



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20240913

Cancers in children (Hindustan Times: 20240913)

<https://www.hindustantimes.com/lifestyle/health/cancers-in-children-what-can-you-do-to-prevent-them-101726032309162.html>

Cancers in children: What can you do to prevent them?

Cancer is a complicated disease with few known causes hence, it can be difficult to prevent in youngsters but in contrast to adult malignancies, which are frequently associated with lifestyle and environmental factors, the majority of children tumours have unidentified origins. Although it is challenging to prevent pediatric malignancies, there are steps that may be taken to lower the risk and encourage a healthier future for kids.

In an interview with HT Lifestyle, Dr Ushma Singh, Director of Pediatric Oncology and Hematology at Andromeda Cancer Hospital in Sonipat, suggested that to reduce the risk and advance general health, parents and other caregivers can adopt a number of measures -

1. Promoting Healthy Habits

Encouraging healthy behaviors from an early age can lower the risk of certain adult malignancies, even if there is little that can be done directly to prevent childhood cancer. It is crucial to teach kids about the risks associated with smoking, both indoor and outdoor, as well as the value of wearing sunscreen. A healthy immune system is supported by a balanced diet low in sugar and processed foods and high in fruits, vegetables and whole grains. It also lowers obesity, which is a proven risk factor for a number of cancers.

2. Preventing and Treating Infections

Childhood malignancies are more common in people who have certain chronic diseases, such as HIV, Epstein-Barr virus, and malaria. It is essential to prevent these illnesses with proper cleanliness, immunization, and prompt treatment. Hepatitis B and HPV vaccinations, among others, are essential for lowering the risk of liver, cervical, and some oral cancers in the future.

3. Limiting Environmental Exposures

Mitigating the exposure to carcinogens is an additional crucial measure. This include staying away from secondhand smoke, minimizing needless X-ray radiation, and maintaining a clean home free of hazardous materials like lead and asbestos.

4. Genetic Predispositions and Early Detection

There is a 10% chance that hereditary factors contribute to childhood malignancies. Regular tests and genetic counseling are crucial for families with a history of cancer. It is important to note that early detection through routine check-ups and awareness of symptoms can lead to improved outcomes. This highlights the need for vigilance in health monitoring of children.

Bringing his expertise to the same, Dr Neeraj Teotia, Consultant - Paediatric Hemato-Oncology and Bone Marrow Transplant at Marengo Asia Hospitals in Gurugram, shared, “Since many pediatric cancers are caused by genetic abnormalities or other unknown causes rather than environmental or lifestyle factors, preventing cancer in children is a challenging objective. Proactive measures, on the other hand, can lessen the risk and enhance general health.”

He recommended -

1. Avoiding Environmental Exposures

Cutting back on exposure to dangerous chemicals is crucial for lowering the risk of cancer. It can be advantageous to keep children away from pesticides, cigarette smoke, and other hazardous materials. In addition, it is critical to minimize avoidable radiation exposure for children, such as routine CT scans or X-rays, unless absolutely required by medicine.

2. Healthy Diet and Lifestyle

Promoting a healthy, well-balanced diet full of fruits, vegetables, and whole grains boosts immunity, which is essential for preventing cancer. Encouraging regular physical activity is equally important because it improves general wellbeing and aids in maintaining a healthy weight.

3. Vaccination

One important factor in the prevention of cancer is vaccination. The human papillomavirus (HPV) vaccine protects older children and adolescents against cancers that have been linked to the virus. Additionally, since the hepatitis B vaccine guards against hepatitis B infection—a known risk factor for liver cancer—it is essential.

4. Regular Medical Check-ups

Regular pediatric checkups are crucial for the early identification of any anomalies that can point to malignancy. If cancer does develop, the prognosis can be improved by being aware of typical signs and promptly seeking medical help.

5. Breastfeeding

Further demonstrating breastfeeding's advantages in cancer prevention, some research indicates that it may lower the risk of certain childhood cancers, like leukemia.

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

Breastfeeding tips (Hindustan Times :20240913)

<https://www.hindustantimes.com/lifestyle/health/breastfeeding-tips-to-boost-your-milk-supply-simple-diet-hacks-every-new-mom-should-know-101726034015071.html>

Breastfeeding tips to boost your milk supply: Simple diet hacks every new mom should know

Motherhood is a transformative journey brimming with both surprises and challenges and your [diet](#) is key to boosting your [milk](#) supply. [Newborns](#) require feedings every one to two hours, with breastfeeding strongly advised for the first six months.

Breastfeeding tips to boost your milk supply: Simple diet hacks every new mom should know

Why is breastfeeding so crucial? In an interview with HT Lifestyle, Dr Payel Biswas Soo, Holistic Perinatal and Lactation Specialist at Milann Fertility and Birthing Hospital in Bangalore's JP Nagar, shared, “Beyond providing essential nutrition, breast milk is a powerhouse of protective antibodies that help shield your baby from infections and lower the risk of sudden infant death syndrome (SIDS). Its unparalleled benefits make breastfeeding a fundamental part of nurturing a healthy, thriving baby.”

At first, you'll produce colostrum, a dense, antibody-rich fluid that hydrates and safeguards your baby. Within a few days, this will transition to mature milk. It's normal for your baby to lose some weight initially, but they will regain it once your milk supply is fully established. If you're ill, the antibodies in your breast milk will transfer to your baby, providing additional protection.

Benefits of Breastfeeding for Infant Immunity

Breastfeeding provides crucial protection against many illnesses. It lowers the risk of severe conditions like premature necrotizing enterocolitis, as well as vomiting and diarrhea. Breastfed infants are less likely to develop bacterial meningitis, ear infections, and respiratory illnesses. Long-term benefits include reduced risks of asthma, sudden infant death syndrome (SIDS), obesity, eczema, type 2 diabetes, and childhood leukemia. Additionally, breastfeeding helps prevent inflammatory bowel disease (IBD), dental problems, and celiac disease.

