



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Friday 20240920

## Chronic Burnout (Hindustan Times: 20240920)

<https://www.hindustantimes.com/htcity/wellness/26yearold-ey-employee-dies-from-work-pressure-what-you-need-to-know-about-chronic-burnout-101726728375616.html>

### 26-year-old EY employee dies from work pressure: What you need to know about Chronic Burnout

A 26-year-old employee of the multinational consulting firm Ernst & Young (EY) in Pune died due to “overwhelming workload,” her mother has claimed. Anna Sebastian Perayil had joined EY as a chartered accountant just four months before she succumbed to work pressure, her mother Anita Augustine said in a letter.

"Burnout occurs when stress becomes chronic and exceeds individual resilience. It results in a deeper sense of hopelessness and disconnection, marked by a lack of motivation, energy, and purpose that persists despite taking breaks." explains Dr. Sneha Sharma, Consultant-Psychiatry at Aakash Healthcare, New Delhi.

This tragic incident highlights a growing concern in the modern workplace: chronic burnout. If you ever feel like your to-do list never ends, no matter how hard you work? Do you dread Monday mornings more than ever? If you answered yes, you might be dealing with chronic burnout, and it's important to know when it's time to take action.

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Recognizing the red flags early

While occasional stress is normal, chronic burnout can be a sign of a toxic work place. Recognizing the red flags early is essential to protecting your health and productivity. Some common warning signs are poor communication, unclear job expectations, excessive workloads, and lack of recognition.

“A high turnover rate and poor work-life balance also contribute to workplace stress, leading to burnout. Employees in such environments often feel overworked and unsupported”, says Pulkit Sharma, Clinical Psychologist.

So why does it happen? unclear job expectations could be the reason why. “In professional settings, burnout is commonly triggered by factors such as unclear job expectations which

leads to excessive work load followed by no lack of recognition or support." explains Sharma.

## Chronic burnout vs. General stress

According to Dr. Pooja Anand, Associate Consultant at Paras Health, Gurugram, "Burnout manifests through emotional, physical, and mental exhaustion. Unlike temporary exhaustion, which can be remedied with rest, burnout persists over time and leads to feelings of helplessness and detachment."

"Burnout occurs when stress becomes chronic and exceeds individual resilience. It results in a deeper sense of hopelessness and disconnection, marked by a lack of motivation, energy, and purpose that persists despite taking breaks." explains Dr. Sneha Sharma, Consultant-Psychiatry at Aakash Healthcare, New Delhi.

What are the early signs of burn out?

Early warning signs of burnout include reduced enthusiasm for work, chronic exhaustion, and irritability. "It persists over time and leads to feelings of helplessness and detachment from work or personal responsibilities." explains Anand.

"Physical symptoms of burnout can range from constant fatigue to sleep disturbances and weight gain", explains Dr. Santosh Chavan, Psychiatrist Jupiter Hospital, Pune. "Emotional symptoms such as feeling helpless, irritable, or emotionally numb, often accompany burnout." he adds.

Dr. Chavan points out that missing work more often, avoiding social interactions, and having trouble focusing can also be early signs of burnout. "If you ignore these signs, they can get worse," he warns. Spotting these symptoms early gives people a chance to act before burnout becomes more serious.

When to seek help?

If burnout starts affecting your daily life, it might be time to get professional help. Dr. Chavan advises that "if emotional or physical symptoms continue without a clear medical cause, or if functioning deteriorates, it's time to seek assistance."

Dr. Sharma suggests seeking assistance when symptoms get worsen. "One should seek professional help if burnout symptoms become severe, such as persistent anxiety or a low mood that disrupts daily functioning."

Dr. Anand further stresses that addressing burnout early through therapy or workplace adjustments is important. "Effective interventions like Cognitive Behavioral Therapy (CBT), counseling, and stress management techniques can help," she adds

"In more serious cases, taking a break from work or personal responsibilities may be necessary for recovery," Dr. Anand concludes.

## **Circadian Rhythm (Hindustan Times :20240920)**

<https://www.hindustantimes.com/lifestyle/health/are-our-work-habits-affecting-our-circadian-rhythm-doctor-answers-101726664136645.html>

### **Are our work habits affecting our circadian rhythm? Doctor answers**

The way we work and the timings we follow have a huge impact on our sleep patterns. Healthy sleep is extremely crucial for proper healthy functioning of the body. Healthy sleep helps in recharging and rejuvenating the body for the physical tasks. Sleep also has a psychological impact on the body – good sleep helps in making us feel better and happier. It helps in boosting mood and enhancing creativity and productivity. However, our work patterns and timings can have a serious impact on our sleep routine.

Sunlight's effect on body's circadian rhythm:

Dr. Samatha Tulla, M.D Internal Medicine, in a podcast episode with Murali Mastaru explained how the circadian rhythm of the body is affected by sunlight. Dr. Samatha Tulla explained that since early times, humans have been working with the sun – the sun helps in maintaining the circadian rhythm of the body. With the sun's light, people ate food and engaged in physical labour, and after the sun went down, due to the absence of artificial light, people fell asleep. Hence, the body is trained to be in sync with the sun. However, with the recent shift timings of jobs where people work with different time zones, people may not get adequate sleep during the night. This makes the circadian rhythm of the body get affected.

