



## DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE Day  
Friday 20240917

### Menopause (Hindustan Times: 20240917)

<https://www.hindustantimes.com/lifestyle/health/menopause-can-impact-your-dental-health-essential-tips-to-combat-hormonal-effects-on-your-smile-101726495536272.html>

### Menopause may impact your dental health: Essential tips to combat hormonal effects on your smile

Menopause can impact your dental health, leading to issues like dry mouth and gum recession. Here's how to keep your smile healthy during this time.

Hot flashes and night sweats are among the most infamous menopause maladies. But you might want to pay attention to your teeth and gums, too. "I'm not sure that people are aware of this," said Dr. Thomas Sollecito, chief of oral medicine at the University of Pennsylvania. Hormonal changes — mainly a sharp drop in estrogen — can reduce bone density and saliva production and harm your gums. All of that can affect your teeth. Oral care experts say there are ways to counteract these effects and keep your menopausal mouth healthy.

Regular dental check-ups, fluoride treatments, and proper oral care are vital for preventing dental issues during menopause. (Freepik)

Regular dental check-ups, fluoride treatments, and proper oral care are vital for preventing dental issues during menopause. (Freepik)

Menopause, perimenopause and dental symptoms:

Menopause happens when a woman goes 12 consecutive months without a menstrual period. But some of the hormone-related dental problems may begin during perimenopause, when the ovaries gradually make less estrogen, said Dr. Maiara Hister-Cockrell, a dentist with the University of Texas Health San Antonio.

One of the biggest concerns is less saliva, which Sollecito called "one of the most important fluids in our body." When the saliva flow slows, it can cause dry mouth, which brings a greater risk of mouth soreness, oral yeast infections and cavities. Those risks are even higher when people take medicines for high blood pressure or diabetes that can also cause dry mouth, Hister-Cockrell said.

Less saliva also means less of its bacteria-killing enzymes and tooth-strengthening minerals, said Dr. Sally Cram, a periodontist in Washington, D.C. When your mouth is dry, she said,

“those bacteria are proliferating and you’re more prone to get tooth decay.” And if decay festers, tooth loss is possible.

Decreasing bone density and receding gums exacerbate these problems. If the socket that holds the tooth is less dense, Sollecito said, it’s more vulnerable to bone loss. And gum recession can leave some tooth surfaces without the enamel that protects them from cavities. Women in this phase of life are also more likely to develop periodontal disease, when plaque and bacteria collect under gums and around teeth.

“Gum tissue starts to get red and swollen,” said Cram, a spokesperson for the American Dental Association. “It bleeds and it starts pulling away from the teeth, creating deeper crevices around the teeth that are clearly harder to keep clean.” Some people experience “burning mouth syndrome.” Hister-Cockrell said a burning sensation can extend to the tongue, palate and lips. “As you could well imagine,” Sollecito added, “this could all really spiral out of control.”

What can you do?

The first line of defense, experts said, is good oral hygiene and nutrition. Eat a balanced diet low on sweets and high on calcium-rich foods. Brush carefully with fluoride toothpaste at least twice a day and floss regularly. “An electric toothbrush can be more helpful than manual toothbrushing,” Cram said. “See your dentist regularly and ask them: Am I doing a good job? And if I’m not, what could help me do a better job?”

Patients should also ask their dentists whether they should be seen more than twice a year, as well as consider in-office fluoride treatments to strengthen the surface of their teeth and prescription high-fluoride toothpaste. At home, experts said, treating dry mouth is a priority. So stay hydrated.

“None of us really probably drink enough water throughout the day,” Cram said. People can also use over-the-counter dry mouth sprays, lozenges or rinses. In severe cases, Sollecito said they can ask their dentist about prescription medications that increase the amount of saliva in the mouth but come with side effects. There are also prescription medications for burning mouth syndrome. “The bottom line,” Cram said, “is most oral conditions and problems during menopause are totally preventable” by paying attention, taking good care of your teeth at home and regularly going to the dentist.