Understanding Breast Milk Composition

Breast milk is specially designed to meet infants' nutritional needs, supporting growth, immunity, and overall health.

1. Nutrients and Bioactive Components

Breast milk offers easily digestible proteins like casein and whey, which supply essential amino acids for growth. Whey proteins have antibacterial properties, while lactoferrin, an iron-binding protein, supports the immune system by blocking harmful bacteria and viruses.

Fats in breast milk, such as essential fatty acids (EFAs) including omega-3 and omega-6, are vital for brain development and cognitive function. Long-chain polyunsaturated fatty acids (LCPUFAs), such as DHA (docosahexaenoic acid) and ARA (arachidonic acid), are crucial for the development of the nervous system and retina.

Breast milk carbohydrates include lactose, which provides energy and supports beneficial gut bacteria, and oligosaccharides, which act as prebiotics to promote healthy gut flora and protect against gastrointestinal infections.

It contains vital vitamins A, D, E, and K, which are important for immune support, vision, bone health, and antioxidant defense. It also includes key minerals such as calcium, phosphorus, magnesium, and zinc, essential for bone development, enzyme activity and overall growth.

2. Immune Factors

Breast milk has essential antibodies like IgA, which shields the infant's gut from pathogens, and IgG and IgM, which help fight bacteria and viruses.

It includes white blood cells, like macrophages and lymphocytes, that fight infections and boost the infant's immune system, along with stem cells that aid in tissue repair and regeneration.

It provides essential growth factors and hormones. Epidermal Growth Factor (EGF) supports gut development and healing, Insulin-like Growth Factors (IGFs) promote overall growth, and hormones like leptin and adiponectin regulate appetite, metabolism, and energy balance.

Breastfeeding and the Mother's Health

Breastfeeding reduces the chances of postpartum depression, cancers, osteoporosis, and heart disease. It aids recovery by releasing oxytocin, which helps the uterus contract and reduces bleeding. Additionally, breastfeeding enhances the bond with your baby, provides a hassle-free feeding option, and may assist in weight loss, though this can vary depending on individual factors.

Nutritional Tips for Breastfeeding Mothers

Eat a balanced diet with increased calories, calcium-rich foods, iron sources, and lean proteins.

Drink plenty of fluids and limit caffeine.

Consider vitamin supplements like folic acid and vitamin D.

Monitor food sensitivities.

Limit processed foods.

Maintain a consistent eating schedule.

Back Pain (Hindustan Times: 20240913)

<https://www.hindustantimes.com/lifestyle/health/slouching-at-work-can-give-you-a-potbelly-back-pain-and-more-heres-why-you-need-to-fix-that-posture-asap-101726118342131.html>

Slouching at work can give you a potbelly, back pain and more: Here's why you need to fix that posture ASAP

Slouching is a posture where a person tends to sit or stand in a lazy, droopy manner. However, this position can cause significant problems for the spine – it can lead to spinal dysfunction, back pain, joint degeneration and potbelly. In an interview with HT Lifestyle, Dr. Mazda K. Turel, Brain and Spine surgeon at Wockhardt Hospitals, Mumbai Central, said, “Slouching, whether while sitting or standing, exerts excessive pressure on your spine and muscles, leading to various long-term health issues.” Slouching can affect health – the brain and spine surgeon further noted down how it can affect us.

When you slouch, the spine's natural curvature is altered, resulting in spinal misalignment. This misalignment increases the pressure on the vertebrae and intervertebral discs, potentially causing conditions such as herniated discs or chronic back pain. Furthermore, poor posture can put strain on the muscles, ligaments, and tendons surrounding the spine, leading to muscle fatigue and discomfort.

Affect the nervous system:

From a neurological standpoint, extended periods of slouching can impact the nervous system. The spine protects the spinal cord, which is responsible for transmitting signals between the brain and the body. When posture is compromised, nerve compression can occur, leading to symptoms like numbness, tingling, or even diminished motor function in severe cases.

Decreases oxygen intake:

Slouching restricts lung expansion, which decreases oxygen intake and can impair concentration and cognitive function. Over time, poor posture may also contribute to issues such as tension headaches and temporomandibular joint (TMJ) dysfunction.

Combat slouching with strong core and posture adjustments:

"Improving posture and strengthening core muscles can greatly diminish the risk of these problems. If pain continues, seeking medical evaluation is essential to prevent further damage to the spine and nervous system. Making simple adjustments to your posture now can help avert complex spinal issues in the future," added Dr. Mazda K. Turel.

Balanced Diet (Hindustan Times: 20240913)

<https://www.hindustantimes.com/lifestyle/health/indian-are-not-eating-a-balanced-diet-heres-a-50-50-split-you-should-aim-for-every-meal-101726042488886.html>

Indian are not eating a balanced diet. Here's a 50-50 split you should aim for every meal

A balanced diet consists of all the important nutrients required for the body to generate energy for proper functioning. The bodily functions carried out at all times require energy that we get from the food choices that we make. From plant-based diet to animal protein, the diet we consume should have all the essential nutrients. From protein, to carbohydrates, to healthy fats to vitamins to minerals, the body requires each of these nutrients.

According to the Dietary guidelines for Indians 2024, developed by Indian Council for Medical Research (ICMR) and National institute for Nutrition, for a 2000 Kcal Indian diet per day, certain portions are recommended for healthy eating. According to the guidelines, a healthy plate of food should consist of fruits and vegetables as the half. The other half should consist of cereals, millets, pulses, flesh foods, eggs, nuts, oilseeds, milk and curd.

However, according to the dietary patterns observed in Indians, people tend to consume less micro-nutrient rich food items such as whole grains, pulses and fresh produce. People also have the chronic habit of overconsuming cereals. The guidelines further stated that cereals can be consumed for 45 percent of the daily energy needs – for the rest of energy, we should focus more on less carbohydrate-rich nutrients.

