



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20240927

Surrogacy (Hindustan Times: 20240927)

<https://www.hindustantimes.com/lifestyle/health/surrogacy-linked-to-higher-risk-of-severe-pregnancy-complications-study-101727358192129.html>

Surrogacy linked to higher risk of severe pregnancy complications: Study

According to new research, individuals who are gestational carriers (also known as "surrogates") may be more susceptible to severe complications during pregnancy and the early postpartum period, hypertension during pregnancy, and postpartum hemorrhage than those who conceive naturally or through IVF. New research from ICES and Queen's University.

Those who are not otherwise able to carry a pregnancy are assisted in becoming pregnant by gestational carriers, who also give birth to their offspring. It is unclear if there is a greater chance of serious health consequences for newborns and gestational carriers, both throughout pregnancy and after delivery. One of the first significant population-based studies comparing health outcomes for three distinct methods of conception--unassisted, in vitro fertilization (IVF), and gestational carriage--has examined connected health databases.

Research Indicates Gestational Carriers Face Severe Complications in Pregnancy

"The study was prompted by an increased in the use of gestational carriers worldwide and a lack of information about the impact of this reproductive modality on pregnancy outcomes, for the gestational carrier and the offspring," says lead author Dr. Maria Velez, an adjunct scientist at ICES and at the time of this study, an associate professor in the department of Obstetrics and Gynaecology at Queen's University. Velez is currently an associate professor and a clinician scientist at McGill University and the Research Institute of the McGill University Health Centre (RI-MUHC)

The study, published in the journal *Annals of Internal Medicine*, included 863,017 singleton births at more than 20 weeks' gestation in Ontario, Canada, between 2012 and 2021. The groups included 846,124 (97.6%) who were conceived without assistance, 16,087 (1.8%) by IVF, and 806 (0.1%) using gestational carriers. The researchers analyzed severe maternal morbidity (SMM) and severe neonatal morbidity (SNM), which combine many different health indicators for both birthing people and babies. They also assessed hypertensive disorders (such as pre-eclampsia), cesarean delivery, preterm birth, and postpartum hemorrhage.

One limitation of the study was that there was a lack of information about why gestational carriage was chosen by the intended parents, egg and sperm donor sources, the type of IVF used, and reasons why people chose to become gestational carriers. Future research could help to assess whether any of these factors would impact the health outcomes of the pregnant person or the baby. "Clinicians involved in the care of individuals and couples who need a gestational carrier to build their family should counsel their patients and the gestational carriers about the potential risk during pregnancy and early postpartum," says Velez.

"There are guidelines about the eligibility criteria to minimize the risk of pregnancy complications among gestational carriers," she adds. "However, these guidelines are not always strictly followed." The study, "Severe Maternal and Neonatal Morbidity Among Gestational Carriers: A cohort Study" was published in *Annals of Internal Medicine*.

Cardiovascular Diseases (Hindustan Times :20240927)

<https://www.hindustantimes.com/lifestyle/health/are-environmental-pollutants-hurting-your-heart-health-new-study-reveals-the-alarming-connection-101727348666617.html>

Are environmental pollutants hurting your heart health? New study reveals the alarming connection

A study from Columbia University, published in the *Journal of the American College of Cardiology*, revealed the increased risk of cardiovascular diseases from exposure to environmental metals. The metal exposure is responsible for the build-up of calcium in the coronary arteries, a condition known as atherosclerosis, which narrows arterial walls and reduces blood flow, potentially leading to serious heart conditions. This can further cause stroke, cardiac arrest, and many other such conditions. Environmental pollutants pose a significant health hazard, but as per the researchers, the link of the metals with coronary artery calcification is relatively unknown.

Coronary artery calcification

Upon several urinary investigations of the metal content of the study participants, a strong correlation was found between metal exposure and an increased buildup of coronary calcium, which is an indicator of atherosclerosis. Higher levels of non-essential metals in the body like cadmium, tungsten, and uranium were strongly linked with coronary artery calcification over 10 years. Participants, who had high cadmium levels in their body had coronary calcium levels 51% higher at baseline and 75% higher over the decade.

Pollution is a great risk to heart health

It suggested that pollution is a great risk to heart health. The metal-induced cardiovascular issues are on the rise because of the widespread metal contamination from various agricultural and industrial activities including the use of fertilizers, battery manufacturing, oil production, welding, mining, and nuclear energy generation. One of the other sources of cadmium is tobacco smoke. The researchers urged the need to address the environment's metal hazards as heavy metals are found even in everyday water. Heart disease is a global concern, and understanding how environmental metals further increase the risk of serious health conditions will help to formulate public health strategies.

Sleep Disorders (Hindustan Times: 20240927)

<https://www.hindustantimes.com/lifestyle/health/suffering-from-sleep-disorders-study-finds-secret-to-brains-sleeping-mechanism-revolutionising-treatments-101727329356046.html>

Suffering from sleep disorders? Study finds secret to brain's sleeping mechanism revolutionising treatments

A study has uncovered a mechanism in the brain that could effectively broaden the understanding of sleep disorders and their treatments. The McGill University and the University of Padua study, published in the Journal of Neuroscience, shed light on the important brain receptor - melatonin MT1, that acts as a switch for REM (rapid eye movement) sleep. The REM sleep phase is associated with vivid dreaming and essential brain functions. This brain receptor deepens the understanding of the sleep mechanism and provides promising clinical potential.