## **Keto Diet Harmful (Hindustan Times :20240917)**

<https://www.hindustantimes.com/lifestyle/health/is-keto-diet-harmful-study-states-it-can-lead-to-type-2-diabetes-101726492132853.html>

## **Is keto diet harmful? Study states it can lead to type 2 diabetes**

A low-carb, high-fat diet may not be as healthy as it seems – it can enhance the risk of type 2 diabetes in the long run.

In recent times, a high-fat and low-carb pattern of diet – such as keto diet - has gained momentum with promises of making people lose weight in less time and having healthy effects on health. However, all of it might not be true – a recent study led by Dr. Barbora De Courten and Robel Hussen Kabthymmer, Monash University, published in 2024, states that following trendy diets can actually enhance the risk of having type 2 diabetes in the long run.

Low-carb diet and diabetes: What's the link?

The long research, conducted for 14 hours with 39000 adults being kept under observation follows the pattern by which low-carb diet and the risk of type 2 diabetes can be linked. There is a common notion that when we cut down carbs from the diet, it leads to improved metabolic health – the recent study challenges that belief. It states that people following a low-carbohydrate, high-protein and high-fat diet are at 20 percent higher risk of having type 2 diabetes.

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Professor Barbora de Courten, co-lead of the study, in a media release, explained that consuming food items high in saturated fat content can lead to weight gain and also lead to insulin resistance – one of the main causes of type 2 diabetes.

How can a low-carb diet increase diabetes risk?

The link is more complicated than it seems. The study demonstrated that when people replace carbohydrates in their diet with saturated fat and less fiber, they push themselves to be at higher risk of being overweight or obese and less physically active. The difference in body mass index also plays a huge role in low-carb diet and diabetes risk.

Barbora de Courten further explained that the type of carbohydrate also has a huge role to play. The best way forward is to design a balanced diet for nutritional benefits. Carbs such as refined sugar, soft drinks, white bread, white rice, juices can be replaced with unprocessed carbs that are rich in fibers. Food items such as avocados, nuts, olive oil and fatty fish like salmon are rich in mono-unsaturated fats and poly-unsaturated fats – they are extremely healthy and are recommended for a balanced diet.

## **Skip Your Breakfast (Hindustan Times: 20240917)**

<https://www.hindustantimes.com/lifestyle/health/this-morning-ensure-to-not-skip-your-breakfast-know-the-health-hazards-of-skipping-days-first-meal-101726483767151.html>

## **This morning, ensure to not skip your breakfast; know the health hazards of skipping day's first meal**

From disrupting blood sugar levels to affecting weight loss, here are the unhealthy effects of skipping breakfast.

Breakfast is our first meal of the day – especially after a long gap of last night's dinner. It is

extremely important to have a healthy breakfast, and to never ever skip it, no matter how much of a rush we are in. Skipping the day's first meal – especially when done on a regular basis – can invite health troubles.

Mornings are meant for self-care, healthy living, and making a fit start for the day. Some people prefer to utilise these quaint hours for reading, writing or journaling, while some prefer to start the day with a workout. It is important to set a healthy routine for the morning to ensure that we do not miss out on pampering ourselves and boosting our physical and mental health before we get into the rush of the day. And breakfast is one such habit. Here are the health hazards of skipping breakfast.

### Health hazards of skipping breakfast

Leaves us foggy-minded:

After a long sleep, the body's energy is depleted – breakfast ensures to refuel the mind and body effectively. When we keep skipping breakfast on a regular basis, we can feel sluggish, foggy-minded and absent-minded.

Affects metabolism:

Breakfast helps boost the metabolism of the body – thereby helping the body burn more calories throughout the day, even when it is at rest. Skipping breakfast affects the overall metabolism of the body and slows down weight loss.