Unhealthy eating habits in Indians:

The ICMR and NIN guidelines further observed the chronic unhealthy dietary patterns in Indians – ultra processed foods high in sugars, salt and fats can contribute to health conditions. This unhealthy eating habit combined with a sedentary lifestyle further contributes to micronutrient deficiencies and obesity rates. The study further observed the role of aggressive marketing in influencing people to make dietary preferences – this had steered people away from nutritious choices on their plate. In foods and beverages, high content of sugar, sodium and saturated fats can harm health.

Hormonal Imbalance (THE TIMES OF INDIA: 20240913)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/6-signs-of-hormonal-imbalance-on-your-face/articleshow/113295748.cms>

6 signs of hormonal imbalance on your face

Hormones are key to skin health, affecting conditions like acne and hyperpigmentation. Puberty, menstruation, pregnancy, and lifestyle choices can cause hormonal imbalances. Managing these through lifestyle changes and dermatologist consultations can improve skin health.

6 signs of hormonal imbalance on your face

Hormones are vital regulatory substances that control various functions in our bodies, including metabolism, mood, and skin health. Hormones, the body's chemical messengers, significantly influence skin health. When hormones become imbalanced—due to factors like puberty, menstruation, pregnancy, medical conditions, lifestyle choices, or environmental influences—they can trigger a range of skin issues, such as adult acne, excessive hair growth (hirsutism), hyperpigmentation, and changes in skin elasticity and sebum production.

While acne is often associated with adolescence, many adults continue to struggle with breakouts and other skin issues due to hormonal fluctuations. Understanding how hormones impact the skin can help in managing these concerns effectively.

The hormonal connection of skin

Several hormones play a key role in skin health, including:

Androgens: These male sex hormones, present in both men and women, stimulate oil production in the sebaceous glands. Excess androgens can lead to increased oiliness, clogged pores, and acne.

Estrogen: This female sex hormone helps balance androgens. During pregnancy or while taking birth control pills, estrogen levels rise, often improving acne. However, hormonal fluctuations during menstruation or menopause can trigger breakouts.

Cortisol: Known as the stress hormone, cortisol can disrupt the skin's barrier function, making it more susceptible to irritation and inflammation. Chronic stress can exacerbate acne.

Understanding hormonal imbalances and their skin effects

Adult acne: Unlike teenage acne, which is often due to excess sebum during puberty, adult acne is commonly triggered by hormonal fluctuations. For example, during menstruation or pregnancy, the body experiences surges in androgens (male hormones), increasing oil production and clogging pores, leading to breakouts. Adult acne, though often less severe than teenage acne, can be frustrating and emotionally taxing. Hormonal imbalances are a common cause, with factors such as pregnancy, menopause, and certain medications disrupting hormone levels and leading to breakouts.

Hirsutism: According to Pawan Yudi Khatri, skincare and grooming expert, “Women may experience excessive hair growth on the face, chin, or other body parts due to elevated androgen levels. This condition, known as hirsutism, is particularly common in women with polycystic ovary syndrome (PCOS).”

Hyperpigmentation: Hormonal changes can lead to increased melanin production, causing dark patches on the skin, known as hyperpigmentation. Conditions like melasma, which causes brown or gray-brown patches on the face, are often triggered by pregnancy or the use of birth control pills.

Rosacea: This chronic skin condition, characterized by redness, flushing, and visible blood vessels, can be exacerbated by hormonal fluctuations.

Hyperpigmentation: Dark spots on the skin can be triggered by hormonal changes, such as those during pregnancy or menopause.

Dry skin: Hormonal imbalances can affect the skin's moisture barrier, leading to dryness, itchiness, and sensitivity.

Skin elasticity: Estrogen plays a key role in maintaining skin thickness and elasticity. As estrogen levels decrease, particularly after menopause, the skin may become thinner and more prone to wrinkles and sagging.

Sebum production: Hormones also regulate sebum production, the oil that keeps our skin moisturized. An imbalance in hormone levels can either increase or decrease sebum production, leading to oily or dry skin issues.

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How to manage hormonal acne?

While there's no one-size-fits-all solution, the following strategies can help manage hormonal acne:

Consult a dermatologist: A dermatologist can assess your situation and recommend appropriate treatments, such as topical medications, oral antibiotics, or hormonal therapy.

Lifestyle Changes:

Diet: While the link between diet and acne is debated, reducing intake of sugary and processed foods may help.

Stress management: Techniques like meditation or yoga can reduce stress and improve skin health.

Sleep: Adequate sleep (7-9 hours per night) is essential for overall and skin health.

Hormonal therapy: In some cases, hormonal therapy, such as birth control pills or anti-androgen medications, may be recommended to regulate hormone levels and improve acne.

Managing skin health with lifestyle changes

Although hormonal imbalances can be challenging to control, certain lifestyle changes can help manage skin health and reduce the severity of related issues:

Regular exercise

Engaging in at least one hour of daily exercise helps regulate hormones by reducing stress, improving sleep, and boosting mood. Better circulation from exercise also delivers oxygen and nutrients to skin cells, promoting healthier skin.

Adequate sleep

Sleep is crucial for hormone regulation. Aim for 7-8 hours of quality sleep each night. Poor sleep can raise stress hormone levels, worsening skin conditions like acne. Avoid bright artificial lights at night, as they can disrupt melatonin production, essential for good sleep.

Balanced diet

A diet rich in protein, healthy fats, and fiber supports hormone balance. Omega-3 fatty acids from fish, nuts, and seeds reduce inflammation and help regulate sebum production. Fiber-rich foods aid in eliminating excess hormones from the body. Avoiding processed foods and excessive sugar helps prevent insulin spikes, which are linked to acne.

Stress management

Emotional well-being impacts hormone levels. Chronic stress can elevate cortisol, leading to skin issues. Engage in social activities, practice mindfulness, and adopt healthy stress-coping mechanisms to improve hormone regulation and skin health.