The master switch from alert to dream stage

The research concentrated on the brain's small yet critical region, known as the 'Locus Coeruleus' or the 'blue spot.' This area drives the production of noradrenaline, a neurotransmitter responsible for keeping us alert and awake. During REM sleep, this brain region becomes inactive, allowing us to enter the dream state.

Melatonin MT1 brain receptor has a pivotal role in this entire process of switching the brain from the alert stage to the dream stage. This receptor in the blue spot region is responsible for 'switching off' the noradrenaline, which keeps us alert and triggers the REM sleep.

To check the role of MT1 in REM sleep, the researchers used a compound called UCM871 to activate the MT1 receptor in rats. It increased REM sleep duration. It was achieved without affecting the other stages of sleep and maintained the overall sleep quality. It demonstrates a positive correlation between the MT1 receptor and REM sleep.

Implications

Current sleep treatments are efficient in extending sleep duration. But they negatively impact REM sleep. REM sleep is crucial for maintaining overall brain health, as this phase plays a key role in emotional processing and memory consolidation. Disruptions in REM sleep often may pave the way to serious brain disorders like Parkinson's disease and Lewy body dementia. Identifying the MT1 receptor's connection with REM sleep opens up new avenues for sleep treatments.

Paracetamol (Hindustan Times: 20240927)

<https://www.hindustantimes.com/htcity/wellness/paracetamol-shelcal-glimepiride-telmisartan-fail-cdscos-quality-control-what-safe-alternatives-can-you-turn-to-101727334636036.html>

Paracetamol among 53 drugs to fail quality control: What safe alternatives can you turn to?

There are a few staple names one turns to when the usual, inescapable bouts of cough, cold and fever come knocking at the door. It is after all temperature change season, and random onsets of flu and fever are more common than not. Having weathered the same for years, your medicine box is bound to have the usual bunch of strips which tend to these symptoms like clockwork. In this regard, Paracetamol for fever, has been a no-brainer option for decades and across generations.

If you're a Paracetamol loyalist then, it looks like you're going to have to consider a little switcheroo. The Central Drugs Standards Control Organisation (CDSCO) has labelled Paracetamol, alongside 52 other drugs as 'NSQ', which refers to 'not of standard quality'. NSQ alerts are circulated after random quality check tests administered by state drug officers. The alerts not only carried the list of drugs slapped with the NSQ label, but also a list of responses from their manufacturers. Though one manufacturer in particular referred to the batch being subjected to inspection as potentially carrying spurious drugs, it is always better to be safe than sorry.

So if not Paracetamol then what? Broth, ginger and turmeric to the rescue
Dr. Minesh Mehta, Consultant Intensive and Critical Care Specialist at Ahmedabad's Shalby Hospital signs off on Ibuprofen, Meprocin, Meftal, Diclofenac and Nimesulide as alternatives.

Dr. Vibhu Kawatra, Pediatric Pulmonologist and Allergy Specialist at Delhi's Rainbow Hospital also lists out a few natural remedies you can add to your sick day routines, to speed up the recovery process. He shares, "Drinking plenty of fluids, like water, herbal teas, and clear broths, helps keep the body hydrated and can aid in cooling. Drinking ginger or peppermint tea too may help soothe discomfort and promote sweating, which can aid in cooling the body". A few more approaches suggested by Dr. Kawatra include willow bark which may help alleviate pain and reduce fever as well as turmeric which is known for its anti-inflammatory properties.

He concludes, "Applying a cool, damp cloth to the forehead, wrists, or neck can provide relief and help lower body temperature. Taking a lukewarm bath can help bring down a fever gently. Avoid taking cold baths as they can cause shivering and raise body temperature. Also ensure adequate rest which will help the body fight off infections, which often tends to be the underlying cause of fever".

It is worth mentioning that besides Paracetamol, drugs like vitamin C and D3 tablets, Shelcal, vitamin B complex, vitamin C softgels, Pan-D, Glimepiride and Telmisartan, have also made the NSQ alert list.

We strongly suggest personally consulting with a medical practitioner before making any changes to your medications. Stay safe!

Heart Disease (THE TIMES OF INDIA: 20240927)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/how-undiagnosed-congenital-heart-disease-can-cause-trouble-in-adults/articleshow/113707988.cms>

How undiagnosed congenital heart disease can cause trouble in adults

Undiagnosed Congenital Heart Disease (CHD) in adults includes structural heart defects present from birth, such as narrowed valves or abnormal connections. Symptoms like breathlessness often lead to diagnosis during routine check-ups. Echocardiography is essential for detection, and regular follow-ups are crucial for managing complications that may develop over.

How undiagnosed congenital heart disease can cause trouble in adults

Undiagnosed Congenital Heart Disease (CHD) is an uncommon heart issue in adults. CHD entails structural heart defects present from birth, such as holes in the heart, narrowing of heart valves or arteries, or abnormal connections within the heart. These defects often go unnoticed due to a lack of awareness or the limited availability of diagnostic tools.

Adults with CHD typically exhibit symptoms like breathlessness on exertion, and Syncope or excessive tiredness. This may be due to high lung pressures, or significantly decreased heart function due to structural defects in the heart, also their oxygen saturation may decrease significantly. These defects are often detected during routine check-ups required for employment, sports participation, or during a pregnancy.

