



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 20240822

Cigarettes to Heart Attacks (Hindustan Times :20240822)

<https://www.hindustantimes.com/lifestyle/health/cigarettes-to-heart-attacks-heres-how-smoking-destroys-your-heart-and-what-you-can-do-to-stop-it-101724249536055.html>

Cigarettes to heart attacks: Here's how smoking destroys your heart and what you can do to stop it

Smoking has long been recognised as a major health hazard, contributing to various chronic diseases and among the most severe consequences are the long-term effects on heart health. Despite extensive public health campaigns and warnings, smoking remains a significant risk factor for cardiovascular disease (CVD), which encompasses conditions like coronary artery disease, heart failure and stroke.

In an interview with HT Lifestyle, Dr Abhijit Borse, Interventional Cardiologist at Asian Heart Institute in Mumbai, explained the intricate ways in which smoking damages the heart is crucial for both prevention and treatment efforts -

Mechanisms of Damage

Atherosclerosis: Smoking accelerates the process of atherosclerosis, where plaque builds up in the arteries, narrowing them and restricting blood flow. This can lead to coronary artery disease, the leading cause of heart attacks. The chemicals in cigarette smoke damage the lining of the arteries, making them more susceptible to plaque buildup.

Blood Clot Formation: Nicotine and other chemicals in cigarettes promote blood clot formation by making the blood stickier and increasing the levels of clotting factors. This raises the risk of blockages in the arteries, which can cause heart attacks and strokes.

Increased Heart Rate and Blood Pressure: Nicotine causes an immediate increase in heart rate and blood pressure by stimulating the release of adrenaline. Over time, this constant stress on the cardiovascular system can lead to hypertension (high blood pressure), which is a major risk factor for heart disease.

Reduced Oxygen Supply: Carbon monoxide from cigarette smoke binds with hemoglobin in the blood, reducing its oxygen-carrying capacity. This means that the heart has to work harder to supply the body with the oxygen it needs, leading to an increased risk of heart disease and heart failure.

Long-Term Consequences

Coronary Artery Disease (CAD): Smokers are 2-4 times more likely to develop CAD than non-smokers. This condition can lead to chest pain, heart attacks, and sudden cardiac death. The risk is directly proportional to the number of cigarettes smoked and the duration of smoking.

Heart Failure: Chronic smoking damages the heart muscle, leading to heart failure. This is a condition where the heart cannot pump blood effectively, resulting in symptoms like shortness of breath, fatigue, and fluid retention. Smoking-induced hypertension and atherosclerosis are key contributors to heart failure.

Stroke: Smoking doubles the risk of stroke, primarily due to its role in promoting atherosclerosis and blood clot formation. Strokes can lead to long-term disability or death, depending on the severity and area of the brain affected.

Peripheral Artery Disease (PAD): Smoking can also affect the arteries outside the heart, leading to PAD. This condition causes pain and numbness in the limbs and increases the risk of infections and ulcers, which can sometimes necessitate amputation.

Impact on Recovery and Treatment

Dr Abhijit Borse revealed, “For individuals with existing heart conditions, smoking complicates treatment and recovery. Smokers who suffer heart attacks are more likely to have a second attack and have a lower survival rate compared to non-smokers. Furthermore, smoking can reduce the effectiveness of certain heart medications, making it harder to manage heart disease effectively.”

Quitting Smoking: A Path to Better Heart Health

Asserting that the benefits of quitting smoking are significant and almost immediate, Dr Abhijit Borse shared, “Within 20 minutes of the last cigarette, heart rate and blood pressure drop. Within a year, the risk of heart disease is half that of a smoker's. Over time, the risks continue to decrease, though former smokers remain at higher risk compared to those who never smoked. The long-term effects of smoking on heart health are profound and multifaceted, impacting both the structure and function of the cardiovascular system. Public health initiatives must continue to focus on smoking cessation as a critical component of heart disease prevention. By quitting smoking, individuals can markedly reduce their risk of heart disease and improve their overall quality of life.”

Nervous System (Hindustan Times :20240822)

<https://www.hindustantimes.com/photos/lifestyle/building-capacity-within-your-nervous-system-psychologist-shares-tips-101724239610151.html>

Building capacity within your nervous system: Psychologist shares tips lifestyle

The way our nervous system reacts to stress or trauma depends on a lot of factors. From our relationship with stress to the way we handle trauma to external factors, the nervous system goes into the fight, flight, freeze or fawn mode. Psychologist Kelly Vincent shared a few ways by which we can build capacity within our nervous system.

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Slow it down: One of the best things we can do when we feel too overwhelmed is to slow it down. Instead of getting too much into the rush, we should take a break.

Slow it down: One of the best things we can do when we feel too overwhelmed is to slow it down. Instead of getting too much into the rush, we should take a break. (Unsplash)

Focus on connection: We can turn to the people we love and we safe around. Focusing on the connections that we love can help us calm down.

Educate yourself: We need to work on our own self-awareness and educate ourselves on why the nervous system is responding the way it is responding.

Take a second: We need to take a second or pause in the middle of a rough day to relax the nervous system and let it know that it is safe.

Reduce sensory overload: We should try to reduce sensory overload by minimising notifications, noise and external stimuli around us.