Limit alcohol and quit smoking

Alcohol and tobacco disrupt hormone balance and harm skin health. Limiting alcohol intake and quitting smoking can enhance skin elasticity, reduce acne risk, and promote overall skin vitality.

Hormonal imbalances can significantly affect skin health, leading to adult acne, hyperpigmentation, and other concerns. However, by adopting healthy lifestyle habits such as regular exercise, sufficient sleep, a balanced diet, and stress management, you can help regulate your hormones and maintain clearer, healthier skin. By consulting a dermatologist, making lifestyle changes, and considering hormonal therapy when appropriate, individuals can improve their skin health and regain confidence.

Belly Fat (THE TIMES OF INDIA: 20240913)

<https://timesofindia.indiatimes.com/city/bengaluru/surge-in-bypass-surgeries-among-young-adults-alarming-trends-revealed/articleshow/113203347.cms>

Losing belly fat can have this unexpected benefit for women

A study conducted by the University of Western Australia and published in *Regional Anaesthesia And Pain Medicine* links abdominal fat to chronic pain, especially in women. The research involving over 32,000 participants suggests that reducing belly fat could help manage chronic pain and improve overall quality of life.

Losing belly fat can have this unexpected benefit for women

Shedding belly fat can help you enjoy a healthier and longer life, as several studies done in the past have proved. Getting rid of abdominal or visceral fat can reduce the risk of heart attack, hypertension, diabetes, breast cancer, and a range of other diseases. A new study has unraveled a lesser-known benefit of shrinking your waistline which could go a long way in improving the quality of your life.

A new study done at the University of Western Australia and published in the journal *Regional Anaesthesia And Pain Medicine*, discovered that having more fat in the abdominal area, and major organs like liver and pancreas was linked to pain in numerous parts of the body, specifically in women.

Getting rid of the abdominal fat could help address this chronic pain.

The study involved 32,409 people, out of which around half were women with an average age of 55. The participants filled out questionnaires and underwent health assessments.

Belly fat and chronic pain connection

belly fat 2

MRI scans of their abdomen were carried out to measure the fat around their abdominal organs or visceral adipose tissue as well as subcutaneous adipose tissue, which is the amount of fat just under the skin. They were also enquired about pain in neck, shoulder, back, hip, knee or other parts of the body that was present for three months. The assessments were repeated after two year period in in 638 people in the group, and it was concluded that more fat people carried around their mid-section, the chances of reporting pain are higher. Being

overweight with a higher body mass index (BMI) also increased the possibility of experiencing pain.

“Higher levels of adipose tissue were also associated with greater odds of reporting chronic pain in both sexes. The effect estimates of these adipose measures were relatively larger in women than in men. The identified stronger effects in women than men may reflect sex differences in fat distribution and hormones,” said researchers.

How losing belly fat can help

The team suggested that eliminating the abdominal fat could be helpful for chronic pain management, particularly in people who experience pain at multiple sites.

The reason could be that the accumulation of body fat could be leading to increased inflammation, which then may cause people to suffer pain, apart from impacting nervous system which could affect people's experience of pain.

“Higher levels of adipose tissue were also associated with greater odds of reporting chronic pain in both sexes,” said researchers.

Monkey Pox vaccine (THE TIMES OF INDIA: 20240913)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/monkey-pox-vaccine-bavarian-nordics-smallpox-vaccine-found-58-effective-after-one-dose/articleshow/113286613.cms>

Monkey Pox vaccine: Bavarian Nordic's smallpox vaccine found 58% effective after one dose

The MVA-BN vaccine, designed for smallpox, has shown 58% effectiveness against mpox after a single dose in a Canadian study. This finding is significant for controlling the virus's spread among high-risk populations. The full protective effect is expected with the administration of both doses. [Read More](#)

Monkeypox, more commonly known as mpox, is becoming a more serious worldwide health concern. But there is a glimmer of hope with the Modified Vaccinia Ankara-Bavarian Nordic (MVA-BN) vaccine. It was first designed to treat smallpox, may also provide protection against mpox. According to a recent Canadian trial, this vaccine offers 58% protection against mpox infection after a single dosage.

Whole foods

Here's how the vaccination might stop the mpox virus from spreading.

What is the Bavarian Nordic's smallpox vaccine?

Bavarian Nordic to ramp up production of mpox vaccine

The MVA-BN vaccine, also called Imvamune in Canada and Jynneos in the U.S., was originally designed to protect against smallpox, a related virus to mpox. After the mpox outbreak was declared a public health emergency in July 2022, this vaccine was repurposed to fight mpox as well, as per media reports. It has been rolled out in several regions, particularly for those at higher risk. Following an epidemic of the virus in several parts of Africa, the

World Health Organization (WHO) declared mpox a worldwide public health emergency on August 14, marking the second time in the previous two years.

Typically, the vaccination is given in two doses spaced 28 days apart. However, several regions, including Ontario, first implemented a single-dose method due to supply constraints. The efficacy of this one dose has been clarified by the recently released study. How effective is the Mpox vaccine?

According to a research in the BMJ, the MVA-BN vaccine provides 58% protection against mpox with just one dosage. The analysis that was done in Ontario between June and October of 2022 served as the basis for this. Researchers examined 3,204 vaccinated people and contrasted them with an equivalent number of unvaccinated people. The results showed that those who had received vaccinations had a far lower risk of developing mpox.

While 58% may not seem like a big percentage, specialists like Dr. Sharmistha Mishra, an associate professor at the University of Toronto and co-author of the study, are upbeat. When paired with other preventive measures, Dr. Mishra notes, this level of protection can have a major impact during an outbreak. The outcomes bolster the data supporting the efficacy of the MVA-BN vaccination in preventing mpox infection.

Preventing the spread of Mpox

Since smallpox and mpox are caused by the same virus, the symptoms of both illnesses are the same and include fever, skin rash, and swollen lymph nodes. Mumps can have a major detrimental effect on health even if instances are typically less severe, especially in vulnerable populations.