For diagnosis of CHD, a thorough evaluation by Echocardiography is essential. Some cases may also require advanced imaging techniques such as CT scans, MRIs, or cardiac catheterization. With comprehensive evaluation, many of these defects can be effectively corrected, allowing individuals to lead near-normal lives. Like in the case of a 27-year-old pregnant woman, who complained of mild breathlessness during her pregnancy evaluation, and was checked for the possibility of underlying heart problems. Her Echocardiography was performed, and it was found that one of the valves in her heart had narrowed. She underwent close monitoring throughout her pregnancy while on certain medications and may require surgical valve replacement in the future.

Patients with congenital heart problems may develop acquired heart disease and other cardiovascular conditions as they age, making treatment more complex compared to adults without congenital heart disease. Even though patient outcomes have significantly improved in the past decade for adults with congenital heart disease, however, as symptoms may develop gradually or are mistaken for other conditions, timely diagnosis becomes difficult. Delayed identification can result in advanced disease progression, ultimately affecting the patient's quality of life and overall health outcomes.

CHDs don't cause heart attacks as they are usually caused by blockage in the coronary arteries; its symptoms are often difficult to understand. Individuals with undiagnosed CHD may face a host of key issues in their life like, inability to participate in sports, issues in employment, marriage and pregnancy. Patients who undergo cardiac surgery in their childhood to correct the defects, need long-term follow ups to see whether the heart is functioning properly and if lung pressures are normal. Some patients may require repeat surgical procedures or even heart transplants in the future. Therefore, it is essential for all these patients to have regular follow-up appointments with their cardiologist.

Earbuds blast in woman's ear (THE TIMES OF INDIA: 20240927)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/earbuds-blast-in-womans-ear-making-her-deaf-for-life-how-to-be-safe-while-using-them/articleshow/113721874.cms>

Earbuds blast in woman's ear making her deaf for life: How to be safe while using them

Health experts warn about the dangers of using Bluetooth earphones at high volumes. A recent case involved a woman losing her hearing after her Galaxy Buds FE exploded. To prevent such incidents, users should maintain safe volume levels, limit listening time, and consider noise-canceling headphones. Regular cleaning is also advised for ear health.

Earbuds blast in woman's ear making her deaf for life: How to be safe while using them
Our dependence on Bluetooth has been flagged as a risk to health. Health experts have been constantly warning against the use of Bluetooth earphones in loud volume. A recent incident has shed light on the damaging effect of Bluetooth earphones.

An incident has been shared on a public forum, where the user has mentioned that his girlfriend lost her hearing ability after the Bluetooth earphones exploded inside her ear.

The user mentioned that the earphones were a gift for his girlfriend. The earphones were 36% charged when it was opened, the user has mentioned. However, the earphones exploded inside her ear and it caused her permanent hearing loss. The complaint was made on the Samsung forum and the earphones in question are Galaxy Buds FE.

While the gravity of the incident is too concerning, this is not the first time such an incident has occurred.

How to use earphones safely?

Earphones have also become a necessity today, either for music or for listening to podcasts or while receiving calls. However, misuse will result in permanent damage to the ears. By following some basic rules, one can easily enjoy earphones without causing damage to the ears.

The first principle is maintaining a reasonable volume. The volume level should be kept at or below 60% maximum on your device according to the health experts. Exposure to more than 85 decibels for long periods will lead to permanent damage to the hair cells in your inner ear, thus bringing about noise-induced hearing loss. A simple test of whether the volume is too high is through retracting the earphones. And if the guy sitting next to you can already hear the music through your earphones, then you already know it's too loud.

Another crucial element is the time spent listening. Even with an acceptable volume, prolonged exposure can injure your ears. The '60/60 rule' is a good starting point: listen at 60% of the maximum volume for no more than 60 minutes at a time. Make sure you have breaks in between to give your ears time to recover from overexposure to continuing sound. Noise-canceling headphones can be even more responsible with your hearing since they reduce the volume in noisy environments. When the background noise is reduced, you will listen to your audio at a low volume, preventing possible damage to your hearing. Without

noise cancellation, individuals are accustomed to turning up the volume to drown out sounds due to ambient noise, which can be dangerous over time. There is a great investment that can protect your ears from any problem by purchasing a good quality of noise-canceling headphones.

The kind of headphones you use may make all the difference as well. In-ear headphones, sitting inside the ear canal, may expose you to sound in a way that over-the-ear headphones do not. Over-the-ear is always a more even dispersal of sound and is often less damaging. This does not mean you need to worry about in-ear headphones; just use them at safe volumes and for safe durations. For in-ear headphones, though, make sure you get models with silicone or foam tips which fit closely. In this way, it can cut out most of the ambient noise so that you may only need to increase the volume a little.

Cleaning your earphones regularly is important to hygiene and ear health. Earphones shelter all kinds of dirt, bacteria, and earwax which can cause infections in the ears. Clean your earphone using a clean dry cloth or a soft brush and do not share. A dirty earphone may also reduce the quality of the sound, tempting you to raise the volume, which again harms your hearing damage.

You may find yourself increasing the volume when you're on the bus or train, at the gym, or when walking on a busy street. Since loud noise tends to mask the volume you are producing, you likely end up going way beyond safe limits of volume without knowing it. Avoid earphones as much as possible from noisy places or get models that incorporate noise-canceling technology whereby you will be able to minimize the background noise without raising the volume.