Disrupts blood sugar levels:

Having a healthy breakfast helps in managing the blood sugar levels of the body – skipping it can lead to dramatic spikes or drops in blood sugar levels, leading to unhealthy cravings and fatigue.

Disturbs nutrient intake:

When we have a wholesome breakfast with adequate fruits and vegetables, we allow the body to gain the essential nutrients. Skipping breakfast can make us feel weak and affect our bodily functions.

Affects weight management:

People who consume a healthy breakfast on a daily basis are at lesser risk of being overweight or obese. A healthy breakfast helps in maintaining satiety and controlling the blood sugar levels of the body.

## **Common Antibiotics (Medical News Todays: 20240917)**

<https://www.medicalnewstoday.com/articles/common-antibiotics-may-increase-ibd-risk-by-damaging-key-gut-layer>

### **Common antibiotics may increase IBD risk by damaging key gut layer**

As of 2019, about 4.9 million people globally were living with inflammatory bowel disease (IBD).

There is currently no cure for IBD and scientists are still not sure what the exact cause of

the condition is.

Researchers from Bar-Ilan University have found via a mouse model that antibiotics may damage the protective mucus layer of the gut, potentially raising a person's risk for IBD. As of 2019, about 4.9 million people Trusted Source around the world were living with inflammatory bowel disease (IBD) — a chronic illness affecting the digestive tract.

The two main types of IBD are Crohn's disease and ulcerative colitis.

There is currently no cure for IBD and scientists are still not sure what the exact cause of the condition is.

Now researchers from Bar-Ilan University in Israel are helping to shed some light on a possible cause for IBD in a new study recently published in the journal Science Advances that reports antibiotics may damage the protective mucus layer Trusted Source of the gut, potentially raising a person's risk for IBD.

Advancing findings from previous research:

According to Shai Bel, PhD, principal investigator at the Azreili Faculty of Medicine at Bar-Ilan University in Israel and lead author of this study, the team decided to specifically examine antibiotic use and its potential impact on IBD risk because recent epidemiological studies have identified a strong link between antibiotic use and risk of developing IBD, in a dose-dependent manner.

“Unlike many other environmental factors, this is one that can be tested in the lab in a well-controlled fashion,” Bel told Medical News Today.

For this study, researchers used a mouse model of IBD with advanced techniques such as RNA sequencing Trusted Source, machine learning Trusted Source, and mucus secretion measurement to see how the antibiotics affected them.

Antibiotics damage gut protective mucus layer via intestinal cells:

At the study's conclusion, Bel and his team found that antibiotics such as ampicillin Trusted Source, metronidazole Trusted Source, neomycin Trusted Source, and vancomycin Trusted Source damaged the protective mucus layer in the digestive tract, allowing bacteria to penetrate and potentially increasing gut inflammation risk.

“We always thought that antibiotics harm only bacteria and not us, but our new research has found that antibiotics directly affect the cells in our intestine,” Bel said. “This effect prevents our cells from secreting protective mucus, which can lead to penetration of bacteria into our tissues. In time, this persistence of bacteria where they are not supposed to be will trigger the body to activate an inflammatory response, which is the hallmark of IBD.”

Additionally, scientists found the negative impact of antibiotics on the intestine's mucus barrier was not due to changes in the gut microbiome, but rather alterations directly to the intestinal wall cells responsible for mucus production.

“We were very surprised that antibiotics can affect mammals directly,” Bel added. “This is not common knowledge. Indeed, the vast use of antibiotics in medicine and agriculture is based on this assumption, which we discovered is wrong.”

“Antibiotics should absolutely be used when needed, but these days it is also over-prescribed,” he continued. “Perhaps with this new knowledge the use of antibiotics will be restricted to instances where it is proven it will be useful. The main takeaway is that antibiotics can affect us directly, independently of its effect on our bacteria. Next, we will test whether other predisposing factors are linked to antibiotic use in patients suffering from IBD.”

