 participants had type 2 diabetes.

Half of the individuals were given a 100 mg baked potato containing 20 grams of carbohydrates. They were expected to eat them along with the potato skin as a snack or side dish with their meals daily for 12 weeks. They were asked not to fry their baked potatoes.

The remaining participants were given an equivalent amount of white rice, with the same number of carbohydrates and calories.

Participants were allowed to adorn their snacks/sides with up to half a tablespoon of butter and add herbs or spices to taste.

It is important to note that the results of this study have not yet been published in a peer-reviewed journal. The Alliance for Potato Research and Education was also a collaborator.

Different ways to consume potatoes

Potatoes are often considered an unhealthy food choice, and this may often be true, depending on the means by which they are cooked.

French fries and potato chips are all fried, for example. Michelle Routhenstein, MS, RD, CDCES, preventive cardiology dietitian at EntirelyNourished.com explained how the frying process turns a healthy potato into a nutritional problem.

“Frying potatoes introduces unhealthy trans fats and adds extra calories, worsening overall health and heart health. [This] makes them unhealthy because it creates Advanced Glycation End-products (AGEs), which can cause inflammation and oxidative stress, raising the risk of chronic diseases,” she explained.

According to Akhavan, the healthiest ways to prepare potatoes are by baking or roasting them.

Routhenstein agreed, saying, “Baked potatoes are rich in nutrients such as potassium, vitamin B6, folate, and dietary fiber, which help to support heart health, digestive function, and can assist in weight management.”

Healthy toppings for baked and roasted potatoes

Routhenstein suggested various toppings that can enhance the flavor of a baked potato and that are healthy for people with diabetes.

These include plain Greek yogurt for protein, non-starchy vegetables for fiber, lean proteins such as grilled chicken or tofu, fresh herbs for flavor, and avocado for healthy fats.

“These additions help keep blood sugar levels stable,” she said.

A little extra virgin olive oil and a pinch of rosemary are also delicious additions to roasted potatoes.

Does boiling potatoes diminish nutrients?

Although boiling potatoes is better than frying them, this preparation method is not as healthy as baking or roasting.

“Boiling potatoes can reduce their nutritive value by causing the loss of minerals, including potassium, in which potatoes are rich, [causing them to] leach into the cooking water,” Akhavan noted.

“Additionally, boiling potatoes can also decrease their fiber content when compared to baking potatoes, due to the way the cooking process affects the potato’s structure. When potatoes are boiled, their cell walls break down more extensively, and some of the soluble fiber can also leach into the cooking water.”

— Neda Akhavan, PhD, RD

Is brown rice and pasta better for people with diabetes?

The study compared potatoes to white rice, which is similar to refined pasta in that it is “processed in a way that reduces its fiber content. This can increase its glycemic index, causing faster spikes in blood sugar, which is not ideal for diabetics especially,” said Akhavan.

“Brown rice typically offers better health benefits than white rice due to its higher fiber content and retained nutrients such as B vitamins and magnesium. This can lead to more stable blood sugar levels and improved digestive health,” she said.

Whole grain pasta, therefore, “has more fiber and other nutrients, similar to brown rice, which helps with better blood sugar control and even satiety,” she added.

In any event, portion control remains important for potatoes and rice or pasta, as does the method of preparation and other foods consumed throughout the day.

Eating potato skins for more fiber

Potato skins provide a significant amount of a potato’s nutritional value in any event.

“If the skins are removed before boiling a potato, a significant portion of its fiber can be lost since most of the fiber is concentrated in, or just below, the skin,” warned Akhavan.

The potato skin contains “resistance starch,” which Akhavan explains, is a “type of starch that escapes digestion in the small intestine and reaches the large intestine, where it functions similarly to dietary fiber (which is also a non-digestible carbohydrate).”

Further, “Studies have shown the health benefits of resistant starch for improving blood sugar levels and lipid profiles, in addition to supporting gut health by promoting the growth of beneficial bacteria,” she added.

Some people resist eating potato skins on baked or roasted potatoes.

“In order to maximize the benefits from consuming potatoes, you always want to eat the skin, which can be seasoned and has a great savory and nutty flavor (especially when baked). Don’t knock it ‘til you try it, you may really like it!” she said.