How to improve melatonin production?

Dr. Samatha Tulla explained that melatonin is a natural hormone that helps in improving sleep patterns. However, melatonin production can get disrupted due to the blue light coming from the screen, or usage of gadgets right before falling asleep. Eating very close to bedtime can also affect melatonin production. When the body has magnesium deficiency – it can affect melatonin production and disrupt the sleep cycle. The doctor further explained that melatonin is not just a sleep-inducing hormone, but also an antioxidant that is loaded with benefits for the body.

## **Cup of Warm Water (Hindustan Times: 20240920)**

<https://www.hindustantimes.com/lifestyle/health/why-you-should-start-your-morning-with-a-cup-of-warm-water-discover-these-amazing-health-benefits-101726762610087.html>

### **Why you should start your morning with a cup of warm water: Discover these amazing health benefits**

We've all heard the age-old advice to stay hydrated, but drinking warm water, especially first thing in the morning, can offer unique health benefits. While cold water is commonly preferred, starting your day with a warm glass of water can help prevent dehydration, boost your immune system, and aid in various bodily functions. Beyond just quenching thirst, warm water can enhance digestion, support weight management, and even promote relaxation. Discover why incorporating warm water into your morning routine might be a game-changer for your health. (Also read: EY employee's death highlights workplace stress: Here's how to protect your health amid job pressure)

Supports digestive health

Drinking warm water first thing in the morning can be beneficial for people who frequently experience gas, bloating, flatulence or other digestive discomfort. It also helps to relieve constipation by increasing intestinal motility, which is the movement of food from the mouth through the oesophagus, stomach, small and large intestines and out of the body.

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Helps regulate body temperature

Warm water helps control body temperature because it is a vasodilator, which means it opens blood vessels and improves blood flow. Maintaining a typical body temperature of around 98.6 degrees Fahrenheit or 37 degrees Celsius is ideal. The hypothalamus in the brain controls body temperature by inducing responses such as sweating or shivering to maintain and change it.

Promotes detoxification

Warm water in the morning has benefits beyond digestion and metabolism. By increasing intestinal motility, it can help remove waste and toxins from the body, and this detoxifying effect can promote better skin and general health.

Enhances hydration

Hydration is essential for overall health, and drinking warm water is a great way to kickstart your day. Staying well-hydrated supports key bodily functions such as nutrient absorption, temperature regulation, and mental clarity.

Supports weight management

Drinking warm water can aid in weight management by boosting metabolism and increasing feelings of fullness. This simple habit helps regulate appetite and may assist in maintaining a healthy weight.

## **Breast Cancer (THE TIMES OF INDIA: 20240920)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/us-fda-approves-breast-cancer-drug-kisqali-all-about-its-dosage-effectiveness-and-side-effects/articleshow/113485069.cms>

### **Kisqali wins FDA nod for breast cancer treatment: Dosage, effectiveness and side effects of the breakthrough drug**

'Slept with vapes': Two litres of black, bloody vape juice drained from woman's lungs in US  
The US FDA has approved Kisqali (ribociclib) for treating early-stage breast cancer in combination with hormone therapy. It targets high-risk HR-positive, HER2-negative stage II and III patients to prevent recurrence. Administered orally, the drug is taken for three weeks followed by a one-week break over three years. Read the article to know more.[Read More](#)

Kisqali wins FDA nod for breast cancer treatment: Dosage, effectiveness and side effects of the breakthrough drug

Breast cancer claims around 6,70,000 lives in a year. As per the data released by the World Health Organisation (WHO) breast cancer was the most common cancer in women in 157 countries out of 185 in 2022. Over 2 million women are diagnosed with breast cancer every year. This necessitates early diagnosis of the deadly disease and finding a drug targeting the cancerous cells.

The US Food and Drug Administration (FDA) has approved Kisqali for early stage breast treatment.

The drug, also known as ribociclib, has been approved for use in combination with hormone therapy for early stage breast cancer patients. This will be helpful for those patients who have a concern over the return of cancer.

"The Food and Drug Administration approved ribociclib (Kisqali, Novartis Pharmaceuticals Corporation) with an aromatase inhibitor for the adjuvant treatment of adults with hormone receptor (HR)-positive, human epidermal growth factor receptor 2 (HER2)-negative stage II and III early breast cancer at high risk of recurrence. Additionally, FDA also approved the ribociclib and letrozole co-pack (Kisqali Femara Co-Pack, Novartis Pharmaceuticals Corporation) for the same indication," the US FDA said in an official statement.

Kisqali: How does it work?

Kisqali (ribociclib) is a selective cyclin-dependent kinase inhibitor, a class of drugs that help slow the progression of cancer by inhibiting two proteins called cyclin-dependent kinase 4 and 6 (CDK4/6), explains the manufacturer Novartis. These proteins, when over-activated, can enable cancer cells to grow and divide too quickly. Targeting CDK4/6 with enhanced precision may play a role in ensuring that cancer cells do not continue to replicate uncontrollably, it adds.

