



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20241004

Anxiety and Depression (Hindustan Times: 20241004)

<https://www.hindustantimes.com/lifestyle/health/psychedelics-can-cure-anxiety-and-depression-here-s-what-recent-study-states-101727939190946.html>

Psychedelics can cure anxiety and depression? Here's what recent study states

Psychedelics are used by lot of people for counterculture and spiritual experiences. It also comes with the risk of misuse and dependency that can be harmful for the mind and body. However, a recent study states that psychedelics may be the answer to chronic mental conditions such as anxiety and depression. The study, led by neuroscientist Vidita A Vaidya, at Tata Institute of Fundamental Research, Mumbai, in collaboration with researchers from Cornell, Yale, and Columbia, stated that psychedelics may be the answer to opening up new avenues of treatment for mental conditions.

The study demonstrated a complex interaction between the psychedelic drug, the receptors, and the specific neurons in a specific location of the brain – further leading to reduction of anxiety-like symptoms.

The study was conducted with the usage of serotonergic psychedelic 2,5-dimethoxy-4-iodoamphetamine (DOI) - a substance commonly used in medical research. It was observed that DOI targeted fast firing PV-positive interneurons - this further helped in sending calming signals to other parts of the brain, especially calming the overactive circuits in the brain associated with anxiety.

In the ventral hippocampus, the complex interaction between the drug, receptors and the specific neurons helped in reducing anxiety-like symptoms.

The lead of the study, Vidita A Vaidya explained that identifying the part of the brain took at least three years. Finally, the researchers were able to identify ventral hippocampus as the area of the brain where the psychedelics work. Then they had to identify the neurons that get activated by the drug. Then they were able to identify the population of the neurons in the specific part of the brain where the drug works – this helped in reducing the anxiety-like symptoms.

The study can further pave the way for improving treatment options for anxiety disorders to understand how psychedelics can work. Keeping hallucinations aside, these drugs can be effective in reducing chronic mental conditions such as anxiety and depression.

Heart Failure Risk (Hindustan Times :20241004)

<https://www.hindustantimes.com/lifestyle/health/eat-more-hummus-falafel-to-avoid-heart-failure-study-suggests-mediterranean-diet-lowers-heart-failure-risk-in-women-101727939950649.html>

Eat more hummus, falafel to avoid heart failure? Study suggests Mediterranean diet lowers heart failure risk in women

The Mediterranean diet has gained traction due to its delectable flavours. But this plant-based diet has proven health benefits as well, that alleviate the risks of serious health conditions like heart failure. A study published in the European Journal of Clinical Nutrition examined the relationship between heart failure and the Mediterranean diet in Europe. The findings indicate a significant reduction in heart failure risk, particularly among women who adopted this dietary approach.

The Mediterranean diet possesses anti-inflammatory properties that help diminish oxidative stress and inflammation, both of which are key risk factors for heart failure. According to the research, this diet substantially lowers levels of specific biomarkers such as NT-proBNP, which are associated with heart failure. It also targets elevated inflammatory cytokines, including TNF- α , found in heart failure patients.

The holistic benefits of this diet also positively influence glucose metabolism, insulin sensitivity, and lipid levels, all contributing to a decreased risk of heart failure. Rich in olive oil, which contains monounsaturated fats, the diet helps reduce inflammation and promote heart health. Furthermore, the abundant fruits and vegetables used in the Mediterranean diet protect against oxidative stress.

Women benefit from this diet

The sex-specific benefit from this diet suggests that women experience better outcomes, especially for heart health, when they adopt this diet. The variation in responses to this diet can be connected to the sex-related differences in metabolic responses and hormone levels. The researchers emphasized that making informed and healthier dietary choices can significantly reduce the risk of serious health conditions.

Weight Loss (Hindustan Times: 20241004)

<https://www.hindustantimes.com/lifestyle/health/wegovy-and-ozempic-weight-loss-the-science-and-the-hype-of-supplements-how-do-they-work-101727943727148.html>

Wegovy and Ozempic weight loss: The science and the hype of supplements; how do they work

It was sometime during the COVID-19 pandemic when Wegovy and Ozempic hit mainstream awareness. Since then, they have taken the weight loss industry by storm. (Also

It's worth noting from the start that while both are based on the same drug or active ingredient — semaglutide — as products, Wegovy and Ozempic were originally intended for different uses.