New insights into antibiotics and IBD:

After reviewing this study, Harpreet Pall, MD, MBA, CPE, a pediatric gastroenterologist and chairman of Pediatrics at the K. Hovnanian Children’s Hospital at the Hackensack Meridian Jersey Shore University Medical Center in New Jersey, told MNT that this study provided him with important new insight as to how antibiotics might increase the risk of developing IBD.

“It is not necessarily the effect antibiotics have on the gut flora, but rather the direct effect they have on the protective layer on the inside of the gut,” Pall explained. “Antibiotics can disrupt this mucus layer, and this can cause bacteria to invade the gut wall leading to inflammation.”

“By better understanding the risk factors for IBD, researchers can work towards developing prevention strategies,” he continued.

“This approach can also lead to earlier detection and personalized treatment of IBD. I would love to see new potential treatment targets as a result of this research. Exploring how to decrease risk of IBD development in patients at high risk is an important area for further study,” Pall noted.

More data needed to back up findings:

MNT also spoke with Ashkan Farhadi, MD, a board-certified gastroenterologist at MemorialCare Orange Coast Medical Center in Fountain Valley, CA, about this study.

“The news of the study was a little bit shocking,” Farhadi commented. “It’s creating a seismic change in many things we’re thinking and we know about the mechanism of the disease and the way antibiotics work.”

“There were some reports that [the] use of antibiotics was associated with IBD. It was not quite known [whether] this was the effect of infection — that [the] personal gut and immune system got activated — or was the effect of antibiotics,” he explained.

“[Previously,] it was thought that even if [the] antibiotic is [the] culprit [in IBD], [the] antibiotic acts by modulating or reducing the bacteria in the gut, and that’s how it changes

the microbiome environment in the gut, and it may cause some irritation or inflammation because of changing the balance of microbiome. This is the first study that shows antibiotics [are] independent of changing the biome and microbiome of the gut by changing the cells of the gut independent of bacteria, which is [a] completely new finding.”

– Ashkan Farhadi, MD

Farhadi said more research is still needed and he plans to wait for other research to reproduce this finding before changing his concepts about antibiotics.

“We believe that antibiotics only work on bacteria and not on human cells,” he added. “We have heard some reports that it affects some cells, but it [is] mainly in the form of toxicity or in that form. But this is the first study that shows it actually changes the human cells in a way that we expected only affects bacteria. So it’s different, but I think that we need more studies to back the data of this study up.”

### **AI Tool (The Tribune: 20240917)**

<https://www.tribuneindia.com/news/health/new-ai-tool-to-help-reduce-death-risk-in-hospitalised-patients/>

### **New AI tool to help reduce death risk in hospitalised patients**

A team of researchers, led by one of Indian origin, has developed a novel artificial intelligence (AI) based system that can help reduce the risk of unexpected deaths by identifying hospitalised patients at high risk of deteriorating health.

Rapid deterioration among hospitalised patients is the primary cause of unplanned admission to the intensive care unit (ICU).

But CHARTWatch, acted as an early warning system to improve patient health, and alert healthcare workers to reduce unexpected deaths, said the team in the paper published in CMAJ (Canadian Medical Association Journal).

“As AI tools are increasingly being used in medicine, it is important that they are evaluated carefully to ensure that they are safe and effective,” said lead author Dr Amol Verma, a clinician-scientist at St. Michael's Hospital, Unity Health Toronto, Canada.

“Our findings suggest that AI-based early warning systems are promising for reducing unexpected deaths in hospitals,” Verma said.

CHARTWatch's efficiency was evaluated on 13,649 patients aged 55-80 years who were admitted to the general internal medicine (GIM) (about 9,626 in the pre-intervention period and 4,023 used CHARTWatch). About 8,470 admitted to subspecialty units did not use CHARTWatch.

Regular communications helped reduce deaths as CHARTWatch engaged clinicians with real-time alerts, twice-daily emails to nursing teams, and daily emails to the palliative care



team, said the researchers.

