



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 20240905

Processing Trauma (Hindustan Times: 20240905)

<https://www.hindustantimes.com/photos/lifestyle/is-processing-trauma-only-about-talking-of-the-past-no-its-more-than-that-101725451028045.html>

Is processing trauma only about talking of the past? No, it's more than that lifestyle

When we carry a lot of unaddressed trauma within us, it can be difficult for us to open up or be vulnerable. People often believe that processing unaddressed trauma involves being able to talk of the past. However – it is a lot more than that. Therapist Lauren Baird shared a few tips.

We need to work on developing resources that can make us feel safe and calm. It can be imagining a safe space or a safe person to whom we can open up to.

We need to build our window of tolerance so that we can manage our emotions and our body sensations in a healthier way.

We should observe the sequencing of difficult emotions – we should sit with the difficult emotion and slowly let it discharge.

We need to change the narrative in our mind – we should learn to relax the nervous system and alter the beliefs that we had that can trigger trauma.

We need to become more aware of our physical sensations caused by unaddressed trauma and learn somatic practices to release them.

Eye Drop (Hindustan Times :20240905)

<https://www.hindustantimes.com/htcity/made-in-india-presvu-eye-drops-to-help-you-get-rid-of-your-presbyopia-glasses-an-expert-ophthalmologist-weighs-in-101725456672195.html>

Expert opinion: Can this new made-in-India eye drop actually help you get rid of your glasses?

If you find yourself squinting your eyes too often when looking into your phone, reading labels, menus, or even books, it's more likely than not that you suffer from presbyopia. As per a Community Eye Health Journal report, "Presbyopia is the most common cause of vision impairment globally, impacting 1.8 billion people. Almost every person will experience presbyopia if they live into their 50s and beyond". Never mind if you wear glasses or lenses, the pressing reality of this eye condition — which the Mayo Clinic describes as the "gradual loss of your eyes' ability to focus on nearby objects" — sounds nearly unavoidable.

Recommended by the Central Drugs Standard Control Organisation (CDSCO) and finally approved by the Drug Controller General of India (DCGI), the eye drops primary claim that it will eventually eliminate the need for using reading glasses. Speaking about this development, Nikkhil K Masurkar, CEO of Entod Pharmaceuticals, told PTI, "This approval from the DCGI is a significant milestone in our mission to revolutionise eye care in India. Entod Pharmaceuticals' PresVu eye drop is more than just a product; it's a solution that can enhance the lives of millions by providing them with greater visual independence."

A similar formulation was approved by the US Food and Drug Administration (FDA) and launched in the US in 2022 under the brand name Vuity. Currently, Vuity remains the only FDA-approved eye drop for treating age-related blurry vision.

With PresVu's launch scheduled for October, there is considerable excitement surrounding its potential. To gain further insight, we consulted Dr. Purendra Bhasin, MBBS, MS in Ophthalmology, and founder and director of Ratan Jyoti Netralaya Ophthalmic Institute & Research Centre, for his expert take on the eye drops' efficacy.

While Dr. Bhasin doesn't overlook the pros of PresVu, he presses on some important points worth consideration when it comes to the longevity of the effects of such a product. He said, "These drops are used and they are to be used regularly. It is available in the US market and now they are launching it in the Indian market also. So it is not like you use it and then you will eventually not require glasses anymore. definitely it is going to help you to some extent...As long as you're going to use it, you're going to get the effect. If you stop using it, the effect will not be there".

The role of buffer technology and pH balance

It is being said that the eye drops have a sophisticated dynamic buffer technology that enables them to immediately adjust to the pH level of the tears, guaranteeing long-term safety and consistent effectiveness. Tears have a pH of 7.45 on average, however it can vary from 7.14 to 7.82.

Further pressing on how the buffer technology and pH factor, which is being pegged as a major selling point of the eye drops, weighs in here, he said, "The buffering technology and the pH balance they have used, is to make the drops less stringent. The pH balance is not related to the correction of the vision. That will only help in making this more comfortable (for usage)".

Long-Term Usage and Potential Side Effects

When asked about the possible long-term side effects of consistent use, Dr. Bhasin emphasized the need for larger clinical trials to fully understand any potential risks. He cautioned that while these drops may be beneficial for certain conditions like glaucoma, they should only be used under medical supervision and prescription.

What exactly is presbyopia?

Presbyopia is a natural part of the ageing process where the eyes gradually lose the ability to focus on close objects. It typically becomes noticeable in your early to mid-40s and worsens until around age 65. The condition occurs due to the hardening of the lens inside the eye, which makes it difficult to change shape for focusing on near tasks such as reading.

As of now, it can be corrected with reading glasses, bifocal or progressive lenses, contact lenses, or surgical treatments.

Huntington's Disease (Hindustan Times: 20240905)

<https://www.hindustantimes.com/lifestyle/health/new-gene-in-progression-of-huntingtons-disease-study-finds-101725433803795.html>

New gene in progression of Huntington's disease: Study finds

A novel gene has been linked by researchers in Berlin and Dusseldorf to the development of Huntington's disease in a brain organoid model. Earlier than previously believed, the gene may play a role in brain disorders.

Researchers have discovered the gene CHCHD2 as a possible novel treatment target and have linked it for the first time to Huntington's Disease (HD), an incurable inherited neurological illness.