Kisqali: How will it be administered?

Kisqali will be administered as an oral pill. It will be prescribed for three weeks, with a one-week break, to be continued for three years.

It can be taken with or without food. A daily oral dose of 400 mg is recommended.

Kisqali: Side effects

The common side effects associated with Kisqali medicine are low white blood cell count or neutropenia. Neutropenia occurs when there are lower levels of neutrophils in the blood; neutrophils are essential to fight off infection in the body. Another side effect of Kisqali can be liver related issues and interstitial lung disease/ pneumonitis.

## **Heart Attack (THE TIMES OF INDIA: 20240920)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/drinking-this-beverage-daily-can-reduce-heart-attack-risk-by-half/articleshow/113477339.cms>

## **Drinking this beverage daily can reduce heart attack risk by half**

'Slept with vapes': Two litres of black, bloody vape juice drained from woman's lungs in US  
A new study reveals that consuming three cups of coffee daily can significantly reduce the risk of heart diseases and diabetes by almost 50%. Published in the Journal of Clinical

Endocrinology & Metabolism, the research highlights multiple health benefits from moderate coffee intake, including improved brain function and decreased chances of chronic diseases.

Drinking this beverage daily can reduce heart attack risk by half

Many of us start the day with a cup of hot coffee. It helps us wake up from 7-8 hours of sleep, and rejuvenates the body and mind. For many individuals, not having coffee in the morning, especially as soon as they wake up, might make them feel devastated. Apart from the fact that coffee is a mood enhancer and stimulator, it has several health benefits associated with it.

A recent study found that having three cups of coffee can slash the risk of heart diseases, including diabetes, by almost 50%. The findings of the study are published in the Journal of Clinical Endocrinology & Metabolism. "Consuming three cups of coffee, or 200-300 mg caffeine, per day might help to reduce the risk of developing cardiometabolic multimorbidity in individuals without any cardiometabolic disease," lead author Chaofu Ke from the School of Public Health at Suzhou Medical College of Soochow University said.

Potential health benefits of drinking coffee

Moderate coffee consumption, which is ideally 3 to 4 cups per day, has been associated with many health benefits due to its high antioxidant content, including polyphenols, and essential nutrients, such as magnesium and potassium. Studies have shown that coffee intake can improve brain function, leading to increased memory, concentration. Caffeine in coffee stimulates the central nervous system, which lifts mood and reduces the possibility of onset of depression. Coffee may help reduce the risk of neurodegenerative diseases like Alzheimer's and Parkinson's.

Studies have established a link between drinking coffee and reduced risks of numerous chronic diseases. Regular use has been associated with lowered chances of developing type 2 diabetes, which is partly due to increased sensitivity to insulin. Coffee's components of antioxidants contribute to positive effects on cardiovascular health, thereby lowering the chances of cardiovascular diseases such as stroke. Other findings also suggest that coffee drinkers tend to have a slightly lower risk of certain cancers, including liver and colorectal cancers.

Coffee helps improve the health of the liver by decreasing the chances of getting liver disease and cirrhosis, as well as fatty liver. However, coffee needs to be taken in moderation because excessive consumption leads to undesirable effects like increased nervousness, sleep disorders, and increased heart rate.

What is the best time to have coffee so that it works effectively on the body?

The best time for one to have coffee depends on the natural circadian rhythm of the body. Generally, cortisol, the hormone that urges people to wake up and be active, peaks between 8 a.m. and 9 a.m. Thus, it is a bad time to have coffee because the stimulating effect of coffee can increase the level of the hormone and make you feel jittery.

The first cup of coffee should be taken between 9:30 a.m. and 11:30 a.m., during which time cortisol levels start to drop, preventing caffeine from disrupting natural cycles of hormones but provides energy. If an individual feels an afternoon slump, taking the second cup at between 1 p.m. and 3 p.m. will help provide better concentration and output.

However, consuming coffee too late in the day, especially in the late afternoon or evening, can disrupt sleep. Since caffeine can stay in the bloodstream for several hours, it's best to avoid drinking coffee after 3pm if you're sensitive to its effects. Timing your coffee intake according to your body's natural rhythms can enhance its positive impact without disturbing your sleep.

## **Vitamin D (THE TIMES OF INDIA: 20240920)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/role-of-nutrition-in-aggravating-sickle-cell-disease/articleshow/113458981.cms>

### **5 signs you are having too much Vitamin D**

'Slept with vapes': Two litres of black, bloody vape juice drained from woman's lungs in US  
Too much Vitamin D can lead to toxicity with symptoms like low appetite, irregular bowel movements, lethargy, and a higher cancer risk. Experts advise against taking 60,000 IU daily for months. The recommended daily allowance for most adults is 600 IU.

#### 5 signs you are having too much Vitamin D

Too much of even a good thing can prove to be toxic for your body. The same is true for even the essential vitamins we consume. Vitamin D, an important nutrient also acts as a hormone and plays an important role in calcium absorption in the gut, supports muscle function and immune function, have neuroprotective properties and regulates brain cell activity.