Ozempic was first approved in 2017 by the US Food and Drug Administration (FDA) as an injectable drug to help "lower blood sugar levels in adults with type 2 diabetes mellitus, in addition to diet and exercise."

Wegovy was approved the same year to help adults and children aged 12 years and older, who were overweight or living with obesity.

From tech to television: Celebrities lose weight

Celebrities, tech moguls and online influencers have championed the drug — known users include screen stars, musicians and comedians like Oprah Winfrey, Kelly Clarkson and Amy Schumer.

Elon Musk, the public face of X, SpaceX and Tesla, tweeted in October 2022 that he was taking Wegovy when someone asked "What's your secret? You look fit, ripped and healthy."

How does the active ingredient semaglutide work?

Semaglutide reduces appetite by imitating a natural hormone called GLP-1.

GLP-1 is released after we eat. It travels to the brain to signal that we are sated. It also goes to the digestive system, where it slows down the process.

Semaglutide decreases blood sugar levels by helping the pancreas make more insulin — this is the mechanism in Ozempic, which treats people with type 2 diabetes, because they cannot produce insulin as their bodies need it.

"Ozempic can also reduce the risk of cardiovascular complications for people with diabetes," said Penny Ward, a physician-doctor at Kings College London, UK.

When used as a weight loss medication, Wegovy is only recommended "as an adjunct to diet and exercise to reduce weight in patients who are very obese," Ward told DW via email.

In clinical trials, most people taking Wegovy lost 5%-15% of their body weight after 68 weeks of weight loss treatment.

But the drug is only recommended for people with a body mass index, or BMI, higher than 30kg/m², where obesity is deemed a health risk to the individual.

Wegovy is not recommended for people classed as "overweight" with BMIs between 25.0 and 29.9 kg/m², or those of a "healthy weight."

Wegovy is not a drug for 'cosmetic reasons'

Ward and other health experts are concerned the drug is being misused as a quick fix for people trying to get slimmer. Ward said Wegovy "is not a drug which should be taken for cosmetic reasons."

Wegovy and Ozempic can cause a range of side effects, including nausea, vomiting, stomach pain, tiredness, or damage to kidney function.

Most symptoms are mild and short-lasting, said Simon Cork, a physiologist at Anglia Ruskin University, UK, but "some serious side effects can occur, such as gallstones and pancreatitis."

There have been anecdotal reports of rarer, more severe side effects, such as bowel obstructions, pregnancy complications, and vision loss.

Cork said that might be due to individuals taking doses "outside clinical boundaries for prescription, either off-license, or through non-legitimate means."

But the side effects mean that semaglutide drugs should "only be taken by very obese patients at risk of major cardiovascular complications and only then under close medical supervision," said Ward.

Copycat weight loss drugs on the rise

Weight loss hacks promising quick fixes for slimming have a long history. But they have risen to a whole new level since Ozempic and Wegovy became popular.

The rise in the products' popularity has resulted in fake versions of Ozempic and Wegovy flooding the online market, as the World Health Organization has warned.

New supplement cocktails promise "natural" and "side-effect free" alternatives Wegovy and Ozempic as weight loss medications.

The latest to jump on the trend is celebrity business person Kourtney Kardashian. Kardashian launched "GLP-1 Daily" via her supplement brand, Lemme.

Despite the name, however, the supplement does not contain any GLP-1 in natural or synthetic form, and the supplement does not behave like the hormone. The capsule contains food extracts from lemon, saffron, and orange.

It's marketed as "a breakthrough innovation in metabolic health, formulated to naturally boost your body's GLP-1 production, reduce appetite, and promote healthy weight loss."

But the health experts DW contacted doubted the supplement would work. Cork said he had "not found any convincing evidence." And Ward said claims about the product were based on "hype rather than fact."

"It is helpful to bear in mind that 'brand ambassadors' are often paid for their services in promoting a product," said Ward.

"Many claims are made but none of these have been reviewed or approved by a regulatory authority and the cited studies are of limited quality. There is no discussion of the safety profile, so it isn't possible to know if any side effects were reported," said Ward, who concluded that she would not recommend it to a patient wanting or needing to reduce blood sugar and reduce cardiovascular risk.