Mental Health (The Indian Express: 20240816)

<https://indianexpress.com/article/lifestyle/health/how-organs-affect-mental-health-by-causing-brain-changes-study-finds-9510945/>

How organs affect mental health by causing brain changes, study finds
mental Researchers at the University of Melbourne analyzed organ health and brain data from over 18,000 people to explore the link between organ health and mental health. (Source: Freepik)

Poor organ health leads to poor mental health by bringing changes in brain which cause or worsen depression or anxiety, according to a study that looked at the interconnectedness of the brain, body and lifestyle.

“By looking at brain imaging and clinical data of over 18,000 people, we were able to establish for the first time multiple pathways involving the brain as a mediating factor and through which poor physical health of body organ systems may lead to poor mental health,” lead author Ye Ella Tian, a research fellow at The University of Melbourne, Australia, said.

The researchers studied body systems involving organs such as the lungs, heart, liver, along with those related to metabolism and immunity. Data for their analysis, published in the journal Nature Mental Health, was taken from UK Biobank. Of the over 18,000 participants studied, more than 10,000 reported being diagnosed with a mental health condition such as depression, anxiety or bipolar disorder.

mental The researchers studied body systems involving organs such as the lungs, heart, liver, along with those related to metabolism and immunity. (Source: Freepik)

“For each of the seven organ systems (analysed), we found that poorer organ health was significantly associated with higher depressive (and anxiety) symptoms,” the authors wrote. They found that even though the extent to which the brain mediates physical-mental health across organ systems differed, “in general, (it) showed a strong mediating

effect on organs that had strong direct effects on mental health outcomes; namely, the musculoskeletal and immune systems.”

The team also examined lifestyle factors such as exercise, diet and drinking alcohol, as well as education and socioeconomic status, and their impact on mental health through their effects on the physical body and the brain. “We showed that some lifestyle factors, such as physical activity, sleep and diet influence mental health by affecting the physiological function of multiple organ and brain systems,” the authors wrote.

Festive offer

They said that adopting behaviours based on these aspects is likely to yield improved mental health outcomes for most people. The study’s results are important, because while it is known in healthcare that body organs and systems affect each other, the knowledge is rarely reflected in scientific studies, according to author James Cole from the University College London.

“So, it’s exciting to see these results, as (the study) really emphasizes the value in combining measures from different parts of the body together,” Cole said. “Our work provides a holistic characterisation of brain, body, lifestyle and mental health,” Tian said.

Dengue vaccine (The Indian Express: 20240816)

<https://indianexpress.com/article/lifestyle/health/dengue-vaccine-phase-3-of-trial-begins-in-rohtak-9514860/>

Dengue vaccine: Phase-3 of trial begins in Rohtak

The trial will be conducted at 19 sites across 18 states and Union Territories. It will follow 10,335 healthy adults for a period of two years. The trial is primarily funded by the Indian Council of Medical Research, with the company partially bearing the expenses.

Dengue vaccine: Phase-3 of trial begins in Rohtak
DengiAll vaccine by Panacea Biotech works against all 4 dengue serotypes

The first phase III clinical trial for dengue vaccine in India was kickstarted on Wednesday, with the first person receiving a shot at Pandit Bhagwat Dayal Sharma Post Graduate Institute of Medical Sciences (PGIMS), Rohtak.

The vaccine called DengiAll, which works against all four serotypes of dengue, has been developed by Panacea Biotech.

The trial will be conducted at 19 sites across 18 states and Union Territories. It will follow 10,335 healthy adults for a period of two years. The trial is primarily funded by the Indian Council of Medical Research, with the company partially bearing the expenses.

“The initiation of this Phase 3 clinical trial for India’s first indigenous dengue vaccine marks a critical advancement in our fight against dengue. It reflects our commitment to protecting our citizens from this pervasive disease and underscores India’s capabilities in vaccine research and development,” Union Health Minister JP Nadda said.