A care pathway was also created for high-risk patients which prompted increased monitoring by nurses, and enhanced communication between nurses and physicians. This encouraged physicians to reassess patients.

The AI system, Verma said, can be used to support nurses and doctors in providing high-quality care.

Co-author Dr Muhammad Mamdani, director of the University of Toronto said that the study evaluates the outcomes associated with the complex deployment of the entire AI solution.

Understanding the real-world impacts of this promising technology is important, Mamdani said.

## **Menopause and Mental Illness (The Tribune: 20240917)**

<https://www.tribuneindia.com/news/health/debunking-the-myth-of-menopause-and-mental-illness/>

### **Debunking the myth of menopause and mental illness**

Menopause is having a cultural moment.

Sick of suffering in silence, globally women and their doctors are speaking up and demanding access to open conversations and better menopause care.

For decades, some women have endured an enormous amount of unnecessary suffering around menopause.

There have been countless stories of healthcare professionals failing women, for instance through dismissing menopausal symptoms and failing to provide adequate care.

So this attention is long overdue.

But with this spotlight has come a lot of messaging that menopause is catastrophic for mental health.

For example, in a submission to the 2024 Australian Senate Inquiry into menopause, which is due to hand down its findings on September 17, this life stage was described as a time of "damage, despair and death" due to untreated menopausal mental illness.

Changing estrogen levels over menopause have been reported to cause a "destabilising" effect on the brain and mental health.

But while research shows some women may be more mood-sensitive to estrogen changes than others, overall the best available data shows that mental illness is not a core or common experience over the menopause years.



Anger is not mental illness

Some midlife women self-report feelings of anger or rage around the time of menopause.

Anger is not a mental illness, but should be followed up if it becomes severe or is negatively affecting your daily life.

Being dismissed in a doctor's office because "my wife coped fine with menopause" or because a GP explains they are not trained to manage menopause and refers on to a specialist clinic that has a 12-month waitlist are legitimate triggers for anger and unnecessary suffering.

As a society, this anger can be mobilised to demand improved care for menopause and ageing women's health issues, while providing appropriate care for distressing or impactful symptoms as needed.

Most women remain mentally well

A Lancet Series paper on menopause and mental health reviewed findings from prospective studies that tracked changes in women's mental health across the menopause transition.

Specifically, depressive symptoms and disorders were looked at, as well as anxiety, bipolar, psychosis and suicide.

It found rates of depressive symptoms remained relatively low over perimenopause, which is the time of irregular periods culminating in the final menstrual period at menopause.

In the studies reviewed, 17 per cent to 28 per cent of perimenopausal women reported depressive symptoms compared to 14 percent to 21 per cent of premenopausal women.

Only two studies have investigated the risk of developing major depressive disorder assessed uniformly by a clinician, and neither found that women were at increased risk of new-onset depression over menopause.

Women typically start to go through menopause in their late 40s.

Australian Bureau of Statistics data shows no increase in the prevalence of depressive disorders in women of this age. Instead, it is men who experience an increased prevalence of depressive disorders at midlife.

In other words, the hormonal changes of menopause don't appear to have a "destabilising" effect on mental health for most women.

This information is important to help women feel more confident about transitioning menopause.

Attitudes towards menopause help shape younger women's expectations. A negative attitude towards menopause increases the future risk of developing depressive symptoms over

perimenopause.

By avoiding unhelpful and inaccurate messages that menopause often spells doom for mental health, we can help improve expectations for the next generation of women entering menopause.

However, research shows that certain subgroups of women are at risk of mental health issues over menopause and there is more that could be done to support these groups.

Risk factors for mental health

The most evidence has been collected about the connection between menopause and depression. While most women don't develop depressive symptoms or disorders over menopause, some women are at risk.

Several factors relating to menopause and broader life circumstances help explain this.

These include severe hot flushes, especially those that disturb sleep, going through a particularly long menopause or being thrust into menopause due to surgery rather than as a result of natural ageing.