Mutations in the Huntington gene HTT impact CHCHD2

The researchers discovered that mutations in the Huntington gene HTT also impact CHCHD2, which is necessary to preserve the proper function of mitochondria, in a brain organoid model of the illness. Nature Communications published the study.

Six different labs at the Max Delbrück Center participated in the study, led by Dr. Jakob Metzger of the "Quantitative Stem Cell Biology" lab at the and the "Stem Cell Metabolism" lab of Professor Alessandro Prigione at Heinrich Heine University Dusseldorf (HHU).

Each lab contributed their unique expertise on Huntington's disease, brain organoids, stem cell research and genome editing. "We were surprised to find that Huntington's disease can impair early brain development through defects associated with mitochondrial dysfunction," said Dr Pawel Lisowski, co-lead author in the Metzger lab at the Max Delbrück Center.

Moreover, "the organoid model suggests that HTT mutations damage brain development even before clinical symptoms appear, highlighting the importance of detecting the late-

onset neurodegenerative disease early," Selene Lickfett, co-lead author and a doctoral student in the Faculty of Mathematics and Natural Science in the lab of Prigione at HHU adds.

An organoid is a three-dimensional, organ-like structure that researchers grow in a laboratory from stem cells. Depending on the disease and research question, organoids can be grown from different types of tissue.

Only a few millimeters in size, they serve as a model for how different cell types interact. No other bench-top model provides such a detailed look at the function of cells in the human body.

Huntington's disease is caused when the nucleotides Cytosine, Adenine and Guanine are repeated an excessive number of times in the in the Huntington gene HTT. People with 35 or less repeats are generally not at risk of developing the disease, while carrying 36 or more repeats has been associated with disease.

The greater the number of repeats, the earlier the disease symptoms are likely to appear, explains Metzger, a senior author of the study. The mutations cause nerve cells in the brain to progressively die. Those affected, steadily lose muscle control and develop psychiatric symptoms such as impulsiveness, delusions and hallucinations.

Huntington's disease affects approximately five to 10 in every 100,000 people worldwide. Existing therapies only treat the symptoms of the disease, they don't slow its progression or cure it.

To study how mutations in the HTT gene affect early brain development, Lisowski, first used variants of the Cas9 gene editing technology and manipulation of DNA repair pathways to modify healthy induced pluripotent stem cells such that they carry a large number of CAG repeats.

This was technically challenging because gene editing tools are not efficient in gene regions that contain sequence repeats, such as the CAG repeats in HTT, says Lisowski.

The genetically modified stem cells were then grown into brain organoids - three-dimensional structures that resemble early-stage human brains. When the researchers analyzed gene expression profiles of the organoids at different stages of development, they noticed that the CHCHD2 gene was consistently underexpressed, which reduced metabolism of neuronal cells.

CHCHD2 is involved in ensuring the health of mitochondria - the energy producing structures in cells. CHCHD2 has been implicated in Parkinson's disease, but never before in Huntington's.

They also found that when they restored the function of the CHCHD2 gene, they could reverse the effect on neuronal cells. "That was surprising," said Selene Lickfett. "It suggests in principle that this gene could be a target for future therapies."

Moreover, defects in neural progenitor cells and brain organoids occurred before potentially toxic aggregates of mutated Huntingtin protein had developed, adds Metzger, indicating that disease pathology in the brain may begin long before it is clinically evident.

"The prevalent view is that the disease progresses as a degeneration of mature neurons," says Prigione. "But if changes in the brain already develop early in life, then therapeutic strategies may have to focus on much earlier time points."

"Our genome editing strategies, in particular the removal of the CAG repeat region in the Huntington gene, showed great promise in reversing some of observed developmental defects. This suggests a potential gene therapy approach," said Prigione. Another potential approach could be therapies to increase CHCHD2 gene expression.

The findings may also have broader applications for other neurodegenerative diseases, Prigione adds. "Early treatments that reverse the mitochondrial phenotypes shown here could be a promising avenue for counteracting age-related diseases like Huntington's disease."

Weight management to mental clarity (Hindustan Times: 20240905)

<https://www.hindustantimes.com/lifestyle/health/5-incredible-health-benefits-of-exercising-in-the-morning-weight-management-to-mental-clarity-101725363045472.html>

5 incredible health benefits of exercising in the morning: Weight management to mental clarity

Staying fit and working out have been hot topics since time immemorial. Many young people struggle to find time to exercise regularly because of their hectic lifestyles. A study published last year in the journal Obesity suggests that exercising in the morning - especially between 7 and 9 am - helps in managing weight. Other researchers have found that working out in the morning instead of the afternoon or evening helps people lose weight.

However, morning workouts don't just help in weight loss. It has many other incredible health benefits that may motivate you to wake up early and exercise. So, we decided to list five benefits to help you get started.

A morning workout boosts your energy levels and reduces fatigue. It is also a great remedy for stress, as during exercise, your brain releases endorphins - the feel-good neurotransmitters. It is a great way to start the day on a positive note and give you an optimistic outlook.

A morning exercise helps boost your metabolism. A study done by Exercise and Sport Sciences Reviews found that consistent morning exercise can be beneficial, especially for individuals with obesity. Additionally, morning workouts can foster an exercise habit, leading to improved bodily functions and weight management.

Improves focus and mental clarity

Physical activity improves focus and concentration, regardless of when you do it. So, when you work out in the morning, you begin your day with better mental clarity and improved focus. This will help you combat lethargy and potentially increase productivity at work.