Panacea's vaccine uses live, weakened versions of all four dengue serotypes. These weakened versions of the virus were developed by the National Institute of Allergy and Infectious Diseases in the US— they deleted parts of the genetic code of DENV1, DENV3, and DENV4 and then genetically engineered a DENV2 backbone using parts from the weakened DENV 4, on which the others were tacked.

Festive offer

One of the biggest challenges with developing a dengue vaccine is that the four serotypes of the infection offer very little protection against each other, meaning one individual can be infected repeatedly with different serotypes. More importantly, it can lead to antibody dependent enhancement (ADE) — a person with low levels of antibodies against one serotype of dengue, getting a more severe infection with another serotype.

ADE was the reason for controversy surrounding the first dengue vaccine in the world. Only after a vaccination programme had been rolled out in the Philippines was it found that the vaccine could actually increase the risk of severe disease in the people who had not been infected before.

The Serum Institute of India has used the same weakened virus from the United States to develop another vaccine candidate that has completed initial phases of trial. The company will conduct a large phase III trial in collaboration with ICMR in children between the ages of 2 and 18 years.

The same technology has also been used by Indian Immunologicals Limited to develop a vaccine that is undergoing initial phases of human trials. Hyderabad-based vaccine manufacturer BiologicalE has partnered with the global pharmaceutical company Takeda to produce its dengue vaccine, which is based on the same principle as the NIAID vaccine.

Asthma (Navbharat Times: 20240816)

<https://navbharattimes.indiatimes.com/lifestyle/health/mistakes-that-can-worsen-asthma-symptoms-and-best-ayurvedic-home-remedy-to-cure-asthma-symptoms-without-inhaler-or-medicine/articleshow/112522141.cms>

इस गलती से बिगड़ सकती है अस्थमा के मरीजों की हालत, ये आयुर्वेदिक नुस्खा देगा तुरंत आराम, बलगम-खांसी का भी होगा नाश

Kaise banaye Asthma Ke liye ayurvedic kadha: अस्थमा के मरीजों को बदलते मौसम में अपना खास ध्यान रखना चाहिए क्योंकि मौसम में बदलाव होने पर इनकी समस्या बढ़ जाती है। यदि आपको अस्थमा की शिकायत है तो यहां हम आपको ऐसे आयुर्वेदिक काढ़े के बारे में बताएंगे जिससे आपको काफी राहत मिलेगी।

अस्थमा के मरीजों को सिर्फ सर्दियों में ही परेशानी नहीं होती है बल्कि गर्मियों में भी इन्हें कई दिक्कतों का सामना करना पड़ता है। ऐसा इसलिए क्योंकि गर्मी के मौसम में एसी और कूलर की ठंडा हवा इन्हें नुकसान पहुंचाती है। इसके अलावा फ्रिज का ठंडा पानी भी इनके लिए जहर समान होता है। ऐसे में अगर सावधानी ना बरती जाए तो यह बहुत ही घातक हो

सकता है। अगर किसी को अस्थमा की शिकायत है तो यह जरूरी नहीं है कि उसे सिर्फ सर्दियों के मौसम में जुकाम, खांसी, और बलगम की समस्या हो बल्कि कई बार मरीज को ऐसी परेशानियां गर्मी में भी हो जाती है।

अस्थमा को दमा भी कहा जाता है और यह एक सांस संबंधी समस्या है जो सीधा फेफड़ों पर असर करती है। यदि मरीज ज्यादा लापरवाही करता है तो यह बीमारी जानलेवा भी हो सकती है। पिछले कुछ सालों में लोगों ने आयुर्वेद में अपना भरोसा दिखाया है। आयुर्वेद में बड़ी से बड़ी बीमारी का भी इलाज है। ऐसे में यहां हम आयुर्वेदिक डॉक्टर इरफान द्वारा बताए हुए एक ऐसे काढ़े के बारे में बताएंगे जो दमा के मरीजों के लिए बहुत ही असरदार हो सकता है, लेकिन उससे पहले हम अस्थमा से जुड़ी कुछ और महत्वपूर्ण जानकारियां भी आपको देंगे।

क्या है अस्थमा?