Reducing the risk of infection the vaccine helps to control the spread of the virus, particularly in high-risk groups. It's important to note that while a single dose provides moderate protection, full protection is expected with the completion of the two-doses.

Diabetes Risk (Medical News Todays: 20240913)

<https://www.medicalnewstoday.com/articles/night-owls-sleep-higher-diabetes-risk-lifestyle-factors>

**Night owls may have a higher diabetes risk, independent of lifestyle factors
Researchers are finding associations between type 2 diabetes risk and sleeping patterns. FangXiaNuo/Getty Images**

Type 2 diabetes risk has been associated with late chronotype, or a tendency to go to sleep later.

Previously it was assumed this was due to poorer habits of people with late chronotype, but new data presented at the Annual Meeting of the European Association for the Study of Diabetes has suggested this risk is independent of lifestyle factors.

Late chronotype is associated with higher adiposity, which could be linked to a higher type 2 diabetes risk, but the reasons for this are unclear and could be due to a range of factors, according to researchers.

'Night owls' are at increased risk of type 2 diabetes, as well as higher adiposity, data presented at a conference has shown.

Previous research has shown the link between having a late chronotype, where you feel a need to go to bed later than usual, and type 2 diabetes. This latest research has shown that this link is independent of lifestyle factors, authors argue.

Previously, peer-reviewed research published in the *Annals of Internal Medicine* showed that late chronotype was associated with poorer lifestyle factors, including being more likely to smoke and being less active. This latest, non peer-reviewed research presented at the Annual Meeting of the European Association for the Study of Diabetes (EASD) in Madrid, Spain, held 9-13 September 2024, suggests that the link exists independent of lifestyle factors.

Researchers from Leiden University Medical Center, Leiden, Netherlands presented their abstract to attendees, showing the independent link between chronotype and type 2 diabetes.

Higher amounts of body fat in late sleepers

The researchers analyzed data from 4,999 participants without type 2 diabetes from the Netherlands Epidemiology of Obesity study, of whom 54% were women. They determined the participants' chronotypes based on the information they had given about when they went to sleep and when they got up and calculated using the midpoint of their sleep. Twenty percent of the cohort were identified as having a late chronotype.

They showed that the later the midpoint of sleep, the higher a person's waist measurement was, as well as having higher amounts of fat on their waist and liver. Analysis showed that the people they identified as having a late chronotype were not only at a 55% increased risk of type 2 diabetes over a 6-year follow-up, but they also had a higher average BMI, a larger waist, and higher visceral and liver fat, than people with an intermediate chronotype.

The researchers adjusted these results for age, sex, education, total body fat, physical activity, diet quality, alcohol intake, smoking, and sleep quality and duration, showing that the relationship between type 2 diabetes and obesity was independent of these.

Interestingly the team found different results from expected when they chose to look at the risk for people who had early chronotypes, "From the literature, we expected early chronotypes to have a similar risk of developing type 2 diabetes as intermediate chronotypes," says lead researcher Jeroen van der Velde, PhD, of Leiden University Medical Centre. "Our results showed a slightly higher risk but this was not statistically significant."

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The influence of chronotype on health

Van der Velde told Medical News Today that he had investigated the relationship between chronotype and type 2 diabetes as he and others did not believe that lifestyle could solely account for the differences in risk seen. The study had shown a more significant effect than expected.

“However, given the observational nature of our study, residual confounding may still have occurred. This means that despite our efforts to control for lifestyle variables such as diet and exercise, these factors may still impact the observed risk difference,” he said.

“We did not really know what to expect for the associations with waist circumference, visceral fat and liver. In late chronotypes we observed in particular a larger waist and more visceral fat, suggesting that abdominal obesity may play a role in the increased metabolic risk for late chronotypes.”

— Jeroen van der Velde

The study did not examine why later chronotype had resulted in this increased risk of type 2 diabetes, but the authors think that the circadian cycle may play a role.

“We believe that, in part, our result may be explained by circadian misalignment that may occur in people with a late chronotype. From other studies, we know that circadian misalignment may lead to metabolic disturbances. Our society’s current work- or social environment is more tailored toward people with an early or intermediate chronotype,” Van der Velde said.

“Another explanation may be that people with late chronotype also will eat until later in the evening. Some studies have shown that time-restricted eating, for instance, no more food intake after 6 PM may help to improve metabolic health. Also, the quality of food that is eaten later in the evening may be less healthy (e.g. snacks). We did adjust for overall diet quality in our study, but unfortunately, we did not measure timing of food intake,” he explained.

Circadian rhythm and social timings

Our circadian rhythm describes the natural oscillation that occurs over a 24-hour period in our bodies. Our internal clock tells us when to get up in the morning, when we might feel hungry, when we feel at our most energetic and when we need to go to sleep.

There is natural variation between people that has been observed for generations, hence the concept of ‘night owls’ and ‘early birds’.

Despite this there are certain timings that society adheres to, for example starting work at a certain time in the morning. This can be difficult for people with late chronotype to adapt to, as naturally, they would still be asleep then.

Maria Knobel, MD, and medical director of Medical Cert UK, who was not involved in the research, told Medical News Today:

“Our society is built around the rhythms of early chronotypes, leaving late chronotypes at a disadvantage. Early chronotypes naturally fit into the conventional work and school schedules, resulting in more consistent patterns for sleep, meals, and physical activity, all of which are beneficial for metabolic health.”

“On the other hand, late chronotypes are forced to wake up earlier than their bodies would prefer, leading to a cascade of negative health effects. This societal misalignment might be the root cause of what is perceived as dysregulation in late chronotypes,” she said.

Chronic Pain (The Tribune: 20240913)

<https://www.tribuneindia.com/news/health/suffering-chronic-pain-blame-that-belly-fat/>

Suffering chronic pain? Blame that belly fat

If you are suffering from chronic pain in your body, it may be time to actively work towards losing that belly or abdominal fat, suggests research on Wednesday.