Boosts heart health

Morning exercise helps lower your risk of cardiovascular disease compared to exercising at other times of the day. According to the European Society of Cardiology, being active in the morning lowers the risks of both heart disease and stroke.

Improved sleep schedule

An early workout can lead to a good night's rest. A study by Vascular Health and Risk Management found that adults got better sleep on the days they exercised at 7 am. Research says that those who exercise early experience a greater dip in nighttime blood pressure, which leads to a night of better-quality sleep.

What is ketamine (THE TIMES OF INDIA: 20240905)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/what-is-ketamine-how-does-it-affect-the-body/articleshow/113055430.cms>

Matthew Perry died due to overdose of ketamine: What is it and how it affects body

Matthew Perry, famed for his role in 'Friends,' died at 54 from an overdose of ketamine, which caused him to lose consciousness and drown in a hot tub. He was receiving ketamine infusion therapy for depression. This treatment is known for its rapid antidepressant effects and has been used by Elon Musk. [Read More](#)

"Friends" star Matthew Perry's sudden death, which is said to be due to an overdose of ketamine, has stirred concern worldwide. The autopsy report revealed that the 54 year old actor died of acute effects of ketamine which made him lose consciousness and drown in the hot tub to death.

What is ketamine?

The US Department of Justice and Drug Enforcement Administration defines ketamine as: a dissociative anesthetic that has some hallucinogenic effects.

When gaining weight, do you focus more on increasing protein intake or overall calories?

Increasing protein

Overall calories

It distorts perceptions of sight and sound and makes the user feel disconnected and not in control. It is an injectable, short-acting anesthetic for use in humans and animals. It is referred to as a “dissociative anesthetic” because it makes patients feel detached from their pain and environment.

It is produced in several countries including the US.

It comes in a clear liquid and also as a white or somewhat off-white colored powder in 100 mg to 200 mg quantity in vials or small plastic bags.

"A couple of minutes after taking the drug, the user may experience an increase in heart rate and blood pressure that gradually decreases over the next 10 to 20 minutes. Ketamine can make users unresponsive to stimuli," the US DEA says. Ketamine can give relief from pain and can induce a state of no memory which is medically termed as amnesia.

Why was Matthew Perry taking ketamine?

Matthew Perry took ketamine to treat depression. As per reports, he was receiving ketamine infusion therapy.

Ketamine is mostly used to treat depression where other antidepressants have failed.

Patients with severe depression, anxiety, or chronic pain issues can benefit from ketamine infusion therapy. Ketamine was first created as an anesthetic, but it is now known for its quick antidepressant effects, which can sometimes bring about relief in a matter of hours or days.

It involves injecting a little amount of ketamine intravenously. It modifies brain chemistry and connections, potentially aiding in the "reset" of aberrant neural circuits linked to pain and mood disorders. The infusions are frequently given over the course of several sessions and in a series.

Elon Musk has also taken ketamine to treat depression. In an interview with CNN he had said that ketamine was helpful in giving him a positive outlook and getting him out of a negative frame of mind.

Brain Cancer (THE TIMES OF INDIA: 20240905)

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

Mobile phones can cause brain cancer? This is what WHO study discovers

A World Health Organization review of 63 studies conducted between 1994 and 2022 found no link between mobile phone use and brain cancer. The study examined the effects of radio waves from devices like mobile phones on various types of cancer, concluding that these devices do not increase the risk of developing brain tumors or other cancers. [Read More](#)

Mobile phones can cause brain cancer? This is what WHO study discovers

A lot is being discussed about the use of mobile phones and its impact on brain health. The level of concern extends to cancer and this has been a major concern among kids and adults.

Exposure to radio waves have become the favorite subject of researchers in the last few decades as our dependence on phones and wireless gadgets have increased.

From the mild effects of radio frequency on brain health to the 'frying of brains' theory claimed by social media, the effect of mobile phones on cognitive health has been weighed in every possible way.

However, a new review study has something different to say.

WHO review study says there is no link between brain cancer and mobile phone

There is no link between the use of mobile phones and any increase in the risk of brain cancer, a new World Health Organization-commissioned review of available published evidence from around the world has demonstrated.

mobile phone

The review was based on 63 studies dating from 1994-2022, contributed by 11 investigators from 10 countries, including the Australian government's radiation protection authority.

The review study analysed the effect of radiowaves generated by human made devices like mobile phones, TV on the human brain.

"None of the major questions studied showed increased risks," co-author Mark Elwood, professor of cancer epidemiology at the University of Auckland, New Zealand said. The review examined brain tumours in adults and children, and cancer of the pituitary gland, salivary glands and leukaemia, associated with the use of mobile phones and other wireless gadgets; it also included occupational exposure.

Radio waves are carcinogenic

Radio waves are currently classified as "possibly carcinogenic", or class 2B, by the International Agency for Research on Cancer (IARC), a category used when the agency cannot rule out a potential link.

"If RF radiation is absorbed by the body in large enough amounts, it can produce heat. This can lead to burns and body tissue damage. Although RF radiation is not thought to cause cancer by damaging the DNA in cells the way ionizing radiation does, there has been concern that in some circumstances, some forms of non-ionizing radiation might still have other effects on cells that might somehow lead to cancer," the American Cancer Society.