Cardiovascular Risks (THE TIMES OF INDIA: 20240927)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/extreme-exercise-and-the-potential-cardiovascular-risks/articleshow/113689837.cms>

Extreme exercise and the potential cardiovascular risks

Exercise is crucial for cardiovascular health, with moderate activity over a lifetime linked to positive outcomes. The American Heart Association recommends 150 minutes of moderate exercise weekly. Regular physical activity reduces triglycerides, increases good cholesterol, and improves glucose metabolism. Consulting healthcare professionals ensures safe and beneficial exercise routines for individuals with heart conditions.

Extreme exercise and the potential cardiovascular risks

Exercise is one of the most effective ways to improve cardiovascular health, but it doesn't mean you need to run marathons to see the benefits. Moderate exercise spread over a lifetime is linked to good cardiovascular outcomes. However, it is essential to understand the right balance of volume and intensity for maximum benefit. According to the American Heart Association (AHA) guidelines, 150 minutes of moderate-intensity exercise per week has been proven to significantly benefit heart health.

Exercise not only strengthens the heart but also helps in reducing triglyceride levels, increasing HDL ("good" cholesterol), lowering inflammatory markers, reducing body weight, and improving glucose metabolism and insulin sensitivity. It also helps lower blood pressure, highlighting the many positive effects of physical activity.

Safe limits for physical activity

Determining the precise "cutoff" limit for physical activity is still being studied. While there is no definitive answer yet, it is clear that the benefits of regular exercise far outweigh the risks of a sedentary lifestyle. The key takeaway is that inactivity is riskier than exercising, regardless of the level of intensity.

Essential guide to safe and effective exercise for heart health

When starting an exercise program, it's important to begin with a light routine and gradually increase intensity based on your body's response. A baseline heart evaluation is recommended before engaging in any exercise regimen, especially for those with pre-existing heart conditions. It's also vital to include proper warm-up and cool-down phases to allow the body to adjust to the activity and reduce the risk of injury or cardiac events.

For most people, moderate-intensity exercise for 5 to 7 days a week provides significant cardiovascular benefits. However, individuals with heart issues should consult their doctor before beginning any exercise program. The message here is simple: regular exercise is more beneficial than no exercise at all.

While there are concerns about extreme levels of physical activity, such as in professional athletes or endurance sports participants, these risks are generally associated with those who are unaccustomed to such intense training or have underlying heart conditions. Data has shown that long-term, excessive exercise can lead to structural and functional changes in the heart, including enlargement of the cardiac chambers and the release of certain biomarkers, which could indicate heart stress.

Though these biomarkers typically return to normal within a week, repetitive strain on the heart over months and years can cause scarring (myocardial fibrosis) and increase the risk of arrhythmias, such as atrial fibrillation, which raises the likelihood of stroke.

Bottom line

While regular moderate exercise greatly enhances cardiovascular health, it's crucial to avoid extremes. Finding balance and consulting healthcare professionals ensures long-term benefits while safeguarding heart health against risks.

Depression Symptom (Medical News Today: 20240927)

<https://www.medicalnewstoday.com/articles/psilocybin-may-bring-greater-long-term-depression-symptom-relief-than-ssris>

Psilocybin may bring greater long-term depression symptom relief than SSRIs

A new clinical trial looks at how psilocybin compares to a commonly prescribed antidepressant. Image credit: The Washington Post/Getty Images.

About 5% of adults worldwide live with depression.

One commonly prescribed medication for treating depression is selective serotonin reuptake inhibitors (SSRIs), which have quite a few potential side effects.

Researchers from Imperial College London in the United Kingdom say that psilocybin provides similar improvement of depression symptoms as an SSRI.

They found that participants also reported greater improvements in social functioning and psychological connectedness after 6 months.

Researchers estimate that 5% of adults [Trusted Source](#) around the world live with depression — a mental health condition that causes a person to feel sad, hopeless, and/or unable to experience joy.

In addition to psychological counseling, there are several types of antidepressant medications available to treat depression. One of the most commonly prescribed are selective serotonin reuptake inhibitors (SSRIs) [Trusted Source](#).

As with all medications, SSRIs have side effects that can include nervousness or anxiety, headache, nausea, dry mouth, sleeping issues, and loss of libido. Additionally, past studies show that SSRIs do not work for about 30% of people with depression.

Now, researchers from Imperial College London in the United Kingdom say that psilocybin — a psychedelic compound found in certain types of mushrooms — provides similar improvement of depression symptoms as an SSRI, as well as better psychosocial functioning and other long-term benefits.

The study was recently published in the journal *Lancet eClinical Medicine* [Trusted Source](#) and presented at the 37th European College of Neuropsychopharmacology (ECNP) Congress.

Psilocybin offers same depression symptom improvement as SSRIs

For this study, researchers recruited 59 adults with a diagnosis of moderate-to-severe depression. Thirty participants received two 25-milligram doses of psilocybin, while the remaining 29 followed a 6-week course of an SSRI called escitalopram.

Participants also received about 20 hours of psychological support.

At the study's conclusion, researchers found that both groups showed notable improvement in their depression symptoms, even up to the 6-month follow-up.

“[Psilocybin] disrupts the persistent ruminative loops of negative thinking that underpins depression,” David Nutt, DM, FRCP, FRCPSych, FMedSci, DLaws, the Edmond J. Safra Professor of Neuropsychopharmacology and director of the Neuropsychopharmacology Unit in the Division of Brain Sciences at Imperial College London and one of the authors of this study, told *Medical News Today*.

“We did show that remission rates were much higher for psilocybin than for escitalopram even though the mean scores for depression reductions were not different,” he added.