Oral care tips (Hindustan Times: 20240822)

<https://www.hindustantimes.com/lifestyle/health/sensitivityfree-summer-oral-care-tips-for-relishing-seasonal-foods-without-tooth-sensitivity-hassles-101724226564045.html>

Sensitivity-free summer: Oral care tips for relishing seasonal foods without tooth sensitivity hassles

Beat tooth sensitivity this summer with these expert oral care tips

Summer is the perfect time to enjoy a variety of foods however, for people with sensitive teeth, this pleasure can quickly turn into a painful experience. With a few oral care tips, you can enjoy your summer foods without the hassle of sensitivity.

Summer Smiles:

In an interview with HT Lifestyle, Dr Neha Chhabra, Co-Founder of Bentodent, shared, “While many commercial toothpastes available for sensitivity contain potassium nitrate or stannous fluoride, instead opt for natural toothpastes. These are formulated with ingredients like bentonite clay, clove, propolis, and guava leaf, which not only effectively minimise sensitivity but also avoid the potential side effects, such as irritation and taste changes, commonly associated with chemical ingredients.”

She revealed, “Moreover, flossing daily helps to remove plaque and bacteria buildup at the gum line, promoting healthy gums and potentially reducing sensitivity associated with gum recession. Everyone must stay hydrated by drinking plenty of water throughout the day as it helps wash away food particles and can dilute the effects of acidic or sugary drinks.

Calcium is important for strong teeth, so include dairy products like yogurt and cheese in your diet to enhance your oral care regimen.”

Dr Neha further suggested, “For extra enamel protection, use a non-alcoholic herbal mouthwash, which can be beneficial for sensitive teeth. Herbal mouthwashes typically contain natural ingredients such as aloe vera, chamomile, and mint, which soothe the gums without causing irritation. Engaging in mindful eating, enjoying summer treats in moderation, and rinsing with water after eating to neutralize acids are also part of a comprehensive care plan to ensure a delightful and sensitivity-free summer.”

Enjoy Summer Without Tooth Pain:

Dr Sheetal Kochhar, Consultant - General Dentistry and Endodontics and Dental Care, Endodontist and Cosmetic Dentist at Max Multi Speciality Centre, explained, “Sensitivity refers to a pain/discomfort that is triggered while having cold hot sour, or acidic foods or liquids. It is a result of the wearing away of the enamel, caries, exposed root surfaces, chipped or fractured teeth, dislodged fillings, or gum diseases. To avoid sensitivity, one should go for regular oral health check-ups, and use a desensitizing toothpaste as it can help to block the pain associated with tooth sensitivity. Your dentist can help you to choose the correct toothpaste. Flouride application by a dentist can help to strengthen the teeth and also reduce the sensitivity.”

She elaborated, “Root canal treatment can be done if you have deep caries or enamel wearing away dentist can advise you to get a root canal treatment. A soft bristle toothbrush with gentle strokes should be used. Gum grafts can also be done to cover exposed root surfaces. People with a habit of grinding their teeth should wear a night guard to avoid wearing away enamel. One should avoid having acidic foods and also drink plenty of water after having them to balance the acidic levels in the mouth.”

Can Sunscreen Cause Cancer (THE TIMES OF INDIA: 20240822)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/can-sunscreen-cause-cancer-this-is-what-research-says/articleshow/112689481.cms>

Can sunscreen cause cancer? This is what research says

Cognizant India CMD Rajesh Nambiar resigns to join Indian IT's apex body

Sunscreen has been shown to protect against skin cancer. However, recent findings indicated some sunscreens contain the carcinogen benzene. Despite this, the benefits of preventing UV radiation damage outweigh the potential risks. Choosing sunscreens from trustworthy brands and consulting medical professionals is advised for safety.

Sunscreen is essential for shielding our skin from UV radiation, which is known to be a risk factor for melanoma and squamous cell cancer among other types of skin cancer. It's crucial to remember that there is strong evidence demonstrating sunscreen's ability to prevent these kinds of skin cancers, especially in areas with high levels of sun exposure and low levels of melanin pigment as well as in areas with higher UV exposure because of things like a thin ozone layer.

Recent research, however, has called into question whether sunscreen may truly do more damage than good after it was discovered that some sunscreens contain significant quantities of the carcinogen benzene.

The news that some sunscreens contain large amounts of benzene worries many. But it's crucial to consider this in the larger picture. Although benzene is a chemical that might cause cancer, not all sunscreens on the market include high concentrations of the ingredient. Most sunscreens undergo extensive testing to guarantee their effectiveness and safety.

The advantages of wearing sunscreen greatly exceed the possible hazards of being exposed to benzene from some products. One of the main causes of skin cancer and a proven carcinogen is UV radiation from the sun. When applied correctly, sunscreen usage on a regular basis continues to be essential for shielding your skin from UV radiation damage. It is advised that you choose sunscreens from reliable companies and, if you have any concerns, speak with medical professionals. The idea is to protect your skin from UV rays that can cause cancer while limiting your exposure to any potentially dangerous chemicals. The results of this study are based on a single, unreliable study, so don't let it convince you to never wear sunscreen at all. There is a significant difference between the potential harm of benzene and the known, actual risk of UV radiation. Rather, take some time to ensure that the sunscreen of your choice is not on the list of contaminated products. Because it is also highly unstable, it is unclear how much benzene might be absorbed via the skin.

It's crucial to use caution when it comes to some sunscreen chemicals in light of recent studies. One such component is benzene, which has been linked to possible cancerous effects. Because of its unstable nature and potential for injury, benzene should not be found in sunscreens. It's best to stay away from sunscreens that include benzene and choose alternatives that don't include it.