Not including enough Vitamin D in your diet can cause serious health conditions severely affecting your bone health and mental well-being. However, eating too much of Vitamin D too can translate into worrying side effects.

According to experts, taking 60,000 international units (IU) a day of vitamin D for several months can cause toxicity. The U.S. Recommended Dietary Allowance (RDA) for most adults is 600 IU of vitamin D a day.

Having too much of Vitamin D can cause vitamin D toxicity, also known as hypervitaminosis, which is mostly caused by excess of dietary supplements as Vitamin D-fortified foods and sunlight exposure do not put you at such a risk.

Let's understand signs of too much Vitamin D in your system:

Low appetite

One of the symptoms of overdosing on Vitamin D is reduction in appetite. Too much Vitamin D in your system could increase calcium deposits in your blood also known as hypercalcemia, which may cause nausea, vomiting, weakness and low appetite. Getting the Vitamin D test done is important in this case.



Irregular bowel movements

The gastrointestinal symptoms of Vitamin D toxicity include constipation. Excess of calcium carbonate in your system could cause irregular bowel movements.

Feeling of lethargy

Feeling of fatigue and lethargy is common in case of hypercalcemia that occurs due to excess Vitamin D intake. Fatigue is when you feel extreme tiredness and lack of energy which can interfere with your daily activities.

joint pain

Increased risk of cancer

Experts say that excess Vitamin D consumption is linked to increased risk of cancer, heart problems, and even bone fractures.

Frequent urination

Another symptoms that is linked to overdosing Vitamin D is frequent urination. It is however sign of many chronic diseases like diabetes and kidney issues.

Bone pain

This is also a sign of low Vitamin D, but the same can happen when you load up on too much of it which can put you at risk of several bone-related issues.

Vitamin D toxicity can be rarely caused without overdosing on supplementation. According to Brazilian Journal of Nephrology, unintentional vitamin D poisoning has also been associated with overfortification of milk, poisoning by table sugar, and contamination of cooking oil.

As per the report, hypervitaminosis D occurred in eight patients, where source was found to be an error at a local dairy where excessive vitamin D fortification of milk up to 232,565 IU per quarter was done instead of the standard 400 IU per quarter.

It is important to regulate Vitamin D levels in order to be healthy.

## **Cadmium exposure (Medical News Todays: 20240920)**

<https://www.medicalnewstoday.com/articles/heavy-metal-cadmium-exposure-linked-memory-problems-some-people>

### **Cadmium exposure may be linked to memory problems in some people New research finds a link between cadmium exposure and memory problems. AerialPerspective Images/Getty Images**

Cadmium, a toxic heavy metal found in polluted air, cigarette smoke, and food, was found to have a higher impact on cognitive ability in white people, a new study suggests.

In a study of more than 2,000 people, white participants with higher concentrations of cadmium in their urine had a doubled risk of cognitive impairment compared with those in the group with lower concentrations of cadmium.



There was no such association for Black participants.

The study only suggests an association of cadmium with reduced cognitive function in white people, not a direct causal relationship.

The highly toxic heavy metal cadmium, which finds its way into the body through cigarette smoking, breathing polluted air and food, was found to have a higher impact on cognitive ability in white people, a new study published in *Neurology* suggests.

The study examined the urine of 2,172 people — more than half of which were female and nearly 40% of which were Black — with an average of 10 years for follow-up and found a “significant positive association” of cadmium in the urine of white participants with cognitive issues. Each year, the participants underwent thinking and memory tests, and over the 10-year average period, 195 people developed cognitive impairment.

Researchers found no association between cadmium levels and cognitive impairment in the overall study cohort. But white participants with higher concentrations of cadmium in their urine had a doubled risk of cognitive impairment compared with those in the group with lower concentrations of cadmium. There was no such association for Black participants.

Cadmium is a known carcinogen and can contribute to the development of dementia. It is released into the environment through industrial and agricultural activities. Its effect on the brain and central nervous system are widespread, with cadmium being able to disrupt calcium levels in the brain as well as activate signal pathways associated with inflammation and neural cell death.

The racial discrepancy in the odds of cognitive decline, according to the study authors, may be explained by the discrepancies in use of tobacco.

Black and white participants had similar levels of cadmium overall, but white people in the study had “substantially higher median smoking pack-years compared with Black participants,” the authors write. (In a pack year, a person smokes at least an average of one pack of cigarettes per day for a year.) They suggest that smoking provided the most exposure to cadmium for white participants.

How does cadmium affect cognitive function?

Even in small amounts, cadmium is toxic for humans. It can penetrate the blood-brain barrier and stay in the brain, and it can accumulate over one’s lifetime.

David Merrill, MD, PhD, board certified geriatric psychiatrist at Providence Saint John’s Health Center in Santa Monica, CA, and Singleton Endowed Chair in Integrative Brain Health, who was not involved in the study, told *Medical News Today* that cadmium’s properties make it particularly insidious.

“Cadmium has a long half-life so can accumulate in the brain over a period of time and gradually cause problems with cognitive function,” Merrill said.

“Cadmium causes oxidative stress and interferes with key metabolic pathways. This leads to neuronal damage and even cell death. There can be reduced neurogenesis as well.”