“The reasons for this are complex and likely due to high variability of some scores and the fact that after the two month treatment trial, we did not control what the patients took in terms of medicines, i.e. they could seek out other treatments,” Nutt explained.

BetterHelp provides a tailored therapist match from the largest online network of therapists in the world. Experience affordable, high quality therapy with a match in as little as 24 hours.

“This is important because improving connectedness and having greater meaning in life can significantly enhance a person’s quality of life and long-term mental health,” David Erritzoe, MD, PhD, MRCPsych, clinical director and deputy head of the Centre for Psychedelic Research at Imperial College London and co-first author of the study stated in a press release.

“The study suggests that psilocybin therapy might be a more holistic treatment option for depression, addressing both the symptoms of depression and overall well-being. This could make a substantial difference in the overall happiness and daily activities of those suffering from depression, providing a more joined-up approach to mental health treatment,” Erritzoe advised.

As to Nutt, he also pointed out that:

“This further supports the view that psilocybin works quite differently to escitalopram, especially that it doesn’t suppress emotions like escitalopram does. Just 2 psilocybin doses are at least as effective at treating depression as 6 weeks treatment with escitalopram with better remission rates and improved well-being outcomes up to 6 months.”

“We will be reporting outcomes of psilocybin treatment in anorexia, OCD [obsessive-compulsive disorder], and fibromyalgia next year,” he told us. “Our current research is exploring if just a single dose of psilocybin can help treat addictions to heroin and gambling.”

Promising results for possible antidepressant alternative

After reviewing this study, Simon B. Goldberg, PhD, Kellner Family Distinguished Chair in Education and Well-Being and associate professor in the Department of Counseling Psychology and Core Faculty at the Center for Healthy Minds at the University of Wisconsin – Madison, who was not involved in the research, told MNT that he thought it was very exciting that work investigating alternatives to antidepressants is showing these kinds of promising results.

“Depression is extremely common and burdensome, so there is a huge public health need for effective treatments,” Goldberg explained. “It was quite intriguing that the psychedelic condition was showing benefits above and beyond escitalopram on some measures of well-being.”

“Although antidepressants are helpful for many people, they have some important limitations,” he continued. “Many patients do not respond to them, they can have substantial side effects, and benefits may not persist when someone stops taking the antidepressant. There is some evidence that there also may be withdrawal symptoms associated with discontinuing antidepressants.”

MNT also spoke with David Merrill, MD, PhD, a board-certified geriatric psychiatrist at Providence Saint John’s Health Center in Santa Monica, CA, and Singleton Endowed Chair in Integrative Brain Health, about this study.

“The mind-altering and intensive nature of psychedelics makes it such that comparing the two is nice in theory but the access barriers for one treatment versus the other remain significant,” Merrill, who was also not involved in the research, pointed out.

“It will take some doing before the comparable effectiveness matches the realistic opportunity for patients to access the two treatments equally,” he added.

Merrill said it is important for researchers to continue to look for alternatives to standard SSRIs as it helps us understand mechanisms of depression.

“There may be ways to achieve the benefits of psychedelics without the drugs,” he noted. “For example, through holotropic breathing Trusted Source. But even that can be of an intensity such that it’s recommended to be tried only under direct supervision of an experienced practitioner.”

More studies needed before psilocybin can be approved for depression treatment
Matthew W. Johnson, PhD, senior investigator at the Sheppard Pratt Center of Excellence for Psilocybin Research and Treatment in Baltimore, MD — who reviewed this study for MNT — pointed out that psilocybin has not been approved for depression by the Food and Drug Administration (FDA), the European Medicines Agency (EMA), or similar regulatory bodies.

“Therefore it is important to move toward and complete phase 3 trials to potentially garner that approval,” Johnson continued. “Such larger studies are also better able to study the risks of psilocybin, which is something I have researched over the years.”

“Larger studies are better equipped to identify relatively uncommon adverse effects. We need to know how prevalent such effects are under clinical conditions and optimize screening and treatment methods to minimize harm,” Johnson explained.

Finally, MNT also spoke with Rachel Yehuda, PhD, Endowed Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai and director of The Parsons Research Center for Psychedelic Healing at Mount Sinai, who commented this is an important study showing that the long term effects of both psilocybin and escitalopram are durable six months after treatment.

“This is the kind of information that the field needs in order to understand long-term impacts of psychedelic therapies,” Yehuda, who was not involved in this research, explained.

“What I really liked about this study is that we are finally starting to talk about outcome measures beyond symptom severity, which in mental health, can be extremely informative. Many people with symptoms can tolerate them better if they can live lives full of meaning, connectedness, and social functioning. Simply measuring severity of depression or other mental health conditions often does [not] give the full picture of well-being,” she told us.

“That said, the study also calls for more long-term follow up of psychedelic therapies as there is a suggestion in the data, particularly in the supplementary tables, that the magnitude of the symptom severity differences are reduced over time in the psilocybin group compared to the escitalopram group. Again, if overall people feel like their lives have improved, this argues for a more diverse set of primary outcomes in evaluating the efficacy and long-term benefits of any mental health treatment.”

Mpox (The Tribune: 20240927)

<https://www.tribuneindia.com/news/health/centre-issues-advisory-to-states-to-isolate-suspected-mpox-cases/>

Centre issues advisory to states to isolate suspected Mpox cases

This comes after India reported a case of the clade Ib strain of Mpox infection, making it the third non-African country to do so

Those who test positive will have their samples sent to ICMR-NIV for genome sequencing to determine the clade.