Breast cancer (THE TIMES OF INDIA: 20241004)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/breast-cancer-in-younger-women-myths-and-facts/articleshow/113917102.cms>

Breast cancer in younger women: Myths and Facts

Breast cancer can affect younger women, with 5–7% of cases in those under 40. Often more aggressive than in older women, early detection is key. Dense breast tissue complicates detection, and symptoms may not always include lumps. Regular checkups and self-awareness are crucial.

Breast cancer in younger women: Myths and Facts

Although it can affect women of any age, including younger ones, breast cancer is commonly thought to be a disease that mostly affects older people. Women under 40 are less likely to develop breast cancer, although the danger is still present. Some stereotypes about it still exist because it is less common in younger women, which can cause misdiagnosis and postpone treatment.

Myth 1: Breast Cancer Only Affects Older Women

One of the most common beliefs is that breast cancer primarily affects women over 50. While it is true that age is a key risk factor, breast cancer can and does develop in younger women. Women under 40 account for 5–7% of all incidences of breast cancer, according to the American Cancer Society. While the danger may be lessened, it is still present, thus younger women should take extra care with their breast health.

Fact: Young Women Can Develop Aggressive Breast Cancer

Breast cancer in younger women tends to be more aggressive compared to older women. Tumors in younger women are often more advanced by the time they are detected, and they may grow more quickly. This makes early detection crucial for improving outcomes. Moreover, younger women are more likely to be diagnosed with triple-negative breast cancer, a more aggressive subtype that does not respond to hormone therapy, making treatment more challenging.

Myth 2: A Lump Is the Only Symptom of Breast Cancer

Many people think that lumps are the only sign of breast cancer. However, younger women may suffer a range of symptoms that don't involve lumps, such as changes in breast form, skin dimpling, nipple discharge, or chronic breast soreness. Early detection of breast cancer is more challenging when these symptoms are mistaken for hormonal fluctuations.

Fact: Dense Breast Tissue Can Make Detection Difficult

Because younger women often have denser breast tissue than older women, tumours may be more difficult to detect on mammograms. On a mammography, dense tissue and malignant growths both appear white, making the distinction between the two more challenging. Because of this, medical professionals might advise younger women with thick breast tissue or high-risk factors to undergo additional imaging methods such as breast ultrasounds or MRIs.

Myth 3: Family History Is the Biggest Risk Factor

Even while it is undoubtedly a risk factor, the majority of younger women who get breast cancer do not have a family history of the condition. Lifestyle choices including smoking, drinking alcohol, and not exercising can also raise the risk. While BRCA1 and BRCA2 genetic abnormalities are more important risk factors, breast cancer can nevertheless be identified in younger women without these mutations.

Fact: Self-Awareness and Regular Checkups Are Key

The best defence against breast cancer for younger women is self-awareness and routine health examinations. Being aware of your body's typical range and performing self-breast checks can aid in the early detection of alterations. Women who are more likely to be at risk, particularly those with known genetic abnormalities or a family history of the condition, should discuss further screening options with their doctor.

Breast cancer may and does affect younger women, and myths around the condition can cause harmful assumptions. Even though breast cancer detection and treatment present particular difficulties for younger women, being informed and proactive about breast health can have a big impact on the results. Acknowledging the age-neutral nature of breast cancer is a first step towards improved prevention and timely diagnosis.

Dementia Risk (Medical News Today: 20241004)

<https://www.medicalnewstoday.com/articles/falls-may-increase-dementia-risk-older-adults-study>

Falls may increase dementia risk in older adults, study finds

Scientists have found a link between dementia risk and falls in older adults. fotostorm/Getty Images

Older adults who have experienced a traumatic injury as a result of falling are 21 percent more likely to later receive a diagnosis of Alzheimer's disease or another related dementia. A new study examined data from more than 2 million older adults who had sustained a traumatic injury; more than 10 percent of them later received a diagnosis of some form of dementia.

Experts say pinpointing the direct association with falls and dementia is difficult, but suggest that older adults who have been hospitalized as a result of a fall should undergo cognitive testing.

Older adults who have experienced a traumatic injury as a result of falling are more than 20 percent likely to later receive a diagnosis of Alzheimer's disease or another related dementia, according to a new study published in JAMA Network Open Trusted Source.

The retrospective cohort study, conducted by researchers at Brigham and Women's Hospital, a founding member of the Mass General Brigham healthcare system, examined data from more than 2 million older adults who had sustained a traumatic injury. More than 10 percent of them later received a diagnosis of some form of dementia in the year after their fall.