Reducing belly fat may help reduce chronic musculoskeletal pain particularly if it's at multiple body sites, especially in women, revealed the study, published in the open-access journal *Regional Anesthesia and Pain Medicine*.

Musculoskeletal pain, which affects about 1.71 billion people globally, affects bones, joints, ligaments, tendons or muscles.

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Previously published research has shown that obesity is associated with musculoskeletal pain, but it's unknown if excess fat tissue is linked to chronic musculoskeletal pain at multiple body sites, said researchers from the universities of Tasmania and Monash in Australia.

“Abdominal adipose tissue was associated with chronic musculoskeletal pain, suggesting that excessive and ectopic fat depositions may be involved in the pathogenesis of multisite and widespread chronic musculoskeletal pain,” said the team.

[Read More](#)

They suggested reducing abdominal adiposity for chronic pain management.

The study analysed data from 32,409 participants -- half (51 per cent) were women, and their average age was 55.

All participants underwent MRI scans of their abdomen to measure the amount of fat around the abdominal organs (visceral adipose tissue or VAT) and the amount of fat just under the skin that can be pinched (subcutaneous adipose tissue or SAT).

About 638 people were assessed again after two years.

The team found a significant link between the number of chronic pain sites and VAT, SAT, the ratio of the two, and weight (BMI).

The findings showed women were two times more affected compared to men.

Sex differences in fat distribution and hormones may be the reason why women are more affected, the researchers explained.

However, they noted, “This is an observational study, and as such, can't establish cause and effect”.

Mpox in India (The Indian Express: 20240913)

<https://indianexpress.com/article/lifestyle/health/mpox-india-infection-precautionary-measures-pregnant-women-risks-expert-9563529/>

Mpox in India: What precautions should pregnant women take?

In light of an “isolated” Mpox infection detected in a man in India, the Union Health Ministry verified that the case is similar to the earlier 30 cases reported in the country from July 2022. While this case is not part of the current public health emergency (reported by WHO) regarding clade 1 of pox, it still warrants precautionary measures for pregnant women.

Public health measures, including contact tracing and monitoring, are in place to ensure the situation is contained. The press release from the ministry on September 9, 2024, stated that there is no indication of any widespread risk to the public at this time.

Dr Shweta Mendiratta, senior consultant, obstetrician, and gynaecologist at Amrita Hospital Faridabad, told indianexpress.com that Mpox, formerly monkeypox, is a viral infection. Pregnant women should be particularly cautious because the pox virus can be transmitted to the fetus during pregnancy. “This transmission can happen if the mother is infected with the virus,” said Dr Mendiratta.

What are the risks for pregnant women?

Pregnant women are generally more susceptible to infections due to changes in their immune systems, stressed Dr Mendiratta. Dr Rani Koppula, DGO, MS general surgery, Gleneagles Hospitals, Lakdi Ka Pul, Hyderabad said the viral infection can cause fever, rashes, and swollen lymph nodes.

While data on Mpox during pregnancy is limited, some potential risks, according to Dr Mendiratta, include:

Festive offer

Severe illness: While Mpox is rare and doesn't spread easily, the virus can cause severe symptoms if transmitted to a pregnant woman. These symptoms might include fever, skin rashes, and swollen lymph nodes. “In severe cases, the virus may lead to complications such as blindness or secondary infections. Although deaths are rare, especially with the type of Mpox spreading since 2022, it is still essential to be cautious,” said Dr Mendiratta.

Pregnancy complications: There's a possibility of miscarriage, stillbirth, or preterm delivery, noted Dr Mendiratta.

Transmission to the baby: The virus can pass from mother to child during pregnancy or childbirth, said Dr Mendiratta.

Precautions

To minimise the risk of contracting Mpox, pregnant women should

Practice good hygiene: Wash your hands frequently and avoid touching your face.

Avoid close contact: Avoid people with known or suspected Mpox infections. This also includes avoiding contact with materials like clothing or bedding that may have been in contact with an infected person, said Dr Mendiratta.

Use personal protective equipment: Wear a mask and gloves if you must be around someone with Mpox.

Be cautious in high-risk areas: Avoid travel to regions with ongoing Mpox outbreaks.

Seek medical attention: If you develop symptoms like fever, rash, or swollen lymph nodes, contact your doctor immediately. “If a pregnant woman is exposed to Mpox or develops symptoms like fever or skin rashes, it’s crucial to seek medical advice immediately. Early detection can help in managing the infection and reducing complications,” said Dr Koppula.

Isolation of the infected persons: If a pregnant woman is infected with Mpox, it’s crucial to isolate from others, including family members and pets, until all symptoms, such as rashes and scabs, have healed completely, said Dr Mendiratta.

Get vaccinated: Consult your healthcare provider about the safety and necessity of Mpox vaccination during pregnancy, said Dr Mendiratta.

Stay informed: Keep up with the latest guidelines from health authorities regarding Mpox and pregnancy.

Dr Mendiratta emphasised that while it’s important to remember that these precautions are helpful, they don’t guarantee prevention. “If you’re pregnant and concerned about Mpox, discuss your risk factors and preventive measures with your healthcare provider,” said Dr Mendiratta.