The Union Health Ministry has issued an advisory to all states and Union Territories to isolate suspected Mpox cases and implement strict infection prevention and control measures. This comes after India reported a case of the clade Ib strain of Mpox infection, making it the third non-African country to do so.

Union Health Secretary Aprurva Chandra directed states to send samples from skin lesions of patients with suspected symptoms to designated labs immediately. Those who test positive will have their samples sent to ICMR-NIV for genome sequencing to determine the clade.

Chandra highlighted that robust diagnostic testing capabilities are already available, with 36 ICMR-supported labs across the country and three commercial PCR kits validated by ICMR and approved by Central Drugs Standard Control Organisation (CDSCO).

States have been directed to set up isolation facilities for suspected and confirmed cases, equipped with logistics and trained staff.

“Robust diagnostic testing capability is already available, 36 labs supported by ICMR across the country and three commercial PCR kits validated by ICMR, now approved by CDSCO, are also available,” Chandra said.

The World Health Organization (WHO) notes that Mpox virus clade I is more virulent and transmissible than clade II. Clade I has been found outside the Democratic Republic of Congo (DRC) only during the current outbreak, with cases reported in Sweden and Thailand.

Heart Attack (The Indian Express: 20240927)

<https://indianexpress.com/article/lifestyle/health/possible-to-get-heart-attack-during-angiography-procedure-angiogram-experts-9551581/>

Can you get a heart attack during an angiography?

Angiography is a common test done to visualise blood vessels in the heart, looking for blockages or narrowing that could result in heart disease.

Recently, an acquaintance complained of mild chest pain and discomfort after dinner. The 33-year-old male was rushed to a hospital in Chennai where an Echocardiogram and ECG were done. While both results came out normal, he was kept under overnight observation, which was followed by a treadmill ECG in the morning. Since this test result showed a variation, he was advised an angiography (a procedure that uses X-rays to produce an angiogram to reveal the health of blood vessels) during which he had a major heart attack and collapsed.

With only 10 per cent of his heart functioning, the doctor suggested a transplant. Now his left leg, until mid-thigh, has been amputated which has improved heart functioning by one per cent and if the patient remains stable, a heart transplant may not be required.

Taking a cue from this case, let's understand the odds of getting a heart attack during angiography, a common test done to visualise blood vessels in the heart, looking for blockages or narrowing that could result in heart disease.

According to Dr Brajesh Kumar Mishra, interventional cardiologist and cardiac electrophysiologist, Manipal Hospital, Gurugram, it is often performed when one has symptoms of chest pain or shortness of breath or if there's suspicion of a heart condition. "While generally considered a safe procedure, patients sometimes report a little anxiety regarding the risk involved," said Dr Mishra.

What happens during the test?

It is a relatively non-invasive test. A thin tube, also called a catheter, is inserted via a vein — usually in the groin or wrist — and is advanced towards the heart. "A specialised dye is injected which allows for blockages or narrow arteries to be visualised under X-ray guidance by the doctor," said Dr Mishra.

heart attack Here's what experts say (Source: Getty Images/Thinkstock)

Can a heart attack occur?

Dr Mishra told indianexpress.com, "Although very rare, it may result in the complication of a heart attack". "The occurrence of a heart attack during an angiogram is usually less than 0.001 per cent, especially for those patients who are being diagnosed through the procedure. Most of the patients do not experience any severe problems while undergoing the procedure," said Dr Mishra.

In most instances of a heart attack occurring, Dr Mishra explained that it is usually based on the prevailing condition of the heart, such as severely clogged arteries, that the angiogram tests for. “A probable dislodgment of the plaque or rupture of plaque in the arteries by either the catheter or dye may cause the blockage that may bring about a heart attack. The doctors are, nonetheless, fully trained to take swift and appropriate action in case such a possibility may arise,” said Dr Mishra.

Also Read | Yeh Rishta Kya Kehlata Hai actor Mohsin Khan says he suffered a heart attack in 2023, was diagnosed with fatty liver; understanding the link
How to avoid complications?

Physicians take many precautions to avoid complications, even heart attacks, asserted Dr Mishra. “You will be thoroughly screened for the procedure by blood tests and imaging to make sure your heart is in stable condition. The procedure itself is controlled by very experienced cardiologists,” said Dr Mishra.

What to keep in mind?

However, Dr Vidya Suratkal, cardiologist, Lilavati Hospital Mumbai emphasised that it is important to note that the risk of choosing not to undergo an angiogram is even greater if you have symptoms of a heart attack such as chest pain or discomfort, tightness in the chest, difficulty in breathing, or weakness, especially on the one side of the body. “If you are concerned or curious about the risks associated with the angiography process then consider consulting a doctor for detailed discussion,” said Dr Suratkal.