Radio wave exposure

Human beings are exposed to radio waves from various sources. The natural sources of radio waves are the sun, lightning strikes and the earth (a tiny fraction of radiation from earth is radio frequency).

Along with this, human made sources like TV signals, mobile phones, radar, WiFi, Bluetooth devices, radiofrequency ablation which is used to destroy tumors, welding and a type of full body scanner also expose radio waves to humans.

Angioplasty (THE TIMES OF INDIA: 20240905)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/5-signs-you-might-need-angioplasty/articleshow/113033168.cms>

5 signs you might need angioplasty

Angioplasty is a minimally invasive procedure to treat blood vessel blockages. Initially designed for coronary arteries, it now addresses other body parts too. Key symptoms include limb pain, angina, weakness, stroke-like conditions, and uncontrolled hypertension. Early diagnosis and timely intervention with angioplasty can be life-saving..

5 signs you might need angioplasty

What is Angioplasty?

Angioplasty is a minimally invasive procedure used to address blockages in blood vessels. Though it was initially invented for treating blood vessels of the heart, called coronary arteries, it has now expanded to address and restore blood flow to different parts of the body, such as the brain, kidneys, peripheral arteries of the upper and lower limbs, and the aorta.

The procedure involves the use of a small catheter, which is a flexible tube placed at the vessel opening. A thin guidewire is negotiated across the blockages, followed by the inflation of a small balloon to widen the artery. A stent is deployed at a certain position to keep the artery open.

What are the signs that indicate the need for angioplasty?

Pain in the lower limbs

Cramps and pain in both lower limbs can be a sign that blood supply is insufficient, known as limb claudication or vascular insufficiency. This condition is progressive and can lead to trophic changes such as loss of sensation, loss of distal digits, dry gangrene, etc. Angioplasty is very important to restore blood flow.

Angina

Commonly known as chest pain, it can have a sudden onset, which is related to unstable blockage or sudden and complete closure of a blood vessel. Alternatively, it can be slowly progressive, which is related to an underlying fixed stable condition of blockage.

According to Dr. Akshay Kashid, Consultant- Cardiologist, Manipal Hospital, Baner, Pune, “The symptoms can vary, presenting as associated sweating, shortness of breath, or dizziness. They may occur during exertion or at rest and can range from mild to severe. In such cases, early identification, timely consultation with a cardiologist, and undergoing angioplasty at the right time can be life-saving.”

Weakness

According to Dr. Tanmai Yermal Jain, Consultant- Cardiologist, Manipal Kharadi, “Breathing problems during regular activities can indicate that the heart isn't getting enough oxygenated blood. Unexplained weakness or weariness, particularly after effort, may indicate a decrease in blood supply to the heart. Syncope, transient loss of

consciousness and excessive sweating on exertional activities or even at rest is one such sign.”

Continuous Breathlessness

Dr. Sanjeev Chaudhary, Clinical Director – Cardiology, Marengo Asia Hospitals, Gurugram, says, "If you frequently feel out of breath, especially when exercising or even when you're at rest, it may indicate that your heart isn't receiving adequate blood flow because of clogged or restricted arteries. This may suggest that an angioplasty is necessary to get the heart's blood flow back to normal."

Stroke-like condition

This is a serious condition caused by a lack of blood flow to the brain. Brain cells cannot sustain insufficient blood flow, which causes reduced oxygen and nutrients, leading to their gradual death. This condition can lead to recurrent dizziness, paralysis, and many psychological issues. To ensure normal blood supply, angioplasty is recommended.

heart (64)

Uncontrolled and resistant hypertension

This condition is not uncommon, with patients often requiring multiple medications—sometimes 5 to 6—to control their blood pressure. However, blood pressure may still be poorly controlled. On evaluation by ultrasound Doppler, a condition called atherosclerotic renal artery stenosis is diagnosed.

This condition is very commonly seen in middle-aged, high-risk individuals. If diagnosed in a timely manner, it can be treated by renal arterial angioplasty with stent placement, giving excellent results by controlling blood pressure, reducing systemic adverse effects on the body, and lowering the number of required medications.

Diabetes Risk (Medical News Today: 20240905)

<https://www.medicalnewstoday.com/articles/reducing-night-light-exposure-simple-way-cut-diabetes-risk#Reducing-night-light-important-for-total-well-being>

Reducing night light exposure may be a simple way to cut diabetes risk Research has found a link between light exposure at night and diabetes risk. DMP/Getty Images

Recently much research has focused on exposure to bright light at night and its potential negative impact on health.

Numerous studies have found a possible link between exposure to nighttime light and diabetes risk.

Researchers from Flinders University further confirm a possible correlation between bright light exposure at night and a higher risk of developing type 2 diabetes.

Scientists believe that avoiding bright light at night may be a cheap and easy way to possibly delay or prevent the development of type 2 diabetes.

Over the last few years, research has shown that exposure to bright light at night has the potential to affect a person's health negatively.

For example, numerous studies have examined the potential link between exposure to nighttime light and diabetes risk. A study published in November 2022 found that exposure to outdoor artificial light at night may increase a person's risk of developing diabetes. Meanwhile, research published in March 2023 indicated that exposure to any type of light while sleeping can heighten a person's risk for diabetes, obesity, and high blood pressure in those of older age.

Now, researchers from Flinders University in Australia further confirm a possible correlation between bright light exposure at night and a higher risk of developing type 2 diabetes.