When these collide with other risks — previous history of depression, life stress or minority status — then the risk of mental health decline compounds.

Unfortunately, the lack of adequate medical training to manage menopause has only added to this burden.

Supply issues with access to menopause hormone therapy for those who need it is another factor at play.

While hormone therapy is very effective for symptoms like hot flushes and night sweats, it has not been shown to treat symptoms such as depression, anger, brain fog or fatigue which some women experience at midlife.

These factors are all alongside a broader culture that devalues ageing women's voices.

The path ahead

The messaging that menopause is a time of decline and decay and that mental illness is common at this life stage has its origins in the 1950s.

Dr Herbert Kupperman and Dr Meyer Blatt were the first to compile a scale to describe and measure "menopausal syndrome", and considered psychological symptoms as central to the experience of menopause based on their observations of women they treated in menopause clinics.

They described the uterus as the "Achilles heel" of the organs and menopause as a "rather unpleasant and possibly dangerous" time of life.

Women deserve better than this outdated messaging because it is not backed by good science.

Equally, dismissing women's mental health concerns at midlife, or the potential impact of menopausal symptoms on mental health, is just as problematic.

Improving high-quality training in menopause management for medical students and practitioners along with improving the skills of psychologists and other health professionals could go a long way to address this issue.

Perhaps most importantly, midlife women's voices need to take centre stage.

As the next generation of women enter perimenopause, they probably hope to be wiser, more powerful and compassionate versions of themselves due to the life experience and leadership opportunities gained by age.

Balanced clinical care that acknowledges and treats any menopause symptoms — without framing menopause as a disaster — would help empower these women to thrive over the midlife years.

## **Blood Sugar (The Indian Express: 20240917)**

<https://indianexpress.com/article/health-wellness/dark-chocolate-cinnamon-coffee-green-tea-reduce-blood-sugar-9552999/>

### **Are dark chocolate, cinnamon, coffee and green tea enough to reduce blood sugar?**

These days the internet is full of theories about how bitter polyphenols — the kind you find in dark chocolate, cinnamon, cloves, basil, coffee and green tea as well as in some fruits, vegetables, legumes, wholegrains, nuts and seeds — can lower the risk of diabetes. The logic goes that they reactivate taste receptors not only in the mouth but the gut. These in turn trigger secretion of hormones that may help lower a person's risk of developing type 2 diabetes and obesity.

At first glance, the association between bitter polyphenols and improved metabolic health might seem compelling. After all, these compounds have been shown to have various beneficial effects in other contexts. However, attributing a straightforward, guaranteed diabetes prevention capability to them oversimplifies a complex issue.

Polyphenols or plant micro-nutrients have antioxidant, anti-inflammatory and potential metabolic effects. Bitter polyphenols, like those found in bitter melon, have been studied for their effects on blood glucose regulation. Some research indicates that these compounds may influence glucose metabolism by enhancing insulin sensitivity or modulating carbohydrate digestion. For instance, bitter melon contains compounds like charantin and polypeptides that may mimic insulin action or affect glucose uptake. However, these effects have been observed in controlled laboratory settings and animal models, with mixed results in human

studies.

Clinical trials investigating the impact of bitter polyphenols on diabetes risk are limited and often yield inconclusive results. While some studies have demonstrated potential benefits, the evidence is not robust enough to conclusively state that bitter polyphenols alone can significantly reduce diabetes risk.

The impact of any single nutrient or food component on diabetes risk cannot be isolated from an individual's overall dietary pattern and lifestyle. A diet rich in various polyphenol-containing foods is associated with better metabolic health. But that's because these foods are also nutrient-dense and antioxidant-rich.

Festive offer

Besides, genetic and environmental factors contribute to individual responses to dietary interventions. What works for one person might not work for another, and the effectiveness of polyphenols in diabetes prevention can vary based on genetic predispositions and lifestyle factors.