— David Merrill, MD, PhD

How does cadmium get into the food supply?

MNT also spoke with Melanie Murphy Richter, MS, RDN, a registered dietitian nutritionist and the director of communications for the nutrition company Prolon, who was not involved in the study.

She told MNT that cadmium primarily enters the food supply through soil, and that socioeconomic factors play a role in what populations are exposed to higher levels of cadmium: exposure tends to be higher in industrialized regions or areas with heavy mining, smelting, or agricultural practices with cadmium-containing fertilizers.

Countries with high levels of air pollution and unregulated industrial emissions can have higher cadmium levels in the environment.

“In the U.S., exposure is often higher in industrialized areas or regions with a history of heavy metal contamination, such as parts of the Midwest (due to historical mining activities) or areas near industrial plants. Socioeconomic factors also play a role—people in lower-income areas, which may have higher pollution levels, might face greater exposure. Additionally, smoking rates vary by region and demographic, which can increase exposure in specific communities,” Richter said.

“Industrial processes, mining activities, and the use of phosphate fertilizers, which often contain cadmium, contaminate soil over time. Plants, particularly certain crops like rice, wheat, and leafy greens, can absorb cadmium from this contaminated soil. As these crops are consumed, cadmium makes its way into the human food chain. Fish and shellfish may also contain cadmium if they are caught in polluted waters.”

— Melanie Murphy Richter, MS, RDN

Does cadmium exposure lead to dementia?

The study authors note that further studies are needed to get a more solid cause-and-effect idea of cadmium on different populations. They cited the need for “repeatedly measured Cd exposure, larger sample sizes, and longer duration” in future research to be able to form explanations for the racial discrepancy.

Merrill said that higher rates of dementia have been associated with more cadmium in those populations’ environments but cautioned against seeing a direct link.

“Regions in the U.S. and abroad with higher environmental cadmium levels have shown higher incidence of dementia, but more research is needed to establish a direct causal link,” he said.

Richter agreed that more data is needed to establish any stronger connection between cadmium and dementia.

“While the study highlights the potential link between cadmium and cognitive decline, it does not supply enough data, yet, to trace cadmium exposure directly to dementia rates in specific communities,” she said.

“However, it is possible that communities with higher cadmium exposure—such as those near industrial areas or with higher smoking rates—might have increased risks of cognitive problems over time. More research would be needed to establish a clear connection between cadmium exposure and dementia rates in those regions,” she added.

## **Brain Stroke (The Tribune: 20240920)**

<https://www.tribuneindia.com/news/health/lancet-study-finds-air-pollution-top-risk-factor-for-brain-stroke-akin-to-smoking/>

### **Lancet study finds air pollution top risk factor for brain stroke akin to smoking**

For the first time, a study on Thursday showed that ambient particulate matter air pollution is a top risk factor for subarachnoid haemorrhage—a type of brain stroke—at par with smoking.

The study, led by an international team of researchers from India, the US, New Zealand, Brazil, and UAE showed that air pollution contributed to 14 per cent of the death and disability caused by this serious stroke subtype, on par with smoking.

The study showed that coupled with air pollution, high temperatures as well as metabolic disorders, fuelled a significant rise in global cases and deaths due to stroke in the last three decades.

The number of people worldwide having a new stroke rose to 11.9 million in 2021 -- up by 70 per cent since 1990. Stroke-related deaths rose to 7.3 million—up by 44 per cent since 1990.

The study identified 23 modifiable risk factors responsible for 84 per cent of the stroke burden in 2021.

In 2021, the five leading global risk factors for stroke were high systolic blood pressure, particulate matter air pollution, smoking, high LDL cholesterol, and household air pollution, with considerable variation by age, sex, and location.

It also showed substantial progress made in reducing the global stroke burden by reducing particulate matter air pollution (20 per cent), and smoking (13 per cent).

“With 84 per cent of the stroke burden linked to 23 modifiable risk factors there are tremendous opportunities to alter the trajectory of stroke risk for the next generation. Given that ambient air pollution is reciprocally linked with ambient temperature and climate

change, the importance of urgent climate actions and measures to reduce air pollution cannot be overestimated,” said co-author Dr Catherine O. Johnson, Lead Research Scientist at the University of Washington’s Institute for Health Metrics and Evaluation (IHME).

While stroke is now the third leading cause of death worldwide (after ischaemic heart disease and Covid-19), the condition is highly preventable and treatable.

The researchers called for identifying sustainable ways to work with communities to take action to prevent and control modifiable risk factors such as high blood sugar and a diet high in sugar-sweetened drinks. There is a critical need for interventions focused on obesity and metabolic syndromes, Johnson said.

They also called for measures such as clean air zones and public smoking bans, which have been successful.

The findings based on the Global Burden of Disease, Injuries, and Risk Factors Study (GBD) showed that more than three-quarters of those affected by strokes live in low- and middle-income countries (LMICs).

The study also found that worldwide, the overall amount of disability, illness, and early death—a measurement known as disability-adjusted life years (DALYs)—lost to stroke increased by 32 per cent between 1990 and 2021, rising from around 121.4 million years of healthy life lost in 1990 to 160.5 million years in 2021.