In a study recently published in the journal *The Lancet Regional Health – Europe* Trusted Source, scientists report that avoiding bright light at night may be a cheap and easy way to possibly delay or prevent the development of type 2 diabetes.

How nighttime light affects circadian rhythm

For this study, researchers analyzed medical data from almost 85,000 people throughout the U.K. Biobank who did not already have a type 2 diabetes diagnosis. Study participants each wore a light sensor on their dominant wrist for one week that recorded their light exposure both during the day and at night.

“Light is an easily modifiable environmental factor, which has underappreciated effects on human health,” Andrew Phillips, PhD, associate professor in the College of Medicine and Public Health at Flinders University in Australia and senior author of this study told Medical News Today.

“People who perform shift work Trusted Source for many years are at greatly increased risk of type 2 diabetes. One of the possible reasons for this is disruption of the body's circadian rhythms by mistimed environmental signals.”

— Andrew Phillips, PhD

“Circadian rhythms regulate all areas of our physiology, including our metabolism. Light is the most important time cue for the body's central circadian clock, which coordinates rhythms across all tissues of the body. We also know from laboratory studies that disrupting circadian rhythms by exposure to light at night can cause metabolic dysfunction. We therefore expected that night light exposure might be related to type 2 diabetes in the population,” Phillips explained.

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Twice a week you'll get tips on eating wisely, news on breakthroughs, and more resources to help you stay on top of your diabetes.

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More nighttime light linked to higher type 2 diabetes risk

The study participants were followed for about nine years to see if they developed type 2 diabetes or not.

At the study's conclusion, Phillips and his team found that participants with more light exposure at night — between 12:30 am and 6:00 am — had an increased risk of developing type 2 diabetes, and this was true regardless of how much light they experienced during the day.

“We were not surprised to see a link with night light exposure, but we did find the strength of the effect quite remarkable. I note that we were able to take into consideration many possible confounders that could explain this relationship. Even after doing this, the relationship of light exposure with type 2 diabetes remained robust,” Phillips said.

“Decreasing light exposure at night is a simple and cost-effective way to improve health and potentially to reduce your risk of type 2 diabetes. We are continuing to investigate how light exposure influences human health, across a broad range of outcomes. We are also studying whether improvements to lighting environments can lead to long-term improvements in health.”

— Andrew Phillips, PhD

Sleep only one factor for preventing type 2 diabetes

After reviewing this study, Jennifer Cheng, DO, section chief of Endocrinology for Hackensack Meridian Jersey Shore University Medical Center in New Jersey, told MNT that this is an interesting study that highlights that people can take preventive measures to prevent or delay the development of type 2 diabetes.

“This study highlights the importance of getting a good night's sleep in improving sugar control,” Cheng said.

She explained that turning off electronics at night is one simple cost-effective step people can take to potentially reduce their risk of developing type 2 diabetes.

Cheng said that reducing light exposure at night may help delay or even prevent the onset of type 2 diabetes. She reminded readers that delaying the progression of type 2 diabetes is still multifactorial and involves a good diet, exercise [Trusted Source](#), and lifestyle changes.

Reducing night light important for total well-being

MNT also spoke with David I. Geffen, OD, FAAO, director of optometric and refractive services at the Gordon Schanzlin New Vision in La Jolla, CA, about this study.

“This study shows us another reason to talk to our patients about light exposure in the evening, especially before bedtime. We know that type 2 diabetes is exploding in this country, and any way we can slow down this progress will benefit the individual as well as society [as a] whole. We are familiar with the devastating side effects on the eye with diabetes and work hard to help our patients maintain their vision,” Geffen said.

“We are aware that our sleep patterns can be affected by light exposure. When we throw off our circadian rhythm, our bodies may respond in various ways including fatigue, headaches Trusted Source, and digestive issues Trusted Source. It now seems that patients who are susceptible to diabetes are even more likely to develop type 2 with modifications of the body’s circadian rhythm. Light exposure before sleep-time has been shown to have many adverse effects on the health of people.”

— David I. Geffen, OD, FAAO

Geffen stressed that reducing nighttime lights is important for everyone’s well-being. He also said that further research is needed to confirm the findings and explore the mechanism behind this link.

Brain Cancer (The Tribune: 20240905)

<https://www.tribuneindia.com/news/health/no-link-between-mobile-phone-use-brain-cancer-who-commissioned-review/>

No link between mobile phone use, brain cancer: WHO-commissioned review

An international team of researchers looked at more than 5,000 studies of which 63, published between 1994 to 2022

There is no link between using a mobile phone and developing brain cancer, according to a review of studies, which was commissioned by the World Health Organization (WHO).

An international team of researchers looked at more than 5,000 studies of which 63, published between 1994 to 2022, were included in the final analysis.

The team, led by Australian Radiation Protection and Nuclear Safety Agency (ARPANSA), found that even though the use of wireless technology has “massively” increased over the last two decades, cases of brain cancers have not risen.

The analysis, “the most comprehensive and up-to-date assessment of the evidence to date”, is published in the journal Environment International.

In May 2011, International Agency for Research on Cancer (IARC) — the WHO’s cancer agency — classified exposure to radio waves as “possibly carcinogenic to humans”, based on an increased risk for glioma, a malignant type of brain cancer, associated with wireless phone use. Mobile phones use radio waves for communication.

However, the classification was “largely based on limited evidence from human observational studies”, according to the researchers.