Of the polyphenols that work for diabetes and obesity are curcumin, found in turmeric, resveratrol, which is found in grapes, peanuts and berries, quercetin, which is found in onions, catechin, which is found in cocoa and green tea.

While incorporating bitter polyphenol-rich foods into a balanced diet can be part of a healthy lifestyle, relying solely on these foods as a preventive measure against diabetes is not advisable. A comprehensive approach to diabetes prevention includes maintaining a healthy weight, engaging in regular physical activity, and consuming a diverse range of nutrients from various food sources.

## **Heart-Handshake (The Indian Express: 20240917)**

<https://indianexpress.com/article/lifestyle/health/the-heart-handshake-connection-your-grip-might-reveal-more-than-you-think-9491114/>

### **The heart-handshake connection: Your grip might reveal more than you think**

A handshake is a simple gesture, often associated with first impressions and professional etiquette. But did you know that it may provide valuable insights into your cardiovascular well-being?

According to nutritionist and content creator Deepsikha Jain, “When the grip of a handshake is strong it means that the heart can pump blood in higher volumes and proportions which talks about how good the heart health is.” She adds that a weak grip indicates poor heart health.

Dr Jagadish J Hiremath, cardiac intensivist, says, “While grip strength isn't a replacement for traditional assessments like blood pressure and cholesterol checks, it offers a quick, non-invasive, and inexpensive way to gauge overall health. Researchers have found that grip strength can be as predictive of cardiovascular health as some established risk factors.”

## Physiological mechanisms linking grip strength to heart health

So, what's the link between the muscles in your hand and your heart? Dr Hiremath explains them as follows:

**Muscle Strength and Cardiovascular Fitness:** Grip strength is a reflection of overall muscle strength and function. Studies suggest that people with stronger grips tend to have better cardiovascular fitness, including improved heart function and lower blood pressure. This could be because strong muscles require a robust cardiovascular system to deliver oxygen and nutrients efficiently.

**Inflammation and Oxidative Stress:** Weaker grip strength has been associated with higher levels of inflammation and oxidative stress, both of which are major contributors to heart disease.

**Endothelial Function:** The endothelium, the lining of your blood vessels, plays a crucial role in cardiovascular health. Grip strength has been linked to better endothelial function, suggesting that a strong grip might indicate healthy blood vessels.

The muscles involved in a firm handshake primarily include the forearm muscles, Dr Hiremath informs, particularly the flexor muscles that control finger and wrist bending. "Additionally, the nervous system plays a role in coordinating these muscle contractions. So, a strong grip reflects not just muscle strength but also good neuromuscular function."

Grip strength is a reflection of overall muscle strength and function, handshake, heart health  
Grip strength is a reflection of overall muscle strength and function. (Source: Freepik)

### How to improve grip strength

The good news is that grip strength is something you can actively improve, and doing so could have a positive impact on your heart health. Here are some tips given by Dr Hiremath:

**Specific Exercises:** Incorporate exercises that directly target your grip strength, like hand grippers, deadlifts, pull-ups, and farmer's walks.

**Overall Strength Training:** Regular strength training will help build muscle mass and improve overall strength, indirectly benefiting your grip.

**Cardiovascular Exercise:** Engage in aerobic activities like running, swimming, or cycling to strengthen your heart and improve cardiovascular fitness.

**Healthy Diet:** A balanced diet rich in fruits, vegetables, whole grains, and lean protein provides the nutrients your body needs for muscle function and heart health.

**Manage Stress:** Chronic stress can contribute to muscle tension and inflammation, so practicing stress-reducing techniques like meditation or yoga can be beneficial.

# Thyroid (Navbharat Times: 20240917)

<https://navbharattimes.indiatimes.com/lifestyle/health/can-yoga-improve-thyroid-health-know-the-5-best-yoga-poses-for-thyroid/articleshow/113413009.cms>

Thyroid health is a significant concern for many individuals, and yoga has emerged as a natural and effective approach to managing thyroid conditions. This article explores the benefits of yoga for thyroid health and highlights five key yoga poses that can help improve thyroid function.