## **Influenza Flu (The Indian Express: 20240920)**

<https://indianexpress.com/article/lifestyle/health/influenza-flu-heart-attack-health-risk-9492844/>

### **Experts warn influenza flu can increase risk of heart attack; here’s what you should know**

Dr Sudhir Kumar, a neurologist, recently posted a video on X highlighting a concerning link between influenza infections and an increased risk of myocardial infarction, commonly known as a heart attack.

In the clip, he states, “In the first few days after a flu, the risk of heart attack increases, and recently, a large-scale study was done. What it showed is that the risk of a heart attack in 1-7 days following a flu infection was about six times higher (sic).”

This connection highlights the potentially far-reaching consequences of what many consider a routine seasonal illness.

Dr Palleti Siva Karthik Reddy, MBBS, MD, General Medicine, consultant physician, Bengaluru, tells indianexpress.com, “I’ve seen firsthand how influenza’s impact often extends far beyond the typical aches, pains, and fever we associate with the illness. It may surprise you to learn that this seemingly common respiratory infection can significantly increase your risk of a heart attack — a sobering reality that deserves our attention.”

Dr Reddy says, “Influenza triggers a powerful inflammatory response in your body as it fights off the infection. This surge of inflammation can destabilise existing plaque buildup in your arteries, making it more likely to rupture and cause a heart attack.”

The virus can also activate your blood clotting system, he adds, leading to an increased risk of blood clots forming in your arteries. If a clot blocks blood flow to your heart, it results in a myocardial infarction (heart attack).

The fever, rapid heartbeat, and overall stress your body experiences during the flu can put a significant strain on your heart. This additional workload can trigger a heart attack in individuals with pre-existing heart conditions or those already at a higher risk.

In some cases, Dr Reddy states, the influenza virus may directly infect the heart muscle, causing inflammation and potentially leading to heart dysfunction.

People with heart disease, high blood pressure, or other cardiovascular risk factors face an elevated risk of heart attack following the flu. People with heart disease, high blood pressure, or other cardiovascular risk factors face an elevated risk of heart attack following the flu.

Who’s most at risk?

While anyone can experience a heart attack after an influenza infection, according to Dr Reddy, certain groups are particularly susceptible:

**Older Adults:** As we age, our immune system weakens, and our hearts are more vulnerable to stress. This makes older adults more prone to complications from both the flu and heart problems.

**Individuals with Pre-existing Heart Conditions:** People with heart disease, high blood pressure, or other cardiovascular risk factors face an elevated risk of heart attack following the flu.

**Those with Weakened Immune Systems:** Individuals with compromised immunity, such as those undergoing cancer treatment or living with HIV/AIDS, are at a higher risk of severe influenza complications, including heart issues.

**Preventive measures individuals can take to minimise risk of myocardial infarction**

The most effective way to minimise the risk of heart attack after influenza is prevention, says Dr Reddy. Some additional measures include:

**-Get Vaccinated:** The annual flu shot is your best defense against influenza infection and its potential complications.

**-Practice Good Hygiene:** Wash your hands frequently, avoid close contact with sick individuals, and cover your mouth and nose when you cough or sneeze.

-Seek Prompt Medical Attention: If you suspect you have the flu, see your doctor right away. Early treatment with antiviral medications can reduce the severity and duration of the illness, potentially lowering your risk of heart complications.

-Manage Existing Heart Conditions: If you have a history of heart problems, it's crucial to keep them under control. This includes taking medications as prescribed, following a healthy lifestyle, and attending regular checkups with your cardiologist.

-Lifestyle Adjustments: If you contract the flu, get plenty of rest, stay hydrated, and avoid strenuous activities that can strain your heart.

## Uric Acid (Navbharat Times: 20240920)

<https://navbharattimes.indiatimes.com/lifestyle/health/10-high-uric-acid-symptoms-to-watch-in-male-and-female-foods-to-avoid-and-eat-in-hyperuricemia/articleshow/113480990.cms>

**High Uric Acid Foods:** यूरिक एसिड में स्लो पॉइजन हैं ताकत से भरी ये चीजें, गठिया बनेगी भयंकर, 10 लक्षणों के बाद छोड़ दें

**Foods to Avoid in High Uric Acid:** हाई यूरिक एसिड दिखने में आम लग सकता है मगर घातक बीमारियों को जन्म दे सकता है। इसके लक्षण दिखने के बाद आपको कुछ फूड्स खाना छोड़ देना चाहिए। इसमें ऐसी चीजें भी शामिल हैं जो ताकत और पोषण से भरी हुई हैं।

**Top 10 Uric Acid Foods:** स्लो पॉइजन शरीर को धीरे-धीरे मारता है। इसी तरह कई सारे पोषक तत्वों से भरे फूड्स भी हाई यूरिक एसिड नुकसान पहुंचाते हैं। इनकी वजह से गठिया यानि गाउट, गुर्दे की पथरी, अत्यधिक थकान, स्ट्रेस, मूड स्विंग्स, टोफी, जोड़ों का विकार, किडनी की बीमारी, हार्ट की बीमारी, मोतियाबिंद, फेफड़ों में यूरिक एसिड जमना जैसी समस्याएं हो सकती हैं।