“This systematic review of human observational studies is based on a much larger dataset compared to that examined by IARC, which also includes more recent and more comprehensive studies, so we can be more confident in the conclusion that exposure to radio waves from wireless technology is not a human health hazard,” lead researcher Ken Karipidis, Health Impact Assessment Assistant Director at ARPANSA, said.

The authors found that exposure to radio waves from mobile phones was not associated with an increased risk of glioma or other brain-related cancers such as meningioma, pituitary tumours and paediatric brain tumours.

They also called for studies that could look at the effects of 5G mobile networks.

“Given that wireless communications have only recently started to use (radio) frequencies above 6 (GHz) there are no epidemiological studies investigating 5G mobile networks directly as yet, but it is envisaged that future prospective cohort studies should cover this and other future planned technologies,” the authors wrote.

Heart Disease (The Indian Express: 20240905)

<https://indianexpress.com/article/lifestyle/health/sleep-recovery-heart-disease-health-9546319/>

Study says weekend sleep recovery may reduce heart disease risk by 20%, but neurologist claims losing one hour of sleep takes four days to recover:

Which is correct?

Can weekend catch-up sleep help mitigate the effects of chronic sleep deprivation?

A recent study by the European Society of Cardiology has suggested that catching up on sleep during weekends may lower the risk of heart disease by up to 20%. This finding brings hope to many who struggle to get adequate rest during the workweek. However, the idea of ‘catching up’ on lost sleep isn’t without its challenges.

Dr Sudhir Kumar, a neurologist at Apollo Hospitals Hyderabad, in a separate post on X (formerly Twitter) posted before the study was released, mentioned: “If you lose just one hour of sleep, it could take four days to recover from that.”

Given these seemingly contradictory perspectives, the debate over whether weekend sleep can compensate for weekday deficits remains contentious.

The recovery from sleep debt is not linear The recovery from sleep debt is not linear (Source: Freepik)

Weekend sleep recovery and lower heart disease risk

Dr Chandril Chugh, the director of Good Deed Clinic and a senior consultant neurologist, tells indianexpress.com, “Weekend sleep recovery, or ‘catch-up sleep,’ may help mitigate some of the negative effects of chronic sleep deprivation, such as the risk of heart disease. While more research is needed, several factors could contribute to this protective effect.”

Dr Jagadish Hiremath, Cardiac Intensivist, concurs, “Weekend sleep recovery may lower the risk of heart disease by allowing the body to recover from the negative effects of sleep deprivation accumulated during the week.”

Catching up on sleep may lower inflammation by reducing markers like C-reactive protein (CRP), he says, which are linked to heart disease, and help regulate blood pressure, thereby

reducing the risk of hypertension. It can also normalise stress hormones such as cortisol, decreasing stress and associated cardiovascular risks.

Additionally, sleep recovery might improve insulin sensitivity and metabolic function, promoting better heart health. Adequate sleep restores balance in the autonomic nervous system, which controls heart rate and blood pressure, and enhances endothelial function, lowering the risk of atherosclerosis. Finally, recovery sleep can stabilise the heart's electrical system, reducing the risk of arrhythmias.

Does Dr Kumar's statement align with the idea that weekend catch-up sleep can reduce heart disease risk?

As mentioned earlier, Dr Chugh asserts, research suggests that catching up on lost sleep over the weekend "only provides partial recovery." He adds, "It does not fully reverse the negative effects of sleep deprivation accumulated during the week, such as elevated stress hormones, impaired metabolic function, and increased inflammation."

Dr Hiremath says, "Dr Kumar's statement that losing just one hour of sleep can take four days to recover points to the cumulative impact of sleep debt on the body. Sleep debt refers to the difference between the amount of sleep needed and the amount obtained. Even losing a small amount of sleep daily can accumulate into a significant sleep deficit over time."

While catching up on sleep over the weekend can offer some cardiovascular benefits, he says, as noted by the potential 20% reduction in heart disease risk, it does not fully compensate for chronic sleep deprivation. "The recovery from sleep debt is not linear; it takes longer to recover from prolonged sleep deprivation than the amount of sleep lost," he clarifies.

Dr Chugh agrees with Dr Hiremath, saying that while weekend catch-up sleep can offer some short-term relief, it is not sufficient to counteract the long-term effects of chronic sleep deprivation. "Relying on this strategy may provide a false sense of security, leading individuals to underestimate the importance of regular sleep."

Practical tips for maintaining consistent sleep

According to Dr Chugh, these tips will help you get good sleep regularly:

Set a Regular Bedtime: Go to bed and wake up at the same time every day, even on weekends. This helps reinforce your body's natural sleep-wake cycle.

Create a Sleep-Friendly Environment: Ensure your bedroom is conducive to sleep by keeping it cool, dark, and quiet. Avoid using electronic devices before bed, as the blue light emitted can disrupt your circadian rhythm.

Prioritise Sleep Hygiene: Establish a relaxing bedtime routine, such as reading or taking a warm bath, to signal to your body that it's time to wind down.

Manage Stress: Practice stress-reducing activities such as meditation, yoga, or deep breathing exercises to promote relaxation and better sleep.