पूरी दुनिया में अस्थमा के कई मरीज हैं और इस बीमारी को फैलने से रोकना आसान नहीं है। अस्थमा यानी दमा सांस और फेफड़ों से जुड़ी एक गंभीर बीमारी है जो श्वास नालिकाओं को प्रभावित करती है। श्वास नालिकाएं फेफड़े से हवा अंदर बाहर करती हैं। अस्थमा में नालिकाओं की भीतरी दीवार में सूजन और सकुचन आने के कारण फेफड़ों में हवा का प्रवाह ठीक से नहीं हो पाता है। ऐसे में मरीज को सांस लेने में दिक्कत होने लगती है। चूंकि ऐसी स्थिति में मरीज के शरीर को पर्याप्त ऑक्सीजन नहीं मिल पाता है और उसकी मौत भी हो सकती है।

अस्थमा का कारण

यह एक एलर्जिक डिजीज है और इस बीमारी के कई कारण हो सकते हैं। यह पारिवारिक, व्यक्तिगत और सामुदायिक तीनों ही स्तरों पर लोगों को प्रभावित करता है। यदि माता पिता को यह समस्या है तो बच्चों में इसके होने के 50 प्रतिशत तक संभावना रहती है। इसके अलावा यदि कोई करीबी रिश्तेदार इस बीमारी से पीड़ित है तो भी यह बीमारी हो सकती है। खराब जीवनशैली, धूम्रपान, वायु प्रदूषण आदि भी इस बीमारी का कारण होते हैं।

अस्थमा के लक्षण

सांस लेने में परेशानी

सांस लेते समय आवाज आना

छाती में जकड़न

सांस लेते समय रीढ़ की हड्डी के पास खिंचाव

थकान

बलगम वाली खांसी या सूखी खांसी

सांस लेते समय जोर लगाने पर मरीज का चेहरा लाल हो जाता है।

गर्मी में बरतें ये सवधानियां

गर्मियों में केवल ठंडी हवा से ही नहीं बल्कि हीट वेव के कारण भी दमा के रोगी की परेशानी बढ़ जाती है। ऐसे में इस मौसम में कुछ बातों का खास ख्याल रखना जरूरी होता है। हीट वेव से सांस की नली में इन्फेक्शन हो जाता है और सांस लेने में दिक्कत होती है। इसके अलावा ज्यादा एसी और कूलर के इस्तेमाल से भी मरीज को बचना चाहिए।

इस आयुर्वेदिक काढ़े से मिलेगी राहत

इस काढ़े को पीने से आपको बदलते मौसम में होने वाली समस्याओं से छुटकारा मिलेगा जैसे गले में भारीपन, बलगम, खांसी, जुकाम आदि। काढ़े की बनाने के लिए आप 10 तुलसी के पत्ते ले लें, एक इंच अदरक का टुकड़ा, एक चम्मच मुलेठी पाउडर और 5 से 7 काली मिर्च के दाने। एक ग्लास पानी में इन सारी चीजों को डालकर अच्छी तरह से बॉयल कर लें और तब तक उबालें जब तक यह आधा ना हो जाए यानी कम से कम एक कप। जब यह तैयार हो जाए तब उसमें एक चम्मच शहद डालकर आप इसे ग्रीन टी की तरह पी सकते हैं। इसे पीने से बंद नाक भी खुल जाएगी और आप आसानी से सांस ले पाएंगे।

Sunflower Seeds (Dainik Jagran: 20240816)

<https://www.jagran.com/lifestyle/health-benefits-of-sunflower-seeds-for-health-surajmukhi-ke-beej-ke-fayde-23779164.html>

गुणों का भंडार हैं Sunflower Seeds, एक बार डाइट में कर लिया शामिल तो कभी नहीं होगा अफसोस

सेहतमंद रहने के लिए लोग इन दिनों कई तरीके अपनाते हैं। हेल्दी डाइट इन्हीं तरीकों में से एक है और इसमें कई तरह के फूड्स शामिल किए जाते हैं। Sunflower Seeds इन्हीं में से एक है जो अपने ढेर सारे गुणों के लिए जाने जाते हैं। इन्हें डाइट में शामिल करने से न सिर्फ सेहत दुरुस्त होती है बल्कि स्किन और बाल भी बेहतर होते हैं।