Despite recent worries regarding sunscreen safety, using sunscreen is a critical preventive step against skin cancer, as supported by an overwhelming body of research. Choose broad-spectrum sunscreens with safer active ingredients, stay away from products containing benzene, and use sunscreens with an SPF of 30 or greater to reduce hazards.

Considerations should be made for a few aspects when choosing a sunscreen to protect your skin. First, care should be used when selecting the Sun Protection Factor (SPF). Sunscreens with an SPF of 30 or higher are advised because they provide superior UV protection and have been demonstrated to help prevent skin cancer. SPF values under 30 might not offer enough protection against skin cancer, but they might assist avoid sunburn and burning.

Look for broad-spectrum sunscreen, which protects the skin from UVA and UVB radiation, while making your selection. Additionally, take into account sunscreens with components like titanium dioxide or zinc oxide, which are thought to be safer substitutes for some chemical filters.

Recall that minimizing your skin's exposure to excessive UV radiation is still crucial to lowering your chance of developing skin cancer. Seeking advice from a dermatologist might offer tailored recommendations for sun protection if you have particular worries or medical conditions.

Mpox (THE TIMES OF INDIA: 20240822)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/mpox-in-kids-10-early-signs-and-symptoms-found-in-children/articleshow/112686306.cms>

Mpox in kids: 10 early signs and symptoms found in children

Cases of mpox, triggered by the Clade 1B strain, have been rising in Africa and globally. Thailand, along with other countries, reported infections. Symptoms in children include flu-like signs, rashes, and swollen glands. WHO emphasized close contact as a primary transmission method, stressing early recognition in children for better management.

Mpox in kids: 10 early signs and symptoms found in children

Cases fuelled by a new strain of Mpox are on the rise in Africa and beyond. Thailand has joined the list of countries affected by mpox this year which includes Burundi, Kenya, Rwanda, Uganda, Sweden, and Pakistan apart from the Democratic Republic of Congo where the initial outbreak occurred, as per media reports.

The current outbreak which is declared as a global health emergency by WHO recently is triggered by Clade 1B, a deadlier strain of monkeypox as it is easier to spread through routine close contact.

Mpox usually shows up as rashes, flu-like symptoms and fever in most of the cases. However, in some cases, only rashes show up or in others fever and flu are more prominent with no rashes. Children and people with weakened immunity are at a greater risk of severe symptoms of mpox, as per WHO. It's important to pay attention to early signs and symptoms of mpox in your child.

Children and adolescents catch mpox infection through contact with infected people or animals or with contaminated materials. Skin-to-skin contact during cuddling, caregiving, or bed-sharing can spread mpox in kids.

It is also possible to transmit the virus across the placenta in utero or contact during the birthing process, contact with body fluids and respiratory secretions of patients with mpox or with contaminated fomites and sexual contact.

Symptoms usually start within 21 days of exposure to the virus, but can take 3 to 10 days to appear. Most people recover without treatment after a few weeks.

Here are 10 common symptoms of mpox in children parents need to watch out for:

Flu-like symptoms

Fever, muscle aches and sore throat are the initial symptoms that appear. Children can get it even from sharing clothes or towels, touching sores or prolonged skin-to-skin contact like hugging.

Children or adolescents are presented with a rash that appear on face first and then form in the entire body. It progresses from maculopapular lesions to vesicles, pustules, and finally scabs.

According to MMWR (Morbidity and Mortality Weekly Report) report, distribution of the rash in children was predominantly on the trunk and face and none of the children less than 12 years had rashes on genital organs or anogenital lesions. In contrast, most adolescents presented with anogenital lesions.

Fatigue and headache

People with mpox infection often report fatigue and headache.

Difficulty swallowing

This may occur when oropharyngeal lesions are present. They can appear on the lip, tongue, hard or soft palate, uvula, or floor of the mouth.

Eyelid swelling

Intraocular lesions, eyelid swelling, or eyelid crusting may occur when there are lesions near or in a patient's eye. This can occur when a patient touches these sites with their hand after touching a lesion.

Back pain

Children with mpox also experience back pain. The symptoms usually appear within 5–21 days of exposure.

Low energy

Low energy or fatigue is a common symptom of mpox.

Joint pain

Swollen glands

Swollen lymph nodes, also known as lymphadenopathy or swollen glands are common in such infections and are a sign that your body's immune system is working to fight infections, viruses, or bacteria.

Covid-19 (THE TIMES OF INDIA: 20240822)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/us-witnesses-a-massive-covid-19-surge-know-top-symptoms-of-flirt-variants/articleshow/112688511.cms>

US witnesses a massive Covid-19 surge; know top symptoms of FLirT variants

The US experienced a significant Covid-19 surge due to the new FLirT variants, which caused mostly mild symptoms. The FDA hinted at releasing updated strain-matched vaccines soon. The FLirT variants showed improved transmissibility and represented a substantial portion of recent infections. Despite the ongoing threat, vaccination and acquired immunity helped mitigate severe symptoms, especially for vulnerable groups.

US witnesses a massive Covid-19 surge; know top symptoms of FLirT variants

The US is in the middle of one of its biggest Covid-19 wave since January this year, triggered by FLirT variants that mostly have mild symptoms.

However, the good news is that The Food and Drug Administration may come up with this year's strain-matched Covid-19 vaccines as early as this week, reported CNN citing unnamed officials familiar with the matter.

"At this point, COVID-19 can be described as endemic throughout the world," Aron Hall, deputy director for science at the CDC's coronavirus and other respiratory viruses division, told NPR.

Covid-19 has gained the reputation of constantly evolving itself to gain the ability to infect more people and evade immunity acquired by infections of that of vaccine. Its latest avatar has been dubbed as FLirT variant, which is the combined name for KP.3, KP.3.1.1. and KP.2 sub variants. All of these are the descendants of the JN. 1 variant, but are armed with fresh mutations that improve their transmissibility.

The US has been tracking the spread of Covid-19 infection with its wastewater sample. As per CDC data, KP.3.1.1 variant makes up for nearly 37% of the cases, while KP.3 is found in 17% of cases.

The FLirT variants that belong to Omicron lineage show milder symptoms compared to Covid's original variant. The symptoms associated with FLirT variants are similar to those of JN.1 and can manifest between two to 14 days after exposure.

Symptoms of FlirT variant

Fever, cough, fatigue, loss of smell or taste, are some of the symptoms described by the Johns Hopkins University. On the CDC's website, symptoms can range in severity from mild to severe and can appear two to 14 days after a viral exposure.

Other symptoms include shortness of breath, muscle aches, headache, sore throat, congestion, runny nose, nausea, vomiting, diarrhea, as per health experts.

While the Covid threat continues to lurk, the symptoms that are being noticed in the current wave are mostly mild.

On a positive side, years of pandemic and vaccination coverage has enabled people to fight off a Covid infection without fear of severe symptoms.

Elderly and people with comorbidities still need to be cautious about Covid, as the vulnerable groups are more at risk of getting severe disease and need to keep up with their boosters for avoiding infection.

Heart Disease (Medical News Today: 20240822)

<https://www.medicalnewstoday.com/articles/how-is-heart-disease-linked-to-alzheimers-development>

How is heart disease linked to Alzheimer's development?

Researchers have uncovered a genetic link between heart disease and Alzheimer's. Image credit: Maciej Frolow/Getty Images.

There is a known association between Alzheimer's disease and cardiovascular disease. Past research shows there may be a possible genetic link between these two conditions. Researchers from Edith Cowan University in Australia have found a potential genetic connection between Alzheimer's disease and several coronary artery disease-related disorders and lipids such as cholesterol. For some time now, researchers have known there is a connection between Alzheimer's disease and cardiovascular disease.

Previous studies have linked heart conditions like high blood pressure, dyslipidemia, coronary artery disease, and atrial fibrillation to an increased risk of developing Alzheimer's disease and other forms of dementia.

Past research has also discussed a possible genetic link between Alzheimer's disease and heart disease. For example, a study published in November 2018 found that both conditions shared common genetics in some people.

“Observational studies share strong genetic evidence supporting a link between coronary artery disease and the risk of dementia, as well as an increased risk of late-onset Alzheimer's disease with a genetically determined risk of coronary artery disease,” Artika Kirby, a PhD candidate at the Centre for Precision Health at Edith Cowan University in Australia told Medical News Today.

“There is also strong evidence of shared genes, particularly the apolipoprotein E (APOE) gene, a well-established risk gene for Alzheimer's disease, evidenced in the shared genetic architecture between coronary artery disease and late-onset Alzheimer's disease,” she added.

“Alzheimer's disease and coronary artery disease — or cardiovascular diseases more widely — also share other genes including GPBP1, SETDB2, DAB2IP, and DNM2; however, the underlying biological mechanisms between Alzheimer's disease and coronary artery disease — or heart disease or cardiovascular diseases, more widely — remains unresolved,” Kirby noted.

Kirby is the lead author of a new study recently published in the International Journal of Molecular Science that has found a potential genetic link between Alzheimer's disease and several coronary artery disease-related disorders and lipids, such as cholesterol.

What are the traits of coronary artery disease?

For this study, Kirby and her colleagues focused on seven traits of coronary artery disease, which occurs when plaque build-up inside the arteries supplying blood to the heart:

Scientists also focused on 13 different lipids associated with coronary artery disease, including lipoproteins, triglycerides, and cholesterol.

“During our literature search, we evidenced a lack of evidence for Alzheimer’s disease and coronary artery disease traits,” Kirby explained.

“Given the significant risk of Alzheimer’s disease and cardiovascular diseases — including coronary artery disease traits — globally, we were motivated to investigate potential genetic links between Alzheimer’s disease and coronary artery disease traits,” she added.

Genetic link between Alzheimer’s and coronary artery disease

The researchers used a three-way cross-traits genetic analysis for their study.

At the study’s conclusion, they found a notable genetic connection between all of the seven coronary artery disease traits assessed, as well as triglycerides.

“A positive global genetic correlation refers to, at the very least, the potential for some individuals with a genetic predisposition to elevated levels of triglycerides or any of the seven coronary artery disease traits assessed in our study to a potentially increased risk of Alzheimer’s disease,” Kirby said.

Additionally, the scientists discovered a genetic overlap between Alzheimer’s disease and three more lipid measurements — high-density lipoproteins (HDLs), low-density lipoproteins (LDLs), and total cholesterol — and also identified genome-wide significant genes shared across Alzheimer’s disease, several lipids, and coronary artery disease traits.

“Investigating gene overlap, especially whether there is gene overlap more than by chance, sheds light on the possibility of shared (overlapping) genes across multiple diseases such as Alzheimer’s disease, several lipids, and coronary artery disease traits,” Kirby said.

According to the researcher, “[t]hese findings can improve our understanding of the underlying biological mechanisms, and interconnectedness at the gene level, between Alzheimer’s disease, select lipids, and coronary artery disease traits.”

“Further genetic studies can help us better understand the genetic underpinnings of Alzheimer’s disease and coronary artery disease— and cardiovascular diseases more widely — in how the diseases may interact at the gene level,” she added. “This can allow us to better understand the onset and progression of Alzheimer’s disease, and potentially work towards finding therapeutic targets for both Alzheimer’s disease and cardiovascular diseases.”

Is there a causal relationship between heart disease and Alzheimer’s?

After reviewing this study, Cheng-Han Chen, MD, a board certified interventional cardiologist and medical director of the Structural Heart Program at MemorialCare Saddleback Medical Center in Laguna Hills, CA, told MNT he found it interesting.

“Some studies have shown a connection between Alzheimer’s and some other cardiovascular disease risk factors, such as hyperlipidemia, but this study is interesting in that it digs down to the underlying genetics for each of these separate conditions,” Chen said.

Nevertheless, he cautioned that: “It definitely is a large leap, I should say, to make this connection, as the genes that they identified are not really understood in their functions and their actual connections to each of those conditions were either Alzheimer’s or cardiovascular disease.”

“So it’s a long way to go to say that they’re actually causative or dependency related to each of the conditions. This is more of an association study, just to say that there may be some sort of genetic association that is common to both conditions,” he added.

MNT also spoke with Heather M. Snyder, PhD, senior vice president of medical and scientific operations of the Alzheimer’s Association, about this study.

Snyder, who was not involved in the research, commented that:

“This is an interesting paper taking a unique lens to understanding the connection between the brain and the heart — specifically the genetics that may link coronary artery disease and Alzheimer’s disease. The study found a number of shared genes of interest, but did not find a shared causal link between the two diseases through the genes.”

“For researchers, discovery of these shared genes may provide clues into areas of biology that these diseases ‘share,’ which may — with further investigation — provide insights into possible treatment methods or targets, including repurposed drugs,” she added.

Better understanding of the heart-brain link needed

Readers may wonder how a neurological condition and a heart condition could possibly share genetics. “Assuming that there is a relationship, it currently is not very well understood,” Chen told MNT.

“It could either be that there are shared genetic risk factors for each of the conditions, such that if you have those genes, you’re more prone to have some traits that will predispose you to both heart disease and Alzheimer’s. The other possibility is there really is a genetic connection that we do not even understand at all. So the short answer is ‘we don’t know’.”

– Cheng-Han Chen, MD

“This is just the beginning,” he continued. “There will be a lot of future research that will need to build upon these identified genes to see, number one, what they do, number two, how exactly they’re related and what potential mechanisms could be involved between those gene products and eventual risk for developing either Alzheimer’s or cardiovascular disease. And so there’s a lot of research in between that needs to be done.”

Snyder commented that there are numerous lines of research that make the connection between our heart health and brain health.

“For instance, individuals with cardiovascular disease are at an increased risk for Alzheimer’s and other diseases that cause cognitive decline,” she explained.

“A large study known as SPRINT-MIND Trusted Source, which recently reported long-term follow up data at AAIC 2024, continues to show that an intervention aimed to aggressively reduce systolic blood pressure can reduce the likelihood of mild cognitive impairment (MCI) alone and MCI and dementia prevalence together, but not dementia alone, in study participants,” added Snyder.

“For clinicians, this study reinforces the importance of regularly including discussion about brain health, as we do about heart health, in their interactions with patients,” said Snyder. “A next step for this work is to further advance an understanding of the linking biological underpinnings with further investigation of the common mechanisms and pathways that may link coronary artery disease, lipids, and Alzheimer’s.”

Mental Health (The Tribune: 20240822)

<https://www.tribuneindia.com/news/health/cognitive-behavioural-therapy-may-help-boost-mental-health-of-cancer-survivors/>

Cognitive behavioural therapy may help boost mental health of cancer survivors

Cognitive Behavioural Therapy (CBT), a type of psychotherapy, may also benefit cancer survivors by boosting their mental well-being and quality of life, according to research on Wednesday.

Researchers from the University of Michigan in the US found that CBT, regardless of the type of cancer, was associated with modest improvements in overall quality of life and mental health.

The study, reported in the journal Cancer Medicine, showed that younger patients saw more noticeable benefits from CBT, indicating that age may have an impact on the therapy’s efficacy.

“In addition to confirming the general benefit of CBT for individuals with cancer, this study revealed important nuances of how CBT can be most effective and for which population. This has major clinical implications for supportive oncology providers,” said Anao Zhang, from the University of Michigan.

Significant findings about the effects of CBT on people with cancer, either past or present, have been obtained from a thorough analysis of 132 clinical trials that compared CBT with various control groups, such as standard therapy, waitlist controls, and active or alternative therapies.

They found that the mode of delivery had a major impact on the results, with in-person CBT sessions working better than those conducted virtually using web-based video conferencing services.

The finding emphasises the value of individualised treatment plans in supportive oncology, where CBT can be administered in a way that best suits each patient's needs to optimise outcomes.

The results of the study have important clinical ramifications, especially for supportive oncology professionals who are essential to the psychological well-being of cancer patients. The study not only confirms the broad advantages of CBT in this population but also reveals important details about how successful therapy is in other subgroups.

To ensure that patients receive the best assistance possible, the study emphasises the necessity for oncology clinicians to take into account several criteria when establishing treatment programs, including patient age and the form of CBT delivery.

(The Indian Express: 20240822)

<https://indianexpress.com/article/lifestyle/health/breakfast-skipping-body-health-weight-loss-metabolism-brain-function-9460645/>

Here's what will happen to the body if you skip breakfast for a month

While intermittent fasting has gained popularity in recent years, the long-term effects of regularly skipping breakfast remain a topic of debate. While intermittent fasting has gained popularity in recent years, the long-term effects of regularly skipping breakfast remain a topic of debate (Source: Freepik)

Breakfast has long been hailed as the most important meal of the day, but what happens when you consistently skip it for a month?

While intermittent fasting has gained popularity in recent years, the long-term effects of regularly skipping breakfast remain a topic of debate among nutrition experts. From metabolic changes to impacts on energy levels and cognitive function, there are several potential physiological and psychological consequences of this dietary choice.

Dr Pranav Honnavara Srinivasan, consultant gastroenterologist, Fortis Hospitals Bengaluru tells indianexpress.com about the potential effects on the body when you forgo breakfast for a month.

Dr Srinivasan cites research published in the American Journal of Clinical Nutrition that indicates regular breakfast consumption is associated with improved insulin sensitivity, a key marker of metabolic health. "Conversely, chronic breakfast skipping can lead to impaired glucose tolerance and insulin resistance, increasing the risk of type 2 diabetes," he says.

Additionally, he states that a study in the Journal of Nutritional Science found that breakfast skipping resulted in higher postprandial (after-meal) blood glucose and insulin responses, suggesting a less efficient metabolic response to food later in the day.

He states, "Without breakfast to kickstart energy metabolism, individuals may experience energy fluctuations, fatigue, and difficulty concentrating throughout the day. These effects

can be exacerbated by the hormonal imbalances triggered by skipping a morning meal, for a prolonged period, like a month.”

Potential effects on cognitive function and mood

Studies have linked breakfast skipping to impaired cognitive function, particularly in children and adolescents, informs Dr Srinivasan. “Research published in *Frontiers in Human Neuroscience* found that breakfast consumption was associated with improved attention, memory, and academic performance.”

The neurotransmitter serotonin, which plays a crucial role in mood regulation, is also influenced by breakfast consumption. Skipping breakfast for a month can disrupt serotonin levels, leading to increased irritability, anxiety, and even depressive symptoms.

studies have found no significant association between breakfast skipping and weight gain or even suggest that it might contribute to modest weight loss in some individuals. studies have found no significant association between breakfast skipping and weight gain or even suggest that it might contribute to modest weight loss in some individuals. (Source: Freepik)

Changes in weight and body composition

Dr Srinivasan believes that research on the relationship between breakfast skipping and weight is complex and often contradictory. “Some studies, like the one published in *Obesity Research and Clinical Practice*, suggest that skipping breakfast is associated with weight gain and increased risk of obesity. This could be due to compensatory overeating later in the day, altered appetite regulation, and decreased metabolic rate.”

However, he adds that other studies have found no significant association between breakfast skipping and weight gain or even suggest that it might contribute to modest weight loss in some individuals. “These findings highlight the need for more research to understand the individual variability and long-term effects of breakfast skipping on weight.”

Long-term health risks of not eating your breakfast

Numerous studies have identified potential long-term health risks associated with chronic breakfast skipping, says Dr Srinivasan. These are:

Metabolic Syndrome: A meta-analysis published in *The American Journal of Clinical Nutrition* found that breakfast skipping was associated with a higher risk of metabolic syndrome, a cluster of conditions that increase the risk of heart disease, stroke, and type 2 diabetes.

Cardiovascular Disease: Research suggests that individuals who skip breakfast may have a higher risk of cardiovascular events like heart attack and stroke, potentially due to elevated blood pressure, cholesterol levels, and inflammation.

Type 2 Diabetes: Several studies, including one published in *Public Health Nutrition*, have linked breakfast skipping to an increased risk of developing type 2 diabetes. This may be

due to impaired insulin sensitivity and glucose metabolism resulting from irregular eating patterns.

Nutritional Deficiencies: Skipping breakfast can lead to inadequate intake of essential nutrients like vitamins, minerals, and fibre, which can have long-term consequences for overall health.

Calcium (Navbharat Times: 20240822)

<https://navbharattimes.indiatimes.com/lifestyle/health/symptoms-of-calcium-deficiency-you-can-see-in-your-nail-5-calcium-rich-foods-for-strong-bones/articleshow/112675879.cms?story=1>

नाखून में दिख जाता है कैल्शियम की कमी का ये लक्षण, हड्डियों को चूरा होने से बचाना है तो जल्दी खाएं ये 5 चीजें

नाखून में दिख जाता है कैल्शियम की कमी का ये लक्षण, हड्डियों को चूरा होने से बचाना है तो जल्दी खाएं ये 5 चीजें कैल्शियम की कमी होने पर कई प्रकार के लक्षण दिखाई दे सकते हैं जैसे कमर, पैर या कूल्हे में दर्द होना, मांसपेशियों में कमजोरी और ऐंठन, दांतों में कमजोरी, कैविटी और मसूड़ों की समस्याएं, नाखून पतले और भंगुर हो जाते हैं, कैल्शियम की कमी से शरीर थका हुआ महसूस करता है।

कैल्शियम क्यों जरूरी है? कैल्शियम हड्डियों और दांतों का मुख्य घटक है। यह उन्हें मजबूत बनाता है और ऑस्टियोपोरोसिस जैसी बीमारियों से बचाता है। कैल्शियम मांसपेशियों के संकुचन और छूटने में महत्वपूर्ण भूमिका निभाता है। यह तंत्रिका तंत्र को सही ढंग से काम करने में मदद करता है और मस्तिष्क को संदेश भेजने में सहायता करता है। कैल्शियम रक्त के थक्के बनने में भी मदद करता है।

कैल्शियम की कमी के लक्षण क्या हैं? कैल्शियम की कमी का सबसे पेजला और बड़ा लक्षण हड्डियों का कमजोर होना है। इसके अलावा कुछ ऐसे लक्षण हैं, जो आपको अपने नाखूनों में दिखाई दे सकते हैं।

कैल्शियम की कमी के संकेत

कैल्शियम की कमी होने पर कई प्रकार के लक्षण दिखाई दे सकते हैं जैसे कमर, पैर या कूल्हे में दर्द होना, मांसपेशियों में कमजोरी और ऐंठन, दांतों में कमजोरी, कैविटी और मसूड़ों की समस्याएं, नाखून पतले और भंगुर हो जाते हैं, कैल्शियम की कमी से शरीर थका हुआ महसूस करता है।

कैल्शियम की कमी के लक्षण

जब आपके शरीर में कैल्शियम की कमी होती है, तो आपके नाखून पतले, कमजोर और टूटने लगते हैं। आपको शायद पता चलेगा कि वे आसानी से टूट जाते हैं और पहले की तरह स्वस्थ नहीं दिखते हैं।

नाखून में दिखता है लक्षण

भले ही नाखून और हड्डियां अलग चीजों से बनी हैं, लेकिन वे काफी हद तक एक जैसे हैं, इसलिए नाखूनों की खराब सेहत हड्डियों की कमजोरी का पहला संकेत हो सकता है।

धीरे-धीरे बढ़ते हैं नाखून

कैल्शियम की कमी से नाखून बहुत धीरे बढ़ते हैं। हालांकि, लगभग सभी पोषक तत्वों की कमी से नाखूनों का बढ़ना धीमा हो सकता है, इसलिए आप यह नहीं मान सकते कि सिर्फ कैल्शियम की कमी ही इसका कारण है, लेकिन यह सबसे संभावित कारणों में से एक है।

कैल्शियम कैसे प्राप्त करें?

कैल्शियम को अपनी डाइट में शामिल करने के लिए आप दूध, दही, पनीर, हरी पत्तेदार सब्जियां (पालक, सरसों), सोयाबीन, बादाम, और संतरे जैसे खाद्य पदार्थों का सेवन कर सकते हैं।

रोजाना कितने कैल्शियम की जरूरत

खाने की चीजों और सप्लीमेंट्स दोनों से कैल्शियम की जरूरत पुरुषों के लिए 1,156 मिलीग्राम, महिलाओं के लिए 1,009 मिलीग्राम और बच्चों के लिए 968 से 1,020 मिलीग्राम है।

Brain Stroke (Dainik Jagran: 20240822)

<https://www.jagran.com/lifestyle/health-first-aid-advice-for-brain-stroke-what-to-do-and-not-to-do-23782335.html>

समय रहते पहचानें Brain Stroke के लक्षणों को, जरूरी प्राथमिक उपचार से बचाई जा सकती हैं व्यक्ति की जान

ब्रेन स्ट्रोक एक ऐसी कंडीशन है जिसमें व्यक्ति के ब्रेन में ब्लड का सर्कुलेशन रुक जाता है या फिर ब्लीडिंग होने लगती है। दोनों ही स्थिति में अगर व्यक्ति को समय पर उपचार न मिला तो उसकी जान भी जा सकती है। इसके लक्षणों को पहचानते हुए तुरंत उपचार मिलने से काफी हद तक मरीज की जान बचा सकते हैं।

लाइफस्टाइल डेस्क, नई दिल्ली। स्ट्रोक एक गंभीर मेडिकल इमरजेंसी है। स्ट्रोक में ब्रेन के किसी हिस्से में ब्लड का सर्कुलेशन रुक जाता है या मस्तिष्क में कोई खून की नस फट जाती है। जब ब्रेन सेल्स को ब्लड से पर्याप्त मात्रा में ऑक्सीजन और न्यूट्रिशन नहीं मिलते, तो वो मरने लगती हैं। वो खुद से कुछ भी कर पाने में असमर्थ होता है। ऐसे में जितनी जल्दी उस व्यक्ति को मदद मिल जाए, उसके ठीक होने की संभावना उतनी ही ज्यादा होती है, लेकिन इसके लिए स्ट्रोक के लक्षणों के बारे में और किस तरह से सहायता करनी है इसका पता होना चाहिए। इसके लिए हमने मेदांता, गुरुग्राम में क्रिटिकल केयर के चेयरमैन डॉ. यतीन मेहता से बात की, जिन्होंने स्ट्रोक के लक्षणों से लेकर, इलाज, रिकवरी और इससे बचाव जैसी कई जरूरी बातें बताईं।

स्ट्रोक के लक्षण

स्ट्रोक इमरजेंसी को हैंडल करने का सबसे पहला कदम है इसके लक्षणों को पहचानना। इसके लिए "FAST" शब्द को याद रखें।

- F(ace) चेहरा: व्यक्ति के चेहरे का एक हिस्सा लटक जाना

- A(rms) बाहें: व्यक्ति का हाथ न उठा पाना

- S(peech) बोलचाल: बोलने में परेशानी

- T(ime) समय: अगर आपको इनमें से कोई भी लक्षण देखें, तो बिना देरी किए तुरंत इमरजेंसी सेवाओं को कॉल करें। समय बहुत जरूरी है।

स्ट्रोक के अन्य लक्षणों में अचानक पैर में सुन्नता या कमजोरी, भ्रम, देखने में दिक्कत, चलने में परेशानी, चक्कर आना या बिना किसी स्पष्ट कारण के गंभीर सिरदर्द हो सकते हैं।

स्ट्रोक वाले व्यक्ति की मदद के लिए तत्काल उठाएं ये कदम

यदि आपको लगता है कि कोई व्यक्ति स्ट्रोक का शिकार हो रहा है, तो तुरंत यह करें:-

1. इमरजेंसी सेवाओं को कॉल करें

अपने एरिया के इमरजेंसी नंबर पर कॉल करें। व्यक्ति को तुरंत अस्पताल पहुंचाएं। स्थिति को देखते हुए मेडिकल कर्मी रास्ते में ही जान बचाने के लिए जरूरी उपचार शुरू कर सकते हैं।

2. व्यक्ति को शांत और आरामदायक रखें

व्यक्ति को बैठने या लेटने में मदद करें। उन्हें शांत रखें और ठीक होने का भरोसा दें। बिना डॉक्टर की सलाह के उन्हें कुछ भी खाने-पीने या किसी तरह की दवाइयां न दें।

3. समय नोट करें

यह जानना बहुत जरूरी है कि लक्षण कब शुरू हुए थे। यह जानकारी डॉक्टरों को इलाज निर्धारित करने में मदद करती है।

4. व्यक्ति के साथ रहें

व्यक्ति के साथ रहें और उनके लक्षणों पर नजर रखें। अगर वे बेहोश हो जाते हैं, तो उनकी सांस की जांच करें और आवश्यकता होने पर CPR शुरू करने के लिए तैयार रहें।

स्ट्रोक का इलाज

अस्पताल पहुंचने के बाद, डॉक्टर स्ट्रोक की पुष्टि करने के लिए कुछ टेस्ट करते हैं और उसके हिसाब से इलाज तय करते हैं। इलाज इस बात पर निर्भर करता है कि स्ट्रोक का कारण ब्लड सर्कुलेशन रूकना (इस्केमिक स्ट्रोक) है या ब्लीडिंग (हेमरेजिक स्ट्रोक)।

इस्केमिक स्ट्रोक के लिए, डॉक्टर थक्के को घोलने के लिए दवाएं या थक्का हटाने का प्रोसेस करते हैं।

हेमरेजिक स्ट्रोक के लिए, वे खून की नस की मरम्मत या मस्तिष्क पर दबाव कम करने के लिए सर्जरी कर सकते हैं।

रिक्वरी

स्ट्रोक से रिकवर होने में व्यक्ति को लंबा वक्त लग सकता है। इसमें फिजिकल थेरेपी, ऑक्यूपेशनल थेरेपी और स्पीच थेरेपी शामिल होती हैं। जल्द इलाज मिलने से स्ट्रोक के बाद होने वाली कई तरह की परेशानियों से बचा जा सकता है और मरीज उसके बाद भी हेल्दी लाइफ जी सकता है।

स्ट्रोक से बचे रहने के लिए जरूरी कदम

स्ट्रोक इमरजेंसी में क्या करना है यह जानना जीवन बचा सकता है, लेकिन स्ट्रोक से बचे रहना भी जरूरी है। यहां दिए गए सुझावों की मदद से काफी हद तक स्ट्रोक के जोखिम को कम किया जा सकता है।

ब्लड प्रेशर कंट्रोल करें

हाई ब्लड प्रेशर स्ट्रोक का एक प्रमुख रिस्क फैक्टर है। अगर आपको हाई बीपी की समस्या है, तो इसकी नियमित जांच कराते रहें और डॉक्टर द्वारा दिए गए सुझावों का सख्ती से पालन करें।

हेल्दी डाइट लें

डाइट में फल, सब्जियों और साबुत अनाज को खासतौर से शामिल करें, जो स्ट्रोक के खतरे को कम करने में मदद कर सकते हैं।

नियमित एक्सरसाइज करें

रोजाना 20 से 30 मिनट की एक्सरसाइज करें। इससे स्ट्रोक ही नहीं, कई बीमारियों का खतरा कम हो जाता है।

धूम्रपान से बचें

धूम्रपान और अत्यधिक शराब पीने से स्ट्रोक का खतरा बढ़ जाता है। धूम्रपान छोड़ना और सीमित मात्रा में शराब का सेवन मददगार हो सकता है।

डायबिटीज और कोलेस्ट्रॉल कंट्रोल करें

हेल्दी लाइफस्टाइल, डाइट और जरूरी दवाओं की मदद से ब्लड शुगर और कोलेस्ट्रॉल को कंट्रोल में रखें।