Diabetes (Navbharat Times: 20240905)

https://navbharattimes.indiatimes.com/lifestyle/health/what-are-the-best-diet-for-diabetic-patients-foods-to-be-consumed-in-diabetes/articleshow/113062129.cms?trc_source=TaboolaExploreMore

डायबिटीज में अमृत से कम नहीं ये 5 चीजें, फायदे जानकर तुरंत कर देंगे खाना शुरू

Best Diet For Diabetes Patients: डायबिटीज के मरीजों को अपनी डाइट में कुछ ऐसी चीजों को शामिल करना चाहिए जो उन्हें फिट और हेल्दी रखे, साथ ही उनका ब्लड शुगर लेवल भी कंट्रोल रहे। कुछ ऐसे फल और सब्जियां होती हैं जो शुगर के मरीजों के लिए बहुत ही लाभकारी होती हैं।

डायबिटीज में अमृत से कम नहीं ये 5 चीजें, फायदे जानकर तुरंत कर देंगे खाना शुरू

डायबिटीज की समस्या आजकल आम हो गई है। पहले बढ़ती उम्र के साथ लोगों में बीमारियों का खतरा बढ़ता था, लेकिन आजकल युवा भी इस तरह की बीमारियों के चपेट में आ रहे हैं। इसका सबसे बड़ा कारण है गलत लाइफस्टाइल और खानपान में गड़बड़ी। एक्सपर्ट्स का कहना है कि जिस भी व्यक्ति को शुगर की बीमारी हो जाती है दूसरी गंभीर बीमारियां उसे आसानी से घेर लेती हैं। ऐसे में यह जरूरी है कि हम हेल्दी लाइफस्टाइल मेंटेन करें, साथ ही सही डाइट फॉलो करें।

डायबिटीज के मरीजों को अपने खाने पीने का खास ध्यान रखना चाहिए। ऐसी चीजों से परहेज करना चाहिए जो शुगर लेवल को बढ़ाती हैं और अपनी डाइट में कुछ ऐसी खाने पीने की चीजों को शामिल करना चाहिए जिससे शुगर लेवल कंट्रोल रहे।

न्यूट्रिशन से भरपूर स्ट्रॉबेरी

एनसीबीआई (Ref) के अनुसार स्ट्रॉबेरी अपने खट्टे मीठे स्वाद के लिए जानी जाती है और इसके कई स्वास्थ्य लाभ भी हैं। स्ट्रॉबेरी एंटीऑक्सीडेंट और फाइबर का बेहतरीन स्रोत है। यह शुगर लेवल को कंट्रोल करता है। इसके अलावा इससे ब्लड प्रेशर भी कंट्रोल रहता है। ब्रेन हेल्थ के लिए भी स्ट्रॉबेरी को बहुत ही फायदेमंद माना जाता है।

चूंकि स्ट्रॉबेरी विटामिन सी का बेहतरीन स्रोत है इसलिए डायबिटीज के मरीज इसका सेवन कर सकते हैं। यह हानिकारक फ्री रेडिकल्स से शरीर का बचाव करता है। स्ट्रॉबेरी में ग्लाइसेमिक कम होता है, इसलिए यह बॉडी में शुगर लेवल को धीरे धीरे बढ़ाता है। डायबिटीज के मरीज करीब एक चौथाई कप स्ट्रॉबेरी का सेवन कर सकते हैं।

सेब से रहेगा ब्लड शुगर मेंटेन

कई एक्सपर्ट्स के अनुसार सेब खाने से डायबिटीज का खतरा कम होता है। इसमें पाए जाने वाले एंटीऑक्सीडेंट बॉडी को हेल्दी रखते हैं। सेब में भारी मात्रा में फाइबर पाया जाता है जो ब्लड शुगर लेवल को कंट्रोल रखता है। कई शोध से इस बात का भी खुलासा हुआ है कि सेब का सेवन करने से टाइप 2 डायबिटीज का रिस्क कम होता है और हार्ट डिजीज होने की भी संभावना कम रहती है।

डायबिटीज में भीगे बादाम के फायदे

पेट के लिए भी हेल्दी है बाजरा

बाजरे में ग्लाइसेमिक इंडेक्स कम होता है। ऐसे में शुगर के मरीजों के लिए यह काफी हेल्दी माना जाता है। इसके अलावा यह फाइबर का भी अच्छा स्रोत होता है। बाजरे का सेवन करने से पेट से जुड़ी समस्याएं कम होती हैं। फाइबर बॉडी में शुगर के अवशोषण को कंट्रोल करता है। बाजरे की रोटी को खाने से ब्लड शुगर भी नियंत्रित रहता है।

एंटीऑक्सीडेंट्स से भरपूर ब्लूबेरी

ब्लूबेरी दिखने में छोटा सा फल है लेकिन यह कई पोषक तत्वों का पावर हाउस है। इसके अंदर एंटीऑक्सीडेंट विटामिन सी, कैसर प्रतिरोधी गुण और कई पोषक तत्व पाए जाते हैं। यह ना सिर्फ शुगर की लेवल को कंट्रोल कर सकती है बल्कि डायबिटीज को रोकने में भी मददगार होती है। इससे वजन घटाने में भी मदद मिलती है।

हरी सब्जियों के अनगिनत फायदे

डायबिटीज के मरीज हरी पत्तेदार सब्जियों का सेवन करके खुद को हेल्दी रख सकते हैं। पालक और ब्रोकली जैसी सब्जियां डायबिटीज के मरीजों के लिए बहुत ही लाभकारी होती हैं। पालक में विटामिन सी, ए और फाइबर पाया जाता है जो ब्लड शुगर को बढ़ने नहीं देते हैं। ब्रोकली प्रोबायोटिक के रूप में काम करती है। प्रोबायोटिक फाइबर पेट और आंतों को हेल्दी रखते हैं। यह ग्लूकोज और कोलेस्ट्रॉल मेटाबॉलिज्म में मदद करती है।