From the study cohort, the average age of patients who experienced a fall was 78; more women fell than men. In general, adults over 65 who sustain traumatic injury after a fall are more subject to already developing cognitive decline.

Some types of dementia, such as Alzheimer's disease, result from the progressive death of brain cells and neurons. It develops and worsens over time. But head injuries can contribute to dementia through the damage to cells directly. Some types of traumatic brain injury — particularly if repetitive, which can happen in some sports — may increase the risk of certain types of dementia later in life.

How do falls contribute to Alzheimer's or dementia?

A loss of motor skills is part of the progression of Alzheimer's disease in general. People may have difficulty with their balance, trip over, or spill things more often, or they may have difficulty orienting clothing to their body when getting dressed.

In a press release, senior author Molly Jarman, PhD, MPH, assistant professor in the Department of Surgery and deputy director of the Center for Surgery and Public Health at Brigham, said the connection between falling and the development of any cognitive disease can be a "two-way street."

However, Alexander Ordoobadi, MD, a resident physician in the Department of Surgery at Brigham and Women's Hospital and first author of the study, told Medical News Today that the study's results couldn't provide a direct association between falls and dementia.

"Some of the patients may have had some degree of mild cognitive impairment at the time of the fall and subsequently progressed to develop dementia over the course of the year after the fall. Other patients may have had dementia at the time of the fall that had gone undiagnosed prior to the fall and was formally diagnosed in the aftermath of the fall due to increased exposure to the healthcare system," Ordoobadi said.

"We think that it is less likely that the trauma from the fall itself is leading to dementia, since the risk of developing dementia was lower after other types of injury. Either way, the results

of our study highlight that all older adults who are hospitalized because of a fall should undergo cognitive screening to aid in the early diagnosis of dementia,” he said.

Clifford Segil, DO, neurologist at Providence Saint John’s Health Center in Santa Monica, CA, who was not involved in the study, gave MNT a similar view.

“It is challenging to assign how a ground-level fall could worsen dementia, which is a complicated disease process unless the fall caused bruising in an older person’s brain in the form of a subdural hematoma or another type of brain bruise,” Segil said., but added that certain types of dementia such as lewy body dementia or Parkinson’s dementia may increase the risk of falls.

Do other medical conditions make dementia more likely after a fall?

Ordoobadi said that any decline in cognition can affect motor skills, and mild declines are precursor conditions to more serious forms of dementia.

“Walking requires substantial cognitive capacity to coordinate motor movements, maintain balance, and safely navigate the environment. Impairments in motor domains involving gait often precedes the formal diagnosis of dementia and would place patients at risk for falling,” Ordoobadi said.

“We think that many of the patients who experienced a fall and subsequently were diagnosed with dementia in the year after the fall may have had mild cognitive impairment—a precursor condition to dementia—at the time of the fall. This would place patients at risk both for falling and for developing dementia.”

— Alexander Ordoobadi, MD

Segil said that a number of conditions associated with aging can result in falls, which, again, can be linked to the development of dementia but can also be a sign of it.

“Older patients often have medical comorbidities making them fall risks which are extremely varied and common. Heart disease can make some pass out or having a syncopal episode. Diabetes can cause neuropathy, causing people to be unsteady and fall. Parkinson’s Disease may cause unsteadiness due to a tremor or stiffness,” Segil explained.

“Only some of these can result in increased dementia. Movement disorder patients who fall may be at risk for Lewy Body Dementia. Stroke patients who fall may be at risk for vascular dementia or multi-infarct dementia,” he said.

Segil added that he would be “in support of advising patients with ground-level falls to obtain a simple outpatient cognitive screening with something like a mini-mental status exam as the data is convincing that patients with frequent falls are at a point in their lives when this screening would be valuable.”

Parkinson's (Medical News Today: 20241004)

Novel drug molecule that helps recycle mitochondria may help treat Parkinson's

Scientists are testing new drug molecules to develop treatments for Parkinson's disease. blue sky in my pocket/Getty Images

Researchers have found that a novel drug molecule may fight the development of early-onset Parkinson's disease in younger people.

The new compound, BIO-2007817, is from the family of tetrahydropyrazolo-pyrazine (THPP) compounds.

It offered promising results in activating parkin, a key protein in the brain responsible for tagging damaged proteins in mitochondria.

Experts say the molecule's ability to assist patients with early-onset