इन शारीरिक समस्याओं से बचने के लिए खून में यूरिक एसिड लेवल बढ़ने के बाद हाई प्यूरीन फूड्स को खाना छोड़ देना चाहिए। प्यूरीन खाने की चीजों में प्राकृतिक रूप से मौजूद होता है। जब पेट में जाकर यह पचता है तो यूरिक एसिड बनता है। वैसे तो किडनी इसे बाहर निकाल फेंकती है, मगर जब ऐसा नहीं हो पाता तो प्यूरीन वाले फूड्स खाने पर काफी दिक्कत हो सकती है।

हाई प्यूरीन का पता लगाने के लिए लक्षणों व संकेतों की मदद ले सकते हैं। ये समस्याएं काफी आम हैं, इसलिए बारीकी से नजर बनाए रखना जरूरी है। पुरुषों और महिलाओं में यूरिक एसिड बढ़ने से जोड़ों व हड्डियों में तेज दर्द हो सकता है। इसे जोड़ों के ऊपर की स्किन लाल हो सकती है। अकड़न, सूजन, घेर सकती है। कमर के पीछे किडनी का दर्द, जी मिचलाते रहना, बुखार-ठंड लगना, पेशाब में खून आना, पेशाब न कर पाना या दर्द होना, बार-बार यूरिन का प्रेशर बनना भी शामिल है।

सीफूड, जानवरों के अंग

प्रोटीन से मसल्स को ताकत मिलती है। मगर क्लीवलैंड क्लिनिक के मुताबिक हाइपरयूरिसीमिया (हाई यूरिक एसिड की बीमारी) में कुछ हाई प्रोटीन फूड्स के अंदर भारी प्यूरिन नुकसान पहुंचा सकता है। इसलिए जानवरों की कलेजी, जानवरों का भेजा-गुर्दा, टूना मछली, कोडफिश, रेड मीट खाने से बचना चाहिए।

शराब

शराब खासकर बियर पीने से लिवर खराब होता है। मगर जब इसे हाई यूरिक एसिड में पीया जाता है तो किडनी भी खराब हो सकती है। यूरिक एसिड के क्रिस्टल गुर्दे में जाकर जम जाते हैं और किडनी स्टोन बनाते हैं। धीरे-धीरे यह स्टोन गुर्दे की बीमारी विकसित कर देते हैं।

मिठाई

हाई यूरिक एसिड के मरीजों को मिठाई से भी दूरी बना लेनी चाहिए। इसमें चीनी या फ्रूक्टोज सिरप हो सकता है। जो कि प्यूरिन से भरा होता है। ये चीजें गाउट, किडनी स्टोन, हार्ट डिजीज, डायबिटीज, मोटापा कर सकती हैं। जो आगे चलकर दूसरी खतरनाक बीमारी को पैदा कर सकती है।

क्या दाल खा सकते हैं?

दालों को हाई प्यूरिन फूड माना जाता है। मगर शोध बताते हैं कि इन्हें खाने से यूरिक एसिड नहीं बढ़ता है। यह एक प्लांट बेस्ड प्रोटीन फूड है जो डाइट को हेल्दी बनाते हैं। आप इनके साथ ही मटर, फलियां, टोफू का सेवन करके भी फिट रह सकते हैं।

हाई यूरिक एसिड डाइट

हाई यूरिक एसिड डाइट

कॉफी

स्किन मिल्क

चेरीज

पानी

ताजे फल और सब्जियां

साबुत अनाज

## **Alzheimer's Disease (Dainik Jagran: 20240920)**

<https://www.jagran.com/lifestyle/health-world-alzheimers-day-2024-gradually-decreasing-memory-can-be-a-sign-of-alzheimer-understand-from-the-doctor-how-dangerous-this-disease-23799442.html>

**अल्जाइमर का संकेत हो सकती है धीरे-धीरे कम हो रही है याददाश्त, डॉक्टर से समझें कितनी खतरनाक है यह बीमारी**

किसी घटना या किसी के साथ हुई बातचीत को भूल जाना दिमाग के कमजोर होने के शुरुआती संकेत हो सकते हैं। याददाश्त की यह कमजोरी अगर डेली लाइफ पर असर डालने लगे तो यह अल्जाइमर का संकेत हो सकता है और ऐसे में आपको वक्त रहते इसके इलाज को लेकर सतर्क हो जाना चाहिए। आइए विश्व अल्जाइमर दिवस (World Alzheimer's Day 2024) के मौके पर जानें इससे जुड़ी जरूरी बातें।