Diabetes (Navbharat Times: 20240927)

<https://navbharattimes.indiatimes.com/lifestyle/health/3-teas-you-shouldnt-be-drinking-when-you-have-diabetes/articleshow/113698312.cms>

Diabetes रोगी भूलकर भी ना पिएं ये 3 हर्बल टी, Sugar Level बुरी तरह से हो जाता है डाउन

What tea should diabetics avoid: डायबिटीज मरीजों के लिए हर्बल टी फायदेमंद हो यह जरूरी नहीं है। कुछ हर्बल टी, जैसे एलोवेरा, कैमोमाइल और मेथी, ब्लड शुगर लेवल को डायबिटीज की दवाओं के साथ मिलकर खतरनाक रूप से डाउन कर सकती है। इसलिए, कोई भी हर्बल टी लेने से पहले डॉक्टर से परामर्श करना जरूरी है।

आज कल हर्बल टी इतनी पॉपुलर हो चुकी है कि हर कोई इसे ट्राय करने में लगा है। शरीर में सूजन को कम करने से लेकर गट हेल्थ को ठीक रखने तक, हर्बल टी शरीर के हर रोग को दूर करने का क्लेम करती है। यही नहीं, बताया जाता है कि अगर आप इसे नियमित पिएंगे तो यह आपके शुगर लेवल को भी कंट्रोल में रखेगी।

मगर क्या हर्बल टी पीने से सच में डायबिटीज कंट्रोल हो जाती है? क्या यह सेफ है? '2 डे डायबिटीज डाइट' के लेखक Erin Palinski-Wade कहते हैं कि यह जरूरी नहीं है। जब आप इस बीमारी को ठीक करने के लिए पहले से ही दवाएं खा रहे हैं, तो यह सुनिश्चित करना और भी जरूरी होता है कि आप अपनी लाइफस्टाइल में कुछ ऐसी चीजें भी शामिल कर सकें जिसको लेने से आगे चल कर कोई खतरा मोल ना उठाना पड़े, जो कि एक हर्बल टी हो सकती है।

कुछ हर्बल टी दवाओं के साथ इंटरैक्ट कर सकती हैं या ब्लड शुगर के लेवल पर खतरनाक प्रभाव डाल सकती हैं, इसलिए किसी भी नई चीज को लेने से पहले अपने डॉक्टर से पूछ लें।

न्यूट्रिशनिस्ट की सलाह- हर्बल टी को सावधानी से पिएं

डायबिटीज और मल्टी कल्चरल न्यूट्रिशन में न्यूट्रिशनिस्ट लोरेना ड्रैगो, कहती हैं कि हर्बल टी को वास्तव में एक सप्लीमेंट के तौर पर देखा जाता है इसलिए फूड एंड ड्रग एडमिनिस्ट्रेशन (FDA) हर्बल टी को उस तरीके से कंट्रोल नहीं करता है, जैसा कि वह खाने की चीजों या पेय पदार्थों को करता है।

यह बहुत जरूरी है कि आप जो भी सप्लीमेंट, जैसे कि हर्बल टी लेते हैं, तो इस बात की पुष्टि कर लें कि वह आपके शुगर के स्तर को प्रभावित ना करें। नहीं तो हाइपोग्लाइसेमिया का कारण बन सकता है और अन्य स्वास्थ्य समस्याएं पैदा कर सकता है।

रिसर्च बताती है कि एलो वेरा का सेवन ब्लड शुगर पर गंभीर प्रभाव डाल सकता है, जिससे ब्लड शुगर कम होने का खतरा बढ़ जाता है। हालांकि शोध सीमित है, एक पुरानी रिसर्च में टाइप 2 डायबिटीज से पीड़ित लोगों में एलोवेरा जेल पाउडर के ब्लड शुगर प्रतिक्रिया और रक्त वसा पर प्रभाव का अध्ययन किया गया था।

उनके निष्कर्ष यह थे: एलोवेरा जेल पाउडर का सेवन करने से ब्लड ग्लूकोज, ब्लड प्रेशर और कोलेस्ट्रॉल में बहुत कमी आई।

यह काफी घाटत हो सकता है, क्योंकि जो लोग ब्लड शुगर को कम करने की दवा ले रहे हैं, उनमें यह नकारात्मक प्रभाव डाल सकता है।

कैमोमाइल हर्बल टी

यह हर्बल टी नींद लाने के लिए पॉपुलर है, जो कि मेडिकली प्रूवेन है। लेकिन अगर आपको मधुमेह की बीमारी है और डॉक्टर की बताई दवाइयां ले रहे हैं जैसे, वॉरफेरिन जैसी ब्लड थिनर, तो कैमोमाइल आपकी दवाओं के साथ खतरनाक रूप से इंटरैक्ट कर सकती है।

वास्तव में, इंटरैक्शन की संभावना इतनी गंभीर है कि एक अध्ययन ने विशेष रूप से वॉरफेरिन लेने वाले रोगियों को कैमोमाइल लेने की सलाह नहीं दी क्योंकि इससे खून बहने का जोखिम बढ़ सकता है।

मेथी (Fenugreek) हर्बल टी

मेथी का उपयोग हम अक्सर डायबिटीज के मैनेजमेंट करने के लिए करते हैं। मगर मेथी हर किसी के लिए सुरक्षित नहीं हो सकती है। मेथी सप्लीमेंट्स का हाइपोग्लाइसेमिक प्रभाव हो सकता है, जिससे ब्लड शुगर में गिरावट आ सकती है।

यही नहीं, मेथी ब्लड थिनिंग मेडिकेशन के साथ इंटरैक्ट कर सकती है, जिससे डायबिटीज और हृदय संबंधी समस्याओं वाले लोगों के लिए चिंता बढ़ सकती है। मेथी को हर्बल टी या सप्लीमेंट के रूप में इस्तेमाल करने से पहले अपने डॉक्टर से बात करें।

Myopia (Dainik Jagran: 20240927)

<https://www.jagran.com/lifestyle/health-myopia-is-increasingly-making-children-its-victims-remember-these-measures-to-keep-your-eyes-safe-23805249.html>