Dengue (Dainik Jagran: 20240905)

<https://www.jagran.com/lifestyle/health-dengue-declared-an-epidemic-in-karnataka-know-its-potential-fatal-health-risks-and-prevention-tips-23790998.html>

कर्नाटक में महामारी घोषित हुआ 'Dengue', डॉक्टर ने बताया कैसे जानलेवा साबित हो सकती है ये बीमारी

Dengue मच्छरों से होने वाली एक गंभीर बीमारी है जो आमतौर पर बरसात में ज्यादा तेजी से फैलती है। कर्नाटक में इस बीमारी के बढ़ते मामलों को देखते हुए ही इसे महामारी (Dengue Epidemic Disease) घोषित कर दिया गया है। यह बीमारी गंभीर रूप ले सकती है अगर समय रहते इलाज न किया जाए। ऐसे में डॉक्टर ने बताया यह क्यों खतरनाक है और इससे कैसे बचाव करें।

Dengue एक गंभीर बीमारी है, जो अक्सर बरसात के दिनों तेजी से फैलती है।

कर्नाटक में इसके लगातार बढ़ते मामलों की वजह से इसे महामारी घोषित किया गया है।

ऐसे में इस बीमारी के गंभीर परिणामों से बचने के लिए इससे बचाव बेहद जरूरी है।

लाइफस्टाइल डेस्क, नई दिल्ली। बरसात का मौसम यानी देर सारी बीमारियां और संक्रमण। इस मौसम में अक्सर विभिन्न तरह की बीमारियां लोगों को अपना शिकार बना लेती हैं। खासकर मच्छरों से होने वाली बीमारियों का प्रकोप इस मौसम में काफी बढ़ जाता है। डेंगू, मलेरिया, चिकनगुनिया, वेस्ट नाइल फीवर, जीका वायरस मच्छरों से होने वाली कुछ गंभीर बीमारियां हैं। इनमें से डेंगू सबसे आम, लेकिन खतरनाक बीमारी है, जिसके मामले इन दिनों कर्नाटक में तेजी से बढ़ते जा रहे हैं।

राज्य में डेंगू के बढ़ते मामलों के देखते हुए इसे महामारी घोषित (Dengue Epidemic In Karnataka) कर दिया गया है। मानसून आते ही देश-विदेश के इसके मामले बढ़ने लगते हैं। हर साल इस बीमारी की वजह से कई लोगों की

जान तक चली जाती है। समय रहते अगर इसका इलाज और इससे बचाव न किया जाए, तो यह जान ले सकती है। ऐसे में इस बीमारी के घातक परिणाम और इससे बचाव के बारे में विस्तार से जानने के लिए हमने मैरिंगो एशिया हॉस्पिटल गुडगांव में क्रिटिकल केयर मेडिसिन डिपार्टमेंट में सीनियर रेजीमेंट डॉ. मुजम्मिल सुल्तान कोका से बातचीत की।

यह भी पढ़ें- समय से पहले बूढ़ा बना देगी नींद की कमी, बढ़ जाएगा वजन, पड़ जाएंगे अक्ल पर पत्थर!

डेंगू के लक्षण

डॉक्टर बताते हैं कि वायरस के तेजी से फैलने से खतरा बढ़ जाता है, खासकर मानसून के मौसम में। इस बीमारी की संभावित गंभीरता को देखते हुए डेंगू को कर्नाटक में महामारी (Dengue Epidemic Disease) घोषित कर दिया गया है, जो गंभीर चिंता का विषय है। डेंगू नामक वायरस (Dengue Causes) मच्छरों से फैलता है और यह फलू जैसे लक्षण पैदा कर सकता है। इसकी वजह से तेज बुखार, दर्दनाक सिरदर्द, चकत्ते और जोड़ों और मांसपेशियों में दर्द जैसी समस्याएं हो सकती हैं।

यह विडियो भी देखें

डेंगू के गंभीर परिणाम

वहीं, इसके गंभीर परिणाम के बारे में बताते हुए डॉक्टर ने कहा कि अगर सही समय पर इसका इलाज न किया जाए, तो यह डेंगू हेमरेजिक फीवर में विकसित हो सकता है, जिसकी वजह से ब्लीडिंग, प्लाज्मा लीकेज, ऑर्गन फेलियर और यहां तक कि मौत भी हो सकती है।

कैसे करें डेंगू से बचाव

डॉक्टर बताते हैं कि डेंगू से लड़ने की कुंजी इसकी रोकथाम है। ऐसे में इससे बचाव के लिए निम्न बातों का ध्यान रखना जरूरी है-

मच्छरों को पनपने के रोकने के लिए उनके प्रजनन स्थानों को खत्म करें।

घर के आसपास कहीं भी पानी जमा न होने दें।

मच्छरों के काटने से बचने के लिए सुरक्षात्मक कपड़े पहनें।

मच्छरों से बचने के लिए मॉस्किटो रिपेलेंट का इस्तेमाल करें।

इस घातक बीमारी से बचने के लिए, जन जागरूकता सबसे ज्यादा जरूरी है।