Diabetes (Navbharat Times: 20240913)

<https://navbharattimes.indiatimes.com/lifestyle/health/10-foods-that-can-cause-diabetes-in-hindi/articleshow/113280086.cms>

8 चीजें जिन्हें ज्यादा खाना से होती है Diabetes, बीमारी का कोई इलाज नहीं, फिर भी जानबूझकर मजे से खा रहे लोग

Causes Of Diabetes: डायबिटीज जानलेवा बीमारी है जिसका कोई स्थायी इलाज नहीं है, इसे सिर्फ कंट्रोल किया जा सकता है, खाने-पीने की कुछ चीजें इसका जोखिम बढ़ा देती हैं, ऐसी चीजों से बचें।

8 चीजें जिन्हें ज्यादा खाना से होती है **Diabetes**, बीमारी का कोई इलाज नहीं, फिर भी जानबूझकर मजे से खा रहे लोग

आप जो खाते हैं उसका आपके स्वास्थ्य पर बहुत गहरा प्रभाव पड़ता है। खराब खानपान की आदतों से डायबिटीज जैसी गंभीर बीमारी हो सकती है। कुछ खाद्य पदार्थ ऐसे होते हैं जिनका अधिक सेवन करने से ब्लड शुगर लेवल बढ़ सकता है, इंसुलिन रेसिस्टेंट की समस्या हो सकती है और टाइप 2 डायबिटीज का खतरा बढ़ सकता है।

डायबिटीज एक गंभीर समस्या है जिसका कोई स्थायी इलाज नहीं है, इसे सिर्फ बेहतर डाइट और एक्सरसाइज के जरिए कंट्रोल रखा जा सकता है। आप रोजाना जिन खाद्य पदार्थों का सेवन करते हैं, उनसे डायबिटीज होने का खतरा होता है। **Detoxpri** की फाउंडर एंड होलिस्टिक न्यूट्रिशनलिस्ट प्रियांशी भटनागर आपको ऐसी ही कुछ चीजों के बारे में बता रही हैं।

शुगरी ड्रिंक्स और जूस

सोडा, मीठे जूस और एनर्जी ड्रिंक्स में रिफाइंड शुगर की मात्रा बहुत ज्यादा होती है जिससे ब्लड ग्लूकोज तेजी से बढ़ता है। इनका नियमित सेवन करने से इंसुलिन रेजिस्टेंस और वजन बढ़ने जैसी समस्याएं हो सकती हैं जो डायबिटीज के खतरे को बढ़ाती हैं।

सफेद ब्रेड

सफेद ब्रेड और पेस्ट्री भी डायबिटीज के खतरे को बढ़ाते हैं। सफेद ब्रेड, पेस्ट्री और केक मैदा से बनते हैं जिनका ग्लाइसेमिक इंडेक्स बहुत ज्यादा होता है। इनके सेवन से ब्लड शुगर लेवल तेजी से बढ़ता है। इन खाद्य पदार्थों का अधिक सेवन करने से इंसुलिन रेजिस्टेंस की समस्या हो सकती है।

तली हुई चीजें

तले हुए खाद्य पदार्थ जैसे समोसे, जलेबी और फ्राइड चिकन में अस्वास्थ्यकर वसा की मात्रा बहुत ज्यादा होती है। इससे सूजन, कोलेस्ट्रॉल का स्तर बढ़ना और इंसुलिन रेजिस्टेंस जैसी समस्याएं हो सकती हैं जिससे डायबिटीज का खतरा बढ़ता है।

डायबिटीज के मरीज क्या खाएं, कब खाएं एक्सपर्ट से, देखें वीडियो

प्रोसेस्ड मीट

प्रोसेस्ड मीट जैसे सॉसेज, हॉट डॉग और डेली मीट में प्रिजर्वेटिव, नमक और अस्वास्थ्यकर वसा की मात्रा बहुत ज्यादा होती है। इनका अधिक सेवन करने से मेटाबॉलिज्म और सूजन पर बुरा प्रभाव पड़ता है जिससे टाइप 2 डायबिटीज का खतरा बढ़ सकता है।

सफेद चावल

सफेद चावल को पॉलिश करने की वजह से इसमें मौजूद फाइबर, विटामिन और मिनरल्स निकल जाते हैं जिससे यह हाई ग्लाइसेमिक फूड बन जाता है। इसका नियमित रूप से अधिक सेवन करने से ब्लड शुगर लेवल असंतुलित हो सकता है और डायबिटीज का खतरा बढ़ सकता है।

कैंडी और चॉकलेट

कैंडी, चॉकलेट और मिठाई जैसी चीजें शुगर के सांद्रित स्रोत हैं जिनके सेवन से ग्लूकोज लेवल तुरंत बढ़ जाता है। इनका नियमित रूप से अधिक सेवन करने से इंसुलिन रेजिस्टेंस और वजन बढ़ने जैसी समस्याएं हो सकती हैं।

सैचुरेटेड फैट वाले डेयरी फूड

हालांकि डेयरी उत्पादों को एक स्वस्थ आहार का हिस्सा माना जाता है लेकिन दूध, पनीर और क्रीम के फुल-फैट संस्करणों में संतृप्त वसा की मात्रा बहुत ज्यादा होती है जिससे वजन बढ़ने और इंसुलिन रेजिस्टेंस जैसी समस्याएं हो सकती हैं। ये दोनों ही समस्याएं डायबिटीज के खतरे को बढ़ाती हैं।

आलू के चिप्स और पैकेज्ड स्नैक्स

आलू के चिप्स और अन्य पैकेज्ड स्नैक्स में रिफाइंड कार्बोहाइड्रेट, अस्वास्थ्यकर वसा और नमक की मात्रा बहुत ज्यादा होती है। इन स्नैक्स का अधिक सेवन करने से वजन बढ़ सकता है और ब्लड शुगर कंट्रोल पर बुरा प्रभाव पड़ सकता है।

Vitamin D Deficiency (Dainik Jagran: 20240913)

<https://www.jagran.com/lifestyle/health-vitamin-d-deficiency-can-cause-chaos-in-the-body-know-its-signs-causes-and-more-23796140.html>

Vitamin D Deficiency: विटामिन-डी की कमी मचा सकती है शरीर में हड़कंप, दर्द और अकड़न से हो जाएगा हाल बेहाल