बच्चों को तेजी से अपनी चपेट में ले रहा Myopia! आंखों को सुरक्षित रखने के लिए याद रखें ये उपाय

एक स्टडी में बेहद चौंकाने वाले खुलासा हुआ है। इसके मुताबिक हर तीन में से एक बच्चा मायोपिया (Myopia in Kids) का शिकार है। बच्चों में मायोपिया के मामले कोविड महामारी के दौरान लगे लॉक डाउन के बाद से बढ़ने शुरू हुए हैं जो यह बताता है कि स्क्रीन टाइम का इसमें कितना अहम रोल है। जानें बच्चों की आंखों को सुरक्षित रखने के कुछ उपाय (Tips to Prevent Myopia)।

स्टडी के मुताबिक हर तीन में से एक बच्चे को Myopia है।
मायोपिया में दूर की चीजों को देखने में परेशानी होती है।
ज्यादा स्क्रीन टाइम होना मायोपिया की एक अहम वजह है।

लाइफस्टाइल डेस्क, नई दिल्ली। Myopia In Kids: हाल ही में एक स्टडी में ये पता चला है कि कोविड-19 महामारी के बाद बच्चों में मायोपिया के मामले काफी बढ़ गए हैं। अब हर तीन में से एक बच्चा मायोपिया का शिकार है। मायोपिया, जिसे दूर दृष्टि भी कहते हैं, एक ऐसी समस्या है जिसमें दूर की चीजों को देखने में परेशानी होती है। ऐसा अनुमान लगाया जा रहा है कि साल 2050 तक बच्चों में मायोपिया के मामले 74 करोड़ तक पहुंच सकते हैं। इस आर्टिकल में हम मायोपिया के कारण और बचाव के तरीकों (Tips to Prevent Myopia) के बारे में जानेंगे।

क्या है बच्चों में बढ़ते मायोपिया की वजह?

स्टडी के मुताबिक मायोपिया के मामले बढ़ने के पीछे की वजह है ज्यादा लंबा स्क्रीन टाइम। कोविड-19 महामारी के दौरान लगे लॉक डाउन में बाहर जाने का कोई ऑप्शन नहीं था। इसलिए बच्चों की पढ़ाई से लेकर मनोरंजन तक, सबकुछ मोबाइल फोन या कंप्यूटर के जरिए ही हुआ। लॉक डाउन के बाद भी अब बच्चों का ज्यादातर समय फोन या कंप्यूटर के सामने ही बीतता है। इसके कारण उनका स्क्रीन टाइम काफी बढ़ गया है।

ज्यादा स्क्रीन टाइम के कारण आंखों में स्ट्रेन, रेडनेस और ड्राईनेस जैसी परेशानियां भी होती हैं, जो आंखों को नुकसान पहुंचा सकती हैं। स्क्रीन टाइम ज्यादा होने के साथ-साथ और भी कुछ फैक्टर्स हो सकते हैं, जो मायोपिया की वजह बन सकते हैं, जैसे-

जेनेटिक्स- यदि माता-पिता में से किसी एक या दोनों को मायोपिया है, तो उनके बच्चों में भी इसकी संभावना ज्यादा होती है।
बाहरी गतिविधियों की कमी- बाहर खेलने और धूप में रहने से आंखों को आराम मिलता है और मायोपिया का खतरा कम होता है। लेकिन इसकी कमी की वजह से आंखों को नुकसान पहुंचता है।

कम रोशनी में पढ़ना- कम रोशनी में पढ़ने या फोन चलाने से आंखों पर ज्यादा स्ट्रेन पड़ता है, जिससे मायोपिया हो सकता है।
मायोपिया से बचने के उपाय

मायोपिया को पूरी तरह से रोकना मुश्किल हो सकता है, खासकर यदि परिवार में इसका इतिहास है। हालांकि, कुछ उपाय अपनाकर इसके प्रभाव को कम किया जा सकता है, जैसे-

बाहरी गतिविधियों को बढ़ावा देना- बच्चों को हर दिन कम से कम 2-3 घंटे बाहर खेलने के लिए प्रोत्साहित करें।
स्क्रीन समय को सीमित करना- कंप्यूटर, टैबलेट और स्मार्टफोन का इस्तेमाल हर दिन 2 घंटे से ज्यादा नहीं होना चाहिए।
आंखों को आराम देना- नियमित रूप से आंखों को आराम देने के लिए 20-20-20 नियम का पालन करें। यानी हर 20 मिनट के स्क्रीन समय के बाद, 20 सेकंड के लिए 20 फीट दूर की किसी चीज को देखें।
सही रोशनी में पढ़ना- पढ़ते समय बच्चों के कमरे की रोशनी सही हो, इसका ध्यान रखें और उन्हें अंधेरे में फोन न चलाने दें।
नियमित आंखों की जांच कराना- बच्चों की आंखों की नियमित जांच कराना जरूरी है, ताकि मायोपिया के शुरुआती लक्षणों का पता चल सके और सही इलाज किया जा सके।

पोषण पर ध्यान दें- बच्चे की डाइट में विटामिन-ए, डी, ई और ओमेगा-3 फैटी एसिड से भरपूर हो।
आंखों की एक्सरसाइज करना- कुछ आंखों की एक्सरसाइज भी मायोपिया को रोकने में मदद कर सकता है। इनमें आंखों को घुमाना, आंखों को बंद करके आराम करना और दूर की चीजों पर फोकस करना शामिल हो सकता है।