



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Wednesday 20240904

## **Cholesterol (Hindustan Times: 20240904)**

<https://www.hindustantimes.com/lifestyle/health/this-underrated-cooking-ingredient-can-help-lower-bad-cholesterol-101725349296607.html>

### **This underrated cooking ingredient can help lower bad cholesterol**

A surprising baking ingredient has recently demonstrated great potential in regulating bad cholesterol levels in the body. A recent study, conducted by Arizona State University scientists, stated that corn flour is one of the secret ingredients that can help in managing bad cholesterol levels. For the ones struggling with elevated cholesterol levels – corn flour can be the game-changer.

The study was conducted with three different types of corn flour - whole-grain corn meal, refined corn meal, and a unique blend of refined corn meal with added corn bran. Participants of the study were chosen based upon their high cholesterol levels. Then the participants, for a period of four weeks, consumed these flours incorporated in pita breads and muffins.

What did the results show?

The results showed a dramatic decrease in LDL levels in the body. LDL cholesterol – often referred to as bad cholesterol – showed about 5 percent decrease in participants. In some participants, a 13 percent decrease in LDL levels was detected. While whole-grain and refined corn meals showed little effect on cholesterol levels, the blend of refined corn meal and corn bran was a clear game-changer.

The findings of this study offer a simple and healthy approach to boosting heart health through minor dietary changes. Usually cholesterol-lowering strategies involve strict dietary patterns – however, according to this study, all we need to do is swap regular flour with corn-based alternatives for a healthy body.

What makes corn flour blend so healthy?

Corn bran is loaded with insoluble fiber which helps in boosting digestive health, and also plays a crucial role in cholesterol management. A blend of corn meal with corn bran can be a better palatable alternative to whole grain diet, and also help in improving heart health.

This research offers a healthier alternative to consumers who can shift to a simpler diet with a corn-based alternative to regular flour. The promising results demonstrated by the research can help in lowering LDL cholesterol levels in the body without going through strict dietary changes.

## **Arthritis (Hindustan Times :20240904)**

<https://www.hindustantimes.com/lifestyle/health/saina-nehwal-hints-resignation-due-to-arthritis-how-the-condition-is-affecting-young-people-101725364514786.html>

### **Saina Nehwal hints resignation due to arthritis: How the condition is affecting young people**

Saina Nehwal, on the House of Glory podcast, revealed that she is having arthritis in her knees. Speaking to the anchor, Saina said, “The knee is not very good. I have arthritis. My cartilage has gone to a bad state. It is very difficult to push for eight-nine hours.” The 2010 and 2018 Commonwealth Games gold-medalist further added that it is getting challenging for her to train the usual hours – she cannot help but consider that her career might be in the final leg.

Saina Nehwal hinted at her resignation and added that two hours of training is not good enough to challenge the best players in the world. And she needs to accept that. This podcast episode further draws our attention to how arthritis is rampant in young adults these days.

#### **Arthritis in young adults**

Commenting on this, in an interview with HT Lifestyle, Dr Dipti Patel, Consultant Rheumatologist, Wockhardt Hospitals, Mumbai Central, said, “Arthritis, commonly associated with older adults, can also significantly impact younger individuals, including those between the ages of 20 and 40, as well as children. Inflammatory arthritis, which includes conditions such as rheumatoid arthritis and ankylosing spondylitis, can affect young adults and often begins in early adulthood. Symptoms in this age group typically include persistent joint pain, swelling, and stiffness, which may particularly affect weight-bearing joints like the knees, hips, and lower back. Inflammation can cause considerable discomfort and fatigue, potentially impacting work, social activities, and overall quality of life.”

Addressing this, Dr Dipti Patel added that managing arthritis is done through a combination of medication, physical therapy, and lifestyle adjustments. “While arthritis cannot always be prevented, several measures can help manage and mitigate its impact. Early diagnosis and treatment are crucial for preventing long-term joint damage and managing symptoms effectively. Engaging in regular low-impact exercise, such as swimming or cycling, helps maintain joint flexibility and strength while minimizing stress on the joints. A diet rich in anti-inflammatory foods, like fruits, vegetables, and omega-3 fatty acids, supports overall joint health. Maintaining a healthy weight is also important to reduce additional stress on the joints,” added Dr Dipti Patel.

## **Stressed Eyes (Hindustan Times: 20240904)**

<https://www.hindustantimes.com/photos/lifestyle/stressed-eyes-try-these-easy-and-natural-remedies-to-soothe-the-strain-101725375246629.html>

### **Stressed eyes? Try these easy and natural remedies to soothe the strain lifestyle**

If your eyes are feeling the strain from long hours of screen time or lack of rest, it's time to give them some much-needed care. Dr Dimple Jangda, Ayurveda & Gut Health Coach shared in her recent Instagram post some simple and natural remedies that will help soothe and refresh your tired eyes in no time.

If your eyes are feeling the strain from long hours of screen time or lack of rest, it's time to give them some much-needed care. Dr Dimple Jangda, Ayurveda & Gut Health Coach shared in her recent Instagram post some simple and natural remedies that will help soothe and refresh your tired eyes in no time.(Unsplash)

**Triphala eye wash:** Triphala is known for its cooling and anti-inflammatory properties, which can help reduce eye strain and improve vision.