Yoga is a holistic practice that combines physical postures, breathing techniques, and meditation. It has been shown to have a positive impact on the endocrine system, including the thyroid gland. Regular yoga practice can help regulate thyroid hormone levels, reduce inflammation, and improve overall metabolic health. The following five yoga poses are particularly beneficial for thyroid health:

**1. Bhujangasana (Cobra Pose):** This pose is known for its ability to stimulate the thyroid gland. It involves arching the back and lifting the chest, which helps to increase blood flow to the thyroid. Regular practice of Bhujangasana can help improve thyroid function and reduce the risk of thyroid-related conditions.

**2. Urdhva Dhanurasana (Upward Bow Pose):** This pose is a more advanced version of Bhujangasana. It involves arching the back and lifting the hips, which helps to stimulate the thyroid gland. Regular practice of Urdhva Dhanurasana can help improve thyroid function and reduce the risk of thyroid-related conditions.

**3. Bhadrasana (Butterfly Pose):** This pose is known for its ability to stimulate the thyroid gland. It involves sitting on the floor with the feet together and the knees pulled out to the sides. Regular practice of Bhadrasana can help improve thyroid function and reduce the risk of thyroid-related conditions.

**4. Gomukhasana (Cow Face Pose):** This pose is known for its ability to stimulate the thyroid gland. It involves pulling the arms across the chest and lifting the hips. Regular practice of Gomukhasana can help improve thyroid function and reduce the risk of thyroid-related conditions.

**5. Sarvangasana (Shoulder Stand Pose):** This pose is known for its ability to stimulate the thyroid gland. It involves lying on the back with the feet raised and supported by the hands. Regular practice of Sarvangasana can help improve thyroid function and reduce the risk of thyroid-related conditions.

Yoga is a powerful tool for improving thyroid health. Regular practice of these five poses can help regulate thyroid hormone levels, reduce inflammation, and improve overall metabolic health. If you are considering yoga for thyroid health, it is important to consult with a qualified yoga instructor and a healthcare professional to ensure that you are practicing safely and effectively.

For more information on yoga and thyroid health, visit <https://navbharattimes.indiatimes.com/lifestyle/health/can-yoga-improve-thyroid-health-know-the-5-best-yoga-poses-for-thyroid/articleshow/113413009.cms>

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**Pain Awareness Month:** Pain is a common symptom of many conditions, but it can also be a warning sign of cancer. It's important to know when to seek medical attention.

According to the American Cancer Society, about 1 in 4 people will develop cancer at some point in their lives. While many types of cancer can be cured if caught early, some are more aggressive and can spread to other parts of the body. Pain is one of the most common symptoms of cancer, and it can be a sign that a tumor is growing and pressing on nerves or other tissues.

**Pain Awareness Month**

Since 2001, Pain Awareness Month has been observed in October. The goal is to raise awareness about the importance of recognizing and treating pain, especially when it may be a sign of a serious underlying condition. Cancer warning signs include unexplained weight loss, persistent fatigue, changes in bowel or bladder habits, a sore that does not heal, or a change in a mole's color, size, or shape. If you experience any of these symptoms, it's important to see a doctor for a thorough evaluation.

**Recognizing Cancer Warning Signs**

There are several warning signs that could indicate the presence of cancer. These include unexplained weight loss, persistent fatigue, changes in bowel or bladder habits, a sore that does not heal, or a change in a mole's color, size, or shape. If you experience any of these symptoms, it's important to see a doctor for a thorough evaluation. Early detection is key to successful treatment outcomes.

**When to See a Doctor**

If you experience any of the warning signs mentioned above, it's important to see a doctor as soon as possible. Don't ignore persistent pain or other concerning symptoms. Your doctor will perform a physical exam and may order blood tests, imaging, or a biopsy to determine the cause of your symptoms.