हमारे शरीर को हेल्दी रखने के लिए सभी पोषक तत्वों का सही मात्रा में उपलब्ध होना जरूरी है। इनमें विटामिन-डी भी शामिल है। ये सिर्फ शारीरिक ही नहीं बल्कि मानसिक स्वास्थ्य के लिए भी जरूरी है। विटामिन-डी की कमी (Vitamin D Deficiency) के कारण शरीर को काफी नुकसान पहुंच सकता है। इसलिए इसके लक्षणों (Vitamin D Deficiency Symptoms) की पहचान करके इसकी कमी दूर करना जरूरी है।

विटामिन-डी की कमी के कारण शरीर में कई समस्याएं हो सकती हैं।

विटामिन-डी की कमी की वजह से मूड स्विंग्स और डिप्रेशन भी हो सकता है।

इसकी वजह से मेटाबॉलिज्म और थायरॉइड ग्लैंड भी प्रभावित हो सकता है।

लाइफस्टाइल डेस्क, नई दिल्ली। विटामिन-डी, जिसे सनशाइन विटामिन भी कहा जाता है, हमारे शरीर के लिए एक बेहद जरूरी पोषक तत्व है। यह हमारी हड्डियों, इम्यून सिस्टम और मूड को बेहतर बनाए रखने के साथ-साथ और भी कई चीजों के लिए जरूरी होता है। हालांकि, अक्सर लोगों में इस विटामिन की कमी (Vitamin D Deficiency) रहती है।

इसके कारण कई स्वास्थ्य समस्याओं का सामना करना पड़ता है, जिनमें कमजोर हड्डियां, डिप्रेशन और थायरॉइड की समस्या भी हो सकती है। इसलिए इसकी कमी से बचाव करना जरूरी है। इस आर्टिकल में, हम विटामिन-डी की कमी के कुछ सामान्य लक्षणों (Vitamin D Deficiency Signs) के बारे में जानेंगे और साथ ही, ये किन वजहों से होता है (Vitamin D Deficiency Causes) इस बारे में भी जानने की कोशिश करेंगे।

थकान- विटामिन-डी की कमी से अक्सर थकान और कमजोरी होती है। ऐसा इसलिए होता है, क्योंकि विटामिन-डी हमारे शरीर की मेटाबॉलिज्म को प्रभावित करता है, जिससे ऊर्जा उत्पादन कम होता है।

हड्डियों का दर्द- विटामिन-डी हड्डियों के स्वास्थ्य के लिए जरूरी है। इसकी कमी से हड्डियों में कमजोरी और दर्द हो सकता है। ऐसा इसलिए होता है, क्योंकि विटामिन-डी कैल्शियम के अवशोषण के लिए जरूरी है।

मांसपेशियों की कमजोरी- विटामिन-डी की कमी से मांसपेशियों में कमजोरी और दर्द हो सकता है। इससे मांसपेशियों के काम करने की क्षमता प्रभावित होती है।

माइग्रेन- कुछ लोगों के लिए, विटामिन-डी की कमी से माइग्रेन या सिरदर्द हो सकता है।

मूड स्विंग्स- विटामिन-डी हमारे दिमाग के स्वास्थ्य को प्रभावित करता है। इसकी कमी से मूड स्विंग्स, चिंता और डिप्रेशन हो सकता है।

मुंहासे- विटामिन-डी की कमी से मुंहासे की समस्या बढ़ सकती है।

इन्फेक्शन- विटामिन-डी हमारे इम्यून सिस्टम को मजबूत बनाता है। लेकिन इसकी कमी से इम्युनिटी कमजोर होती है और बार-बार संक्रमण होने का खतरा बढ़ जाता है।

बालों का झड़ना- विटामिन-डी बालों के स्वास्थ्य के लिए भी जरूरी है। इसकी कमी से बालों का झड़ना हो सकता है।

दांतों की समस्याएं- विटामिन-डी दांतों के स्वास्थ्य के लिए भी जरूरी है। इसकी कमी से दांतों की समस्याएं जैसे कैविटी और मसूड़े की बीमारी हो सकती है।

विटामिन-डी की कमी के कारण (Vitamin D Deficiency Causes)

विटामिन-डी की कमी के कई कारण हो सकते हैं, जिनमें शामिल हैं-

धूप में कम रहना- विटामिन-डी मुख्य रूप से सूरज की रोशनी का हमारी त्वचा के संपर्क में आने से बनता है। यदि आप पर्याप्त समय धूप में नहीं बिताते हैं, तो आप में विटामिन-डी की कमी हो सकती है।

डाइट में विटामिन-डी की कमी- विटामिन-डी कुछ फूड आइटम्स में भी पाया जाता है, जैसे मछली, अंडे, और मशरूम। यदि आप इन फूड आइटम्स का भरपूर सेवन नहीं करते हैं, तो आपको विटामिन-डी की कमी हो सकती है।

मोटापा- मोटापा विटामिन-डी के अवशोषण को प्रभावित कर सकता है।

कुछ दवाएं- कुछ दवाएं भी विटामिन-डी के अवशोषण को कम कर सकती हैं।

बुढ़ापा- उम्र बढ़ने के साथ विटामिन-डी का अवशोषण कम हो सकता है।

विटामिन-डी की कमी का इलाज

यदि आपको विटामिन-डी की कमी के लक्षण दिखाई देते हैं, तो अपने डॉक्टर से परामर्श लेना चाहिए। वो ब्लड टेस्ट करके ये पता लगा सकते हैं कि आपके शरीर में विटामिन-डी का स्तर क्या है और उसके मुताबिक इलाज बता सकते हैं।

हालांकि, विटामिन-डी की कमी का इलाज आमतौर पर विटामिन-डी की सप्लीमेंट्स लेने से किया जाता है। आपका डॉक्टर आपके शरीर की जरूरतों के आधार पर खुराक निर्धारित कर सकते हैं। इसके साथ ही, धूप में समय बिताने और विटामिन-डी से भरपूर फूड्स खाने से भी इसकी कमी को दूर किया जा सकता है।