हर साल 21 सितंबर को विश्व अल्जाइमर दिवस मनाया जाता है।



यह बीमारी दिमाग को कमजोर कर याददाश्त पर असर डालती है।

बढ़ती उम्र के लोगों को इस बीमारी का खतरा ज्यादा रहता है।

नई दिल्ली, ब्रह्मानंद मिश्रा अल्जाइमर (Alzheimer's Disease) एक ऐसी बीमारी है, जिसमें ब्रेन में एमोलेड बीटा प्रोटीन के जमा होने के कारण ब्रेन के सेल्स प्रभावित होने लगते हैं। दरअसल, यह बढ़ती उम्र की बीमारी है जो लाइफस्टाइल के खराब होने पर तेजी से बढ़ती है। इसमें व्यक्ति की याददाश्त, समझ और फैसले लेने की क्षमता धीरे-धीरे कम होने लगती है। ऐसे में, हर साल 21 सितंबर को मनाए जाने वाले विश्व अल्जाइमर दिवस (World Alzheimer's Day 2024) के मौके पर जागरण के ब्रह्मानंद मिश्रा ने डॉ. प्रवीण गुप्ता, सीनियर कंसल्टेंट, न्यूरोलाॅजी, फोर्टिस अस्पताल, गुरुग्राम से खास बातचीत की है। आइए डॉक्टर की मदद से जानते हैं इस बीमारी से जुड़ी सभी जरूरी बातें।

क्या हैं शुरुआती लक्षण

इसके लक्षणों की बात करें तो अल्जाइमर से जूझ रहे व्यक्ति को शब्द याद नहीं आते, गिलास को वह गिलास नहीं बोल पाता, रास्ता भी भूलने लगता है यहां तक कि भोजन करके भी वह भूल जाता है। बीमारी गंभीर होने पर वह धीरे-धीरे लोगों को पहचानना भी कम कर देता है। अंततः ऐसा व्यक्ति अपना ख्याल नहीं रख पाता। अपने आसपास के लोगों, रिश्तेदारों के नाम भी भूलने लगता है।

क्या कम उम्र में भी होती है परेशानी?

जो लोग कम उम्र में ही भूलने लगते हैं, उन्हें सामान्य तौर पर अल्जाइमर नहीं होता। दरअसल, ऐसे लोगों का कामकाज के दबाव या डिप्रेसन के कारण दिमाग भरा रहता है या वे पूरी तरह एकाग्र नहीं रह पाते, इसलिए भूलने की समस्या होती है। कम उम्र में भी अल्जाइमर होता है, पर यह बहुत कम होता है। विटामिन बी12 की कमी या थायराइड असंतुलन के कारण भी भूलने की समस्या होने लगती है।

कब हों सतर्क?

अल्जाइमर की बीमारी की आशंका आमतौर पर 60 वर्ष की उम्र के बाद ही होती है। विटामिन बी12 या थायराइड असंतुलन से अल्जाइमर जैसी समस्या हो सकती है, पर वह अल्जाइमर नहीं होती। बी12, थायमिन की कमी से भूलने की समस्या हो सकती है।

यह भी पढ़ें- उम्र नहीं, खराब लाइफस्टाइल बना सकता है अल्जाइमर का शिकार, जानें इसके लक्षण और देखभाल के उपाय

कैसे जिम्मेदार है लाइफस्टाइल?

अल्जाइमर के पीछे एक बड़ा कारण जीवनशैली का असंतुलन भी है। समय पर भोजन करना, पूरी नींद लेना, शारीरिक तौर पर सक्रिय रहना, कोलेस्ट्रॉल बढ़ाने वाले भोजन से परहेज, स्ट्रेस फ्री लाइफस्टाइल से डिमेंशिया और अल्जाइमर बीमारी की आशंका को रोका जा सकता है। लगातार स्क्रीन पर काम करने या आर्टिफिशियल लाइट में रहने से नींद प्रभावित होती है और रिदम खराब हो जाता है। अगर पूरी नींद लेंगे, तो दिमाग को आराम मिलेगा।

क्या है इलाज?

अल्जाइमर के लक्षण स्पष्ट होने के बाद उसका उपचार शुरू होता है, साथ ही काग्निटिव थेरेपी, बिहेवियर थेरेपी, योग, प्राणायाम और दवा के माध्यम से भी इसे नियंत्रित किया जा सकता है।

जरूरी बातें

अल्जाइमर और डिमेंशिया से बचने के लिए तनाव मुक्त रहने का प्रयास करें।  
दिमाग को सक्रिय रखने के लिए कोई शौक विकसित करें या बौद्धिक कार्यों में सक्रियता बढ़ाएं।  
शुगर और ब्लड प्रेशर को नियंत्रित रखें। नियमित व्यायाम करें और धूम्रपान न करें।  
तले भुने भोजन, घी, तेल, चिकनाई से परहेज करें।  
पर्याप्त फल-सब्जी खाएं, पर नमक का सेवन सीमित रखें।  
अखरोट-बादाम का सेवन लाभकारी है।

फिश ऑयल में ओमेगा 3 फैटी एसिड होते हैं, जो दिमाग को स्वस्थ रखने में सहायक होते हैं।

जरूरी है अच्छी नींद

कम से कम छह से आठ घंटे की नींद जरूरी है। सोने का एक समय निर्धारित करें। सोने से पहले मोबाइल देखना बंद कर दें।  
दिमाग में कोई सोच नहीं आना चाहिए, इसे शांत करके सोएं, ताकि अच्छी गहरी नींद आए।