इन दिनों लोगों के लिए सीड्स खाने का चलन काफी बढ़ गया है।

यही वजह है कि कई लोग इसे अपनी डाइट का हिस्सा बनाते हैं।

Sunflower Seeds भी इन्हीं में से एक है, जो कई फायदे पहुंचती है।

लाइफस्टाइल डेस्क, नई दिल्ली। सीड्स को अपनी डाइट में शामिल करने से कई सारे फायदे मिलते हैं। यही वजह है कि इन दिनों चिया सीड्स, पंपकिन सीड्स आदि की लोकप्रियता काफी बढ़ गई है। सनफ्लावर सीड्स (sunflower seeds) भी इन्हीं में से एक है, जिसे आमतौर पर सूरजमुखी के बीज भी कहते हैं। सूरजमुखी के बीज असल में सूरजमुखी फूल के मुरझा जाने के बाद निकाले जाते हैं। ये नटी फ्लेवर और क्रंची टेक्सचर के होते हैं। अपने हाई न्यूट्रीशनल वैल्यू के कारण सूरजमुखी के बीज को लगभग हर प्रकार की हेल्दी डाइट में शामिल किया जा सकता है। तो आइए जानते हैं सूरजमुखी के बीज के फायदे क्या हैं-

यह भी पढ़ें- आपके दिमाग को खोखला कर सकते हैं अनहेल्दी स्नैक्स, आज ही करें डाइट से आउट

सनफ्लावर सीड्स के फायदे

ये विटामिन ई के बेहतरीन स्रोत होते हैं, जो एक अच्छा एंटी ऑक्सीडेंट है और ये शरीर में सेल्स को डैमेज होने से बचाते हैं। इससे बाल, नाखून और स्किन को भी काफी फायदा मिलता है।

ये हेल्दी फैट से भरपूर होते हैं, जिसमें मोनो-अनसैचुरेटेड और पॉली-अनसैचुरेटेड फैट शामिल होते हैं। इसमें पाए जाने वाले फाइटो स्टेरॉल से कोलेस्ट्रॉल लेवल को कम करने में भी मदद मिलती है और हार्ट से जुड़ी बीमारियों से बचाव होता है।

इसमें सेलेनियम पाया जाता है, जो एक ऐसा मिनरल है, जो थायरॉइड की फंक्शनिंग में सुधार लाता है और साथ ही ये शरीर के लिए कई एंटी इन्फ्लेमेटरी प्रभाव भी लेकर आता है। इससे शरीर की इम्युनिटी बूस्ट होती है।

इसमें पर्याप्त मात्रा में विटामिन b1 (थियामिन) पाया जाता है, जिससे शरीर में एनर्जी बनती है।

ये मैग्नीशियम से भरपूर होते हैं, जिससे हेल्दी कार्डियोवैस्कुलर हेल्थ को बढ़ावा मिलता है।
यह बीज स्किन में सेल प्रोडक्शन में मदद करता है, जिससे स्किन हमेशा ग्लो करती है।
शरीर में मौजूद सभी सेल्स में से ये बैक्टीरिया और अन्य पैथोजेन को नष्ट करता है, जिससे शरीर डिटॉक्स होता है।
विटामिन ई से भरपूर होने के कारण ये प्री-नेटल स्टेज में बहुत फायदा पहुंचाती है। इसलिए डॉक्टर से परामर्श लेकर इनका सेवन किया जाए तो ये प्रेग्नेंट महिलाओं के लिए भी सुरक्षित माना जाता है।
इसका ग्लाइसेमिक इंडेक्स कम होता है और इसमें फाइबर ज्यादा मात्रा में पाया जाता है, जिसके कारण ये डायबिटीज के मरीज के लिए भी बहुत ही फायदेमंद माना जाता है।
इसमें पेक्टिन नाम का एक कंपाउंड पाया जाता है जो कि रेडियोएक्टिव रेसिड्यू से जुड़ने में कारगर होता है। शरीर में मौजूद रेडियोएक्टिव रेसिड्यू से जुड़कर ये इन्हें शरीर से बाहर निकालने में मदद करता है।