**Rose water eye drops:** Rose water is soothing and cooling, reducing redness and tiredness in the eyes. Use pure rose water as eye drops, placing 2-3 drops in each eye

**Almond oil massage:** Almond oil is rich in vitamin E and has nourishing properties that help reduce dark circles and relax the eye muscles. Gently massage a few drops of warm almond oil around the eyes before bedtime.

**Diet and hydration:** Include foods rich in vitamin A (carrots, spinach, sweet potatoes), vitamin C (citrus fruits, bell peppers), and omega-3 fatty acids (flaxseeds, chia seeds) in your diet. Drink plenty of water and herbal teas to stay hydrated

It is important to remember that although natural remedies offer comprehensive strategies, each person's response may be different. Consult a trained healthcare professional before adding any new treatments or supplements to your regimen, especially if you are taking any medications or have pre-existing medical conditions.

## **Mediterranean Diet (Hindustan Times: 20240904)**

<https://www.hindustantimes.com/lifestyle/health/order-some-lavash-hummus-as-an-act-of-self-love-study-says-mediterranean-diet-can-combat-stress-101725353372306.html>

### **Order some lavash-hummus as an act of self-love: Study says Mediterranean diet can combat stress**

When we feel stressed, the last thing we think about is switching to a different diet. However, the answer might just be there – in a different diet. A recent study, led by Lina Begdache, Binghamton University, suggested that switching to a Mediterranean diet can help in combating stress in an effective way. The whole, plant-based foods can help in

alleviating stress and boost mental wellbeing – especially in comparison to a traditional Western diet, which is rich in processed, high-sugar foods that can elevate stress levels in the body.

The study was conducted on 1500 adults where they were surveyed based on their eating habits, perceived stress and mental distress. This further provided more information to the researchers that people who stick to a typical Mediterranean diet, such as whole grains, seafood, vegetables, fruits, and beans tend to demonstrate lower levels of mental distress and perceived stress.

Mediterranean diet contributes to positive wellbeing

Lina Begdache, the study's lead author and an associate professor of health and wellness studies, in the university release, explained that Mediterranean diet may be associated with decrease in negative components of stress, and may contribute to the positive attributes, thereby significantly lowering stress in people.

The researchers further found out that people following a typical Western diet demonstrated more stress and mental distress. Fast foods and high-glycemic index foods contribute to more distress. However, even though meat is associated more with a typical Western diet, the study found a negative association between eating meat and distress levels.

A Mediterranean diet provides a wide variety of beneficial nutrients that help in boosting brain function and regulating the stress response system of the body. Inflammation is associated with higher stress and negative mental wellbeing – healthy fats in Mediterranean diet help in reducing inflammation in the body. The study further suggested switching to healthier alternatives when we feel stressed.

## **Swine flu (THE TIMES OF INDIA: 20240904)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/swine-flu-when-to-mask-up-isolate-and-how-vaccines-help/articleshow/113035547.cms>

### **Swine flu: When to mask up, isolate and how vaccines help**

Thousands of swine flu cases are being reported across India — from Delhi, Punjab and Haryana to West Bengal, Maharashtra, Kerala and even Tamil Nadu — with 178 deaths recorded till July 2024. Dr Sayan Chakrabarty, infectious diseases physician at Manipal Hospital, Kolkata, speaks to Prithvijit Mitra about what caused the uptick

What's different in the outbreak this year?

Swine flu outbreaks happens every two-three years but this year, we saw an early, more extensive and more frequent outbreak.

Exercise

While Aug-Sept is the peak period for swine flu, this time it started as early as late-June in Bengal. And a significant number of cases were severe, a pattern consistent across India. This could be because of a change in weather conditions and the nature of the viral strain which changes every year.

Is there any risk of relapse? Is it turning endemic in parts of India?

A patient could have a re-infection a year later, but a relapse is unlikely the same year. However, the usual cyclical pattern of viral outbreaks is not being followed, as evident from this year's cases. Frequent outbreaks point at swine flu becoming endemic to some states but we need further evidence.

Does a flu shot help?

It greatly reduces chances of an infection and, like any other vaccine, it's a shield, especially for seniors that keeps infection on the milder side.

How do you test for it? And when to go to a hospital?

Testing is expensive. So, instead of testing separately for H1N1, we consider an influenza A test range as standard. If there's reasonable amount of suspicion, we put the patient on swine flu drugs to cut out the risk. Those with fever and other flu symptoms should wear a mask and isolate themselves. If high fever persists for five days or more, along with symptoms like severe body ache, nausea, cough, decreased appetite, nasal secretions and loss of mental alertness, then the patient needs hospitalisation.

Should the patient be quarantined?

That's a must to prevent transmission. Once H1N1 strikes, there is a 30-40% chance of other family members getting affected. Transmission happens in two ways — droplets through coughing and sneezing (air-borne) and by contact with the patients' clothes (fomite transmission). Tamiflu is used for those in hospital, but the majority can be managed with treatment at home. Senior citizens and those with multiple comorbidities are at a greater risk.

Studies show that swine flu infections can increase cardiac risks. Your view?

Not directly, but those with an existing cardiac condition or severe comorbidities like diabetes or kidney ailments are at risk, especially, if the symptoms persist along with fever.

## **Pacemaker (THE TIMES OF INDIA: 20240904)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/how-a-pacemaker-for-the-brain-fights-off-parkinsons/articleshow/113035295.cms>

### **How a 'pacemaker' for the brain fights off Parkinson's**

How a 'pacemaker' for the brain fights off Parkinson's

When Shawn Connolly was diagnosed with Parkinson's disease nine years ago, he was a 39-year-old daredevil on a skateboard, flipping and leaping from walls, benches and dumpsters through the streets of San Francisco. He appeared in videos and magazines, and had sponsorships from skateboard makers and shops.

But gradually, he began to notice that "things weren't really working right" with his body.

Over time, he developed a common Parkinson's pattern, fluctuating between periods of rapid involuntary movements and periods of calcified slowness when, he said, "I could barely move." A couple of years ago, Connolly volunteered and became a participant in a study exploring an innovative approach to deep brain stimulation.

In the study, which was published on August 19 in the journal *Nature Medicine*, researchers transformed deep brain stimulation — an established treatment for Parkinson’s — into a personalised therapy that tailored the amount of electrical stimulation to each patient’s individual symptoms. The researchers found that for Connolly and the three other participants, the individualised approach, called adaptive deep brain stimulation, cut in half the time they experienced their most bothersome symptom. The study also found that in most cases, patients’ perceived quality of life improved. Although the study was small, it represents the strides being made in using

brain implants and artificial intelligence to personalise treatment for neurological and psychiatric disorders — essentially developing pacemakers for the brain.

Recent experiments have begun individualising brain stimulation for depression, obsessive compulsive disorder and chronic pain. While much more research is needed, several experts predicted that some versions of brain pacemakers could be available within five or 10 years. Deep brain stimulation, which has been used for years for Parkinson’s, is typically introduced when patients have achieved what benefit they can from medications containing levodopa, a drug that combats the deficit of the hormone dopamine that drives Parkinson’s disease.

Under conventional deep brain stimulation, patients receive a constant level of electrical pulses. While it helps most patients, many eventually reach a plateau or, because it does not adjust to a patient’s experience, the stimulation may be too much or too little and lead to drastic swings between periods of rigidity and unbridled motion. In recent years, neuroscientists have identified brain signals that correspond to phases of stiffness, called bradykinesia, and phases of uncontrolled movement, called dyskinesia. In the new study, researchers used methods derived from AI to devise a personalised algorithm for each patient and a way to detect and respond to brain activity as the patient’s symptoms fluctuated.

“The brain changes in its needs moment to moment, hour to hour, week to week,” said Dr Philip Starr, a professor of neurological surgery at the University of California, San Francisco, and a senior author of the study who has worked on deep brain stimulation for decades. “So it’s been a dream to make these stimulators self-regulating.”

The individualised system in the study reads signals from two separate brain areas and delivers more electrical stimulation when patients enter periods of stiffness and less when they begin phases of involuntary movement. The study’s participants were men in their 40s through 60s who had been diagnosed with Parkinson’s at least six years earlier. First, electrodes were implanted in their brains and they received conventional deep brain stimulation for months, until they had benefitted as much as they could from that.

Then researchers began developing personalised algorithms for the patients, primarily focusing on the symptom each patient found most bothersome. For three patients, including Connolly, that symptom was stiffness. For the fourth patient, it was involuntary spasms called dystonia. At intervals of two to seven days over a period of two months, the system would change to deliver either conventional stimulation or the personalised version.



Neither the patients nor most of the research team knew which type of stimulation was being delivered when.

Patients completed questionnaires daily, and wearable monitors tracked how their movements changed. Most patients went from experiencing their worst symptoms for about 25% of the day to about 12% of the day, Dr Starr said.

## **Vestibular migraine (THE TIMES OF INDIA: 20240904)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/vestibular-migraine-in-children-understanding-managing-and-supporting-young-patients/articleshow/113022529.cms>

### **Vestibular migraine in children: Understanding, managing, and supporting young patients**

Saloni, a 13-year-old girl who loves dancing, suffers from vestibular migraine, leading to dizziness and headaches. Often overlooked in children, this condition requires identifying triggers like inadequate sleep and stress for effective management. Accurate diagnosis and lifestyle changes can significantly improve affected children's quality of life. [Read More](#)

Vestibular migraine in children: Understanding, managing, and supporting young patients

Saloni is a 13-year-old girl who loves to dance. But she started getting dizzy spells and headaches, especially during dancing and with loud music. The chirpy, energetic girl became withdrawn and easily irritated. Her parents were worried. What had happened to Saloni?

Unlike traditional migraines, typically associated with severe headaches, these young patients experience sudden bouts of dizziness lasting from a few minutes to several hours. These episodes can be accompanied by nausea, sensitivity to light and sound, and even visual disturbances like flashing lights. Unfortunately, because the symptoms can be so varied and non-specific, vestibular migraine in children is frequently misdiagnosed or overlooked.

Children with vestibular migraine often have a family history of migraines, suggesting a genetic component to the condition. A particularly challenging aspect of vestibular migraine is a condition called sensory amplification. In sensory amplification, the child's sensory system becomes over-sensitive, leading to an exaggerated response to certain stimuli. Thus, children with vestibular migraine often cannot tolerate loud sounds or bright lights. As a result, they may avoid noisy environments or outdoor activities, leading to social withdrawal and decreased quality of life. Motion sickness is another common symptom that often accompanies vestibular migraine, making car rides unpleasant for these children.

Understanding and identifying the triggers of vestibular migraine is crucial in managing the condition. Triggers vary widely from child to child; common ones include inadequate sleep, skipping meals (especially breakfast), certain foods like chocolate or cheese, stress, and extended screen time. These triggers can irritate the vestibular nerves, leading to the onset of a migraine episode. Therefore, paying close attention to these factors is essential in reducing the frequency and severity of vestibular migraines in children. By being

proactive in identifying and managing these triggers, parents and doctors can significantly improve the quality of life for children with vestibular migraine. Diagnosing vestibular migraine in children can be tricky because its symptoms often mimic other conditions, such as inner ear infections, benign paroxysmal vertigo of childhood, or even anxiety disorders. A thorough medical history and a detailed vestibular evaluation are crucial for an accurate diagnosis. This evaluation may involve various balance system tests like Videonystagmography (VNG), Subjective Visual Vertical (SVV), and Dynamic Visual Acuity (DVA). These tests assess the balance system and help differentiate vestibular migraine from other vestibular disorders that can cause unsteadiness.

Vestibular Migraine is primarily influenced by diet and lifestyle. Some simple dietary tips to reduce the incidence and severity of dizzy episodes include eating on time, reducing caffeine intake, and avoiding MSG (monosodium glutamate). Lifestyle modifications like reducing screen time, meditation, reducing stress, sleeping on time, and adequate sleep help control headaches and dizziness in migraine patients.

In some cases, medication may be necessary to control symptoms. Medicines known as 'migraine prophylaxis,' which are drugs used to prevent migraine attacks, can help manage vestibular migraines, especially when lifestyle changes alone are insufficient. The choice of medication will depend on factors such as the severity of symptoms, the child's weight, gender, and any co-existing medical conditions. Treatment typically lasts several months, but the medications may be adjusted based on the child's response, making regular follow-ups essential.

### Supporting young patients

Living with vestibular migraine can be a significant challenge for children. However, they can regain control of their lives with the proper support and care. Parents and doctors can help these young patients dance their way back to health and happiness by identifying the condition, recognizing triggers, and making thoughtful lifestyle adjustments.

## **Hormone Therapy (Medical News Today: 20240904)**

<https://www.medicalnewstoday.com/articles/starting-hormone-therapy-perimenopause-may-slow-down-biological-aging>

### **Starting hormone therapy in perimenopause may help slow down aging**

Research has found anti-aging benefits to hormone replacement therapy. Fiordaliso/Getty Images

Hormone therapy taken during perimenopausal years slows down aging during menopause without increasing mortality risks, according to a new study.

The reduction in aging was found to be most dramatic in women of lower socioeconomic status, leveling out their mortality risk with women in higher-income demographic categories.

While hormone replacement therapy received well into menopause may deliver benefits, it also carries an increased risk of stroke, cancer, and dementia.



A new study finds that postmenopausal women who received hormone therapy during perimenopause age more slowly than women who did not.

According to the study, the positive effects of hormone therapy largely erase the negative impact on aging of low socioeconomic status for postmenopausal women.

The authors of the study analyzed data for a cohort of 117,763 postmenopausal women registered in the UK Biobank. Of these, 47,461 women (40.3%) had used hormone therapy (HT) at some point in their lives. The data revealed that they exhibited fewer indications of aging than women who had not ever used it.

The strongest ‘anti-aging’ effect was found in women who used HT starting at age 48.4 years and for four to eight years.

The women who benefitted most profoundly from HT were those of lower socioeconomic status (SES), while the effect was less dramatic in women of higher incomes, who typically aged more slowly whether they used HT or not.

The study is published in JAMA Network Open Trusted Source.

What is phenotypic aging?

The study assessed aging in its study cohort using phenotypic aging. First author Yufan Liu, of the Beijing Key Laboratory of Environmental Toxicology at Capital Medical University, explained what it is:

“Briefly, while chronological age is simply the number of years you’ve been alive, phenotypic age takes a closer look at various biological markers in your body to measure the aging process. Therefore, phenotypic aging means that you are biologically older.”

— Yufan Liu

The study looked at discrepancies between participant’s phenotypic and chronological ages to assess the rate at which they were growing older.

Hormone therapy and perimenopause

The study says the time of a woman’s life at which HT is most likely to be beneficial is during perimenopause.

Perimenopause is the years directly preceding the absence of eggs and the cessation of menses, according to the WHO Trusted Source.

G. Thomas Ruiz, MD, board certified OB/GYN and Lead OB/GYN at MemorialCare Orange Coast Medical Center in Fountain Valley, CA, who was not involved in the study, explained what happens during perimenopause.

“A 48-year-old to 51-year-old woman is typically in a perimenopausal state, meaning they may not get periods every month. They don’t necessarily have consistent quality from egg to egg. From month to month, the estrogen production out of their ovaries is highly variable. On a low estrogen production month, they may start having vaginal dryness, vasomotor symptoms [ — such as hot flashes].”

— G. Thomas Ruiz, MD

Ruiz described a chaotic time: “They may not get a period for three months, and then when they do get a period, the bleeding may last for two to three weeks. So it really is a function of the ovaries getting in a situation where they’re just not working.”

“Women in their early 40s or younger may receive hormone therapy if they experience premature menopause, exhibit symptoms of premature menopause, or undergo a bilateral oophorectomy Trusted Source,” Liu said.

Ruiz said that the value of HT for women in perimenopause is “to help smooth their transition into menopause.”

How socioeconomic status is linked to HT

“According to our study, historical hormone therapy use and a decreased aging discrepancy were more strongly associated in women with a disadvantaged socioeconomic status (SES),” Liu pointed out.

Liu said that this indicated that “hormone therapy might help them to offset all-cause and cause-specific mortality associated with phenotypic aging.”

“Causations should be interpreted with caution. The findings also could be interpreted as an advantaged position regarding various health aspects in individuals with a high SES, so this population might not benefit from using HT,” Liu noted.

Slowing down aging in menopause, but at a risk

How menopause affects bone health

“Within six months of the ovaries not producing estrogen, a woman starts to lose calcium from her bones at a more rapid rate than it enters. This ultimately leads to osteopenia and osteoporosis.”

— G. Thomas Ruiz, MD

“In your seventies and eighties [there] may be hip fractures, compression of the spine — kyphosis — humpback, and rib fractures. If an 80-year-old breaks a hip, the hip fracture may not kill her, but the recovery from the surgery and the consequences of surgery may,” said Ruiz.

Hormone therapy after menopause is termed hormone replacement therapy, which Ruiz cautioned should be accompanied by lipid testing for heart issues, which are more likely, and by mammograms for the increased risk of breast cancer. Lower doses of hormones are also indicated.

“I think the article was quite clear,” he said, “about the multi-organ system benefits that estrogen provides a woman.”

Experts agree that physical activity is a less potentially dangerous way to promote bone, heart, and cognitive health than medications of any kind.

Ruiz said bone health in menopausal women may be supported by hormone replacement therapy: “You have calcium continuing to enter the bone at a sufficient rate so that they don’t develop thinning of the bones — which is osteopenia or osteoporosis, or brittle bones.”

“The skin is filled with estrogen receptors — collagen— so the skin continues looking better,” he also noted. “The vaginal mucosa tends to maintain its normal appearance with a thick tissue.”

About the HT controversy: Timing matters

The safety and value of HT has been in question for some time.

In the early 1990s, the Women’s Health Initiative study Trusted Source of the effects of HT in postmenopausal women strongly suggested that it significantly increased the risk of dementia and stroke and did not reduce cardiovascular risk. There was contradictory research, such as the Nurses Health Study that found the therapy reduced the risk of dementia. Two recent studies found otherwise.

Recently, however, a re-appraisal of earlier research has uncovered a key factor that separates HT’s benefits from its adverse effects: timing. Most of the Women’s Health Initiative study’s participants were over 62, for example, by which time they no longer had estrogen receptors and had already developed atherosclerosis.

Data from the 1991 study has been re-analyzed Trusted Source, and the consensus among experts agrees with the new study: HT is helpful during perimenopause, and may be helpful later, but with definite risks.

## **Kidney (The Tribune: 20240904)**

<https://www.tribuneindia.com/news/health/study-shows-kidney-diabetes-drug-may-boost-survival-in-heart-failure-patients/>

### **Study shows kidney, diabetes drug may boost survival in heart failure patients**

Finerenone -- a medication used to reduce the risk of kidney function decline -- can lower death risk and boost survival in patients with heart failure, which impacts more than 60 million people globally, according to a study.

The gradual loss of the heart's capacity to pump and fill with blood is known as heart failure. With no choices for treatment, around half of all heart failure patients have modestly diminished or retained left ventricular ejection fraction.

The study by Brigham and Women's Hospital in the US pointed out finerenone, a non-steroidal mineralocorticoid receptor antagonist, as a potential new treatment option for patients. Finerenone is also used to treat chronic kidney disease (CKD) in patients with type 2 diabetes.

Principal investigator and corresponding author Scott Solomon, at Mass General Brigham noted that the drug represents a new drug class that may become a pillar of therapy for this disease.

The team conducted an international-level clinical trial by dividing over 6,000 patients into two groups -- the group that used Finerenone and the placebo group.

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The finerenone group experienced fewer heart failure episodes and cardiovascular deaths (842) than the placebo group (1,024).

The percentage of patients who died from cardiovascular causes was 8.1 per cent and 8.7 per cent.

Finerenone was also associated with an increased risk of hyperkalemia -- too much potassium in the blood -- and a reduced risk of hypokalemia -- lower than normal potassium levels in the blood.

Solomon noted that benefits were seen among patients receiving other approved therapies as well as regardless of the ejection percentage.

The results were concurrently published in the New England Journal of Medicine and presented at the European Society of Cardiology Congress in 2024.

### **[undercooked meat \(The Indian Express: 20240904\)](https://indianexpress.com/article/lifestyle/health/undercooked-meat-pork-tapeworm-infection-health-9546404/)**

<https://indianexpress.com/article/lifestyle/health/undercooked-meat-pork-tapeworm-infection-health-9546404/>

### **As doctor reveals ‘one of the craziest CT scans’ of a man severely infected with tapeworms; we understand what happens when you consume undercooked meat**

Consuming undercooked meat can expose individuals to a variety of harmful pathogens Consuming undercooked meat can expose individuals to a variety of harmful pathogens (Source: Freepik)

The consumption of undercooked meat can pose serious health risks, as illustrated by a recent case shared by Dr Sam Ghali, an emergency physician from the University of Florida Health Jacksonville.

Dr Ghali posted a disturbing CT scan of a patient who developed a severe parasitic infection after eating undercooked pork. “Here’s one of the craziest CT scans I’ve ever seen,” he wrote.

The scan revealed the presence of cysticercosis, a condition caused by the tapeworm *Taenia solium*, also known as the pork tapeworm.

“So humans become infected with *T Solium* by ingesting cysts that can be found in undercooked pork. After several weeks (usually around 5-12) these cysts evolve within the gastrointestinal tract into mature adult tapeworms. This condition is known as Intestinal Taeniasis,” Dr Ghali explained.

He added, “These adult tapeworms then shed eggs which are in turn excreted into human faeces. It’s very important to note that it is only when these eggs are ingested via faecal-oral transmission, that one can develop the clinical syndrome known as Cysticercosis.”

Dr Pranav Honnavara Srinivasan, senior consultant gastroenterologist, Fortis Bengaluru, tells indianexpress.com, “Consuming undercooked meat can expose individuals to a variety of harmful pathogens, including bacteria, parasites, and viruses, which can cause foodborne illnesses.”

Festive offer

Common pathogens found in undercooked meat

According to Dr Srinivasan, the most common pathogens found in undercooked meat include:

– *Salmonella*: One of the most well-known bacteria associated with undercooked poultry, *Salmonella* can cause symptoms such as diarrhoea, fever, abdominal cramps, and vomiting.

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– *Escherichia coli* (*E. coli*): Certain strains of *E. coli*, particularly *E. coli* O157:H7, are found in undercooked ground beef and can cause severe gastrointestinal distress, including bloody diarrhoea, abdominal pain, and vomiting.

– *Campylobacter*: Commonly found in undercooked poultry, this bacteria can cause campylobacteriosis, characterised by diarrhoea (often bloody), fever, and stomach cramps. Symptoms usually appear 2 to 5 days after exposure and can last up to a week.

– *Listeria monocytogenes*: Found in undercooked or contaminated meat, *Listeria* can cause listeriosis, a severe infection that can lead to meningitis or septicemia, particularly in pregnant women, newborns, the elderly, and immunocompromised individuals. Symptoms may include fever, muscle aches, and gastrointestinal symptoms.

– *Toxoplasma gondii*: This parasite is commonly found in undercooked pork and lamb. Toxoplasmosis can cause flu-like symptoms, swollen lymph nodes, and muscle aches. While many healthy individuals may not show symptoms, it can cause severe complications in pregnant women.

– *Trichinella spiralis*: A parasitic roundworm found in undercooked pork or wild game, it causes trichinosis, which can lead to symptoms such as diarrhoea, abdominal pain, fever, muscle pain, and swelling around the eyes.

Refrigerate or freeze meat promptly to prevent bacterial growth. Refrigerate or freeze meat promptly to prevent bacterial growth. (Source: Freepik)

How do pathogens like bacteria and parasites grow and multiply in meat?

“Bacteria multiply rapidly between 40°F (4°C) and 140°F (60°C), the ‘danger zone.’ Undercooked or improperly stored meat in this range becomes a breeding ground for pathogens like Salmonella, E. coli, and Campylobacter,” says Dr Srinivasan.

Meat’s high water content provides an ideal environment for bacterial growth. Rich in proteins and fats, meat offers ample nutrients for bacteria and parasites to multiply, increasing foodborne illness risk when undercooked. Poor handling or storage can also cause pathogens to spread from raw meat to other foods, utensils, or surfaces.

Best practices for safely preparing meat

Dr Srinivasan advises using a meat thermometer to ensure that meat is cooked to the appropriate internal temperature. “For example, poultry should reach 165°F (74°C), ground meats like beef and pork should reach 160°F (71°C), and steaks or chops should be cooked to at least 145°F (63°C) with a three-minute rest period,” he states.

Keep raw meat separate from ready-to-eat foods, such as fruits and vegetables, he says. Use separate cutting boards, utensils, and plates for raw and cooked foods to prevent the spread of harmful bacteria.

Dr Srinivasan adds, “Refrigerate or freeze meat promptly to prevent bacterial growth. Store raw meat on the lowest shelf of the refrigerator to avoid juices dripping onto other foods. Meat should be kept at or below 40°F (4°C) until it is ready to be cooked.”

Always wash hands, cutting boards, knives, and countertops with hot soapy water after handling raw meat to prevent cross-contamination, he asserts. “Thaw frozen meat in the refrigerator, in cold water, or in the microwave. Avoid thawing meat at room temperature, as this can encourage bacterial growth on the outer layers.”

**Best spices for digestion (Navbharat Times: 20240904)**

<https://navbharattimes.indiatimes.com/lifestyle/health/add-these-5-spices-in-your-diet-to-get-rid-of-constipation-piles-gass-and-acidity/articleshow/113025089.cms>



## **Best spices for digestion: पेट के लिए टॉनिक हैं 5 मसाले, गैस-एसिडिटी, कब्ज और बवासीर का एक झटके में होगा नाश**

**Benefits of spices for stomach:** जरूरी नहीं है कि पेट के लिए मसाले हमेशा खराब ही हों। कई मसाले ऐसे भी होते हैं तो हमारे पाचन तंत्र को मजबूत बनाते हैं और कई दूसरी बीमारियों से बचाव करते हैं। ऐसे ही 5 मसालों के बारे में यहां हम आपको बताएंगे जो पेट से जुड़ी समस्याओं को कम कर सकते हैं।

खाने का स्वाद बिना मसाले के अधूरा रहता है। किसी भी पकवान को स्वादिष्ट बनाने के लिए उसमें मसाला डालना जरूरी होता है, लेकिन कुछ मसाले खाने का स्वाद बढ़ाने के साथ हमारी सेहत का भी भरपूर ध्यान रखते हैं। हमारे घर के किचन में कई ऐसे मसाले मौजूद हैं जो सेहत के लिए बहुत ही लाभकारी माने जाते हैं।

इनका सेवन करने से शरीर को कई तरह के फायदे मिलते हैं और गंभीर बीमारियों का जोखिम कम होता है। ऐसे ही कुछ मसाले के बारे में यहां हम आपको बताएंगे जिन्हें मिलाकर खाने से पेट से जुड़ी कई समस्याएं दूर होती हैं।

पाचन तंत्र को मजबूत बनाने के साथ वेट लॉस करने में भी यह मसाले आपकी मदद कर सकते हैं। इसके अलावा इनके और भी कई फायदे हैं। तो चलिए आपको बताते हैं कि इन 5 मसालों का सेवन कैसे किया जा सकता है।

**पेट के लिए कारगर है ये मसाले**

मेथी, सौंफ, सूखा धनिया, अजवाइन, जीरा यह सभी मसाले पेट के लिए बहुत ही फायदेमंद माने जाते हैं। इसके अलावा इनका सेवन करने से शुगर लेवल भी कंट्रोल रहता है। अगर आप वेट लॉस कर रहे हैं तो यह मसाले आपके लिए बहुत ही कारगर साबित हो सकते हैं। इससे आपका वजन कंट्रोल रहेगा और आप शारीरिक रूप से भी मजबूत रहेंगे।

**मेथी से शुगर लेवल रहेगा कंट्रोल**

आयुर्वेद में मेथी को गुणों का खजाना माना जाता है। मेथी के सेवन से पेट से जुड़ी कई समस्याएं दूर होती हैं, साथ ही यह डायबिटीज के मरीजों के लिए भी बहुत ही लाभकारी माना जाता है। एनसीबीआई (Ref) के अनुसार इससे शुगर लेवल कंट्रोल रहता है। वेट लॉस करने वाले लोगों को भी मेथी का सेवन करना चाहिए। मेथी से बालों को भी खूबसूरती और मजबूती मिलती है। मेथी का पानी बालों की नमी को बनाए रखता है जिससे हेयर फॉल की समस्या कम होती है।

**बेहतर पाचन शक्ति के लिए सौंफ**

सौंफ में भरपूर मात्रा में फाइबर होता है जो पेट के लिए जरूरी है। इससे पाचन शक्ति मजबूत रहती है और शरीर को भी ठंडक मिलती है। अगर आप अपने वजन

बढ़े हुए वजन को घटाना चाहते हैं तो आपके लिए सौंफ का सेवन करना बहुत ही फायदेमंद रहेगा।

**सूखा धनिया करेगा वजन कम**

सूखा धनिया में कैल्शियम और फाइबर होता है। इससे इन्सुलिन मजबूत होती है और हमारी बोन हेल्थ भी अच्छी रहती है। इसे खाने से थकान की समस्या नहीं होती है। माइग्रेन के रोगियों के लिए सूखा धनिया रामबाण होता है। यह ब्लड प्रेशर लेवल को भी कंट्रोल रखता है।

**गैस और ब्लोटिंग के लिए अजवाइन**

अजवाइन में प्रोटीन, फैट, खनिज, फाइबर, कार्बोहाइड्रेट, कैल्शियम, आदि जैसे गुण पाए जाते हैं। अगर आपको पेट से जुड़ी बीमारियां हैं तो अजवाइन का सेवन करने से आपको कई तरह के फायदे हो सकते हैं। इससे गैस, ब्लोटिंग, एसिडिटी जैसी परेशानियां कम होती हैं। अजवाइन का पानी पीने से वेट लॉस भी होता है।

मोटापे से छुटकारा दिलाएगा जीरा

जीरे में थायमोल नाम का केमिकल मौजूद होता है जो पाचन शक्ति को बढ़ाने के साथ एसिडिटी, ब्लोटिंग और गैस जैसी परेशानियों से छुटकारा दिलाता है। पेट दर्द होने पर यह पेन किलर के रूप में काम करता है। इसके अलावा यह आयरन और डाइटरी फाइबर का भी बेहतरीन स्रोत माना जाता है। इनका सेवन करने के लिए आप इन्हें मिलाकर कांच की बोतल में भर लें। फिर उसमें पानी डालकर छोड़ दें। सुबह उठकर इस पानी को गुनगुना करके पिएं। यदि आप नियमित रूप से इसे पीते हैं तो आपका पेट एकदम बढ़िया रहेगा और कई गंभीर बीमारियों से भी आप दूर रहेंगे।

## Diabetes (Dainik Jagran: 20240904)

<https://www.jagran.com/lifestyle/health-daily-routine-habits-which-increases-the-risk-of-diabetes-23790698.html>

## सिर्फ ज्यादा मीठा खाना या जेनेटिक कारण ही नहीं, रोजमर्रा की 5 आदतें भी बढ़ाती हैं Diabetes का खतरा

Diabetes एक गंभीर समस्या है जो दुनियाभर में कई लोगों को प्रभावित करती है। खासकर भारत में इसके मामलों में पिछले कुछ समय में भारी बढ़ोतरी देखने को मिली है। यह एक लाइलाज बीमारी है जो कई कारणों से व्यक्ति को अपना शिकार बनाती है। इसके अलावा हमारी रोज की कुछ आदतें भी डायबिटीज को बुलावा देती हैं। जानते हैं उन आदतों के बारे में।

Diabetes एक लाइलाज बीमारी है, जिसका कोई इलाज नहीं है।

यह बीमारी कई वजहों से लोगों को अपना शिकार बनाती है।

हालांकि, रोजमर्रा की कुछ आदतें भी इसका खतरा बढ़ा देती हैं।

लाइफस्टाइल डेस्क, नई दिल्ली। डायबिटीज (Diabetes) एक गंभीर बीमारी है, जो किसी को भी अपना शिकार बना सकती है। दुनियाभर में इसके मामले तेजी से बढ़ते जा रहे हैं। खासकर भारत में पिछले कुछ समय के इसके मामलों में काफी बढ़ोतरी देखने को मिली है। वर्तमान में भारत डायबिटीज का कैपिटल बनते जा रहा है। यहां हर दूसरा आदमी इस खतरे से बच कर रहने के उपाय अपना रहा है। WHO के अनुसार दुनिया भर में लगभग 420 मिलियन लोग डायबिटीज से पीड़ित हैं।

डायबिटीज के कई कारण होते हैं, जिसमें जेनेटिक कारण भी शामिल हैं। हालांकि, इस बीमारी के लिए हमारी कुछ आदतें भी जिम्मेदार होती हैं। ऐसे में आज इस आर्टिकल में हम ऐसी ही कुछ आदतों के बारे में जानेंगे, जिनसे डायबिटीज का खतरा बढ़ जाता है।

यह भी पढ़ें- हार्ट अटैक की वजह बन सकता है बढ़ता कोलेस्ट्रॉल, 5 फूड्स करेंगे कंट्रोल करने में मदद

इनएक्टिव लाइफस्टाइल

ये डायबिटीज के मुख्य कारणों में से एक है। किसी प्रकार की शारीरिक गतिविधि का न होना डायबिटीज को न्योता देता है। वर्कआउट और एक्सरसाइज शरीर में शुगर लेवल को कंट्रोल रखने में मदद करते हैं।

### शराब या स्मोकिंग

शराब या सिगरेट जैसे एडिक्शन डायबिटीज को ट्रिगर करते हैं। ये सीधे तौर पर कार्डियोवैस्कुलर हेल्थ, हाई बीपी और अंदरूनी अंगों को नष्ट करने में सहायक होते हैं, जिससे इंसुलिन रेजिस्टेंस और फैटी लिवर का खतरा बढ़ता है।

### स्ट्रेस

स्ट्रेस कई बीमारियों का कारण होता है। इससे डेली रूटीन प्रभावित होती है, इनसोमनिया जैसी बीमारियां जन्म लेती हैं, शरीर की सर्केडियन साइकिल डिस्टर्ब होती है, जिससे मोटापा बढ़ता है और मोटापा डायबिटीज के लिए सबसे खतरनाक साबित होता है। इससे तेजी से इंसुलिन रेजिस्टेंस का खतरा बढ़ता है और डायबिटीज हो सकती है।

### डाइट में न्यूट्रिशन की कमी

असंतुलित आहार, बिना रूटीन का खानपान और पोषक तत्वों की कमी से भरी डाइट शरीर में कई प्रकार के बदलाव लाती है। ज्यादा स्टार्च, शुगर, ऑयल, जंक या प्रोसेस्ड फूड का सेवन करने से शरीर में तेजी से शुगर लेवल स्पाइक होता है, इंसुलिन के लेवल असंतुलित होते हैं और डायबिटीज होने का खतरा बढ़ जाता है। इसलिए फाइबर, प्रोटीन, विटामिन, मिनरल, जरूरी फैट्स और कार्ब्स रिच डाइट लें।

### खाना स्किप करना

खास तौर से ब्रेकफास्ट स्किप करने से ग्लूकोज और लिपिड कंट्रोल के साथ इंसुलिन लेवल भी प्रभावित होता है। इससे ग्लूकोज की मेटाबोलिज्म ठीक तरह से नहीं हो पाती है, जिससे डायबिटीज का खतरा दोगुना हो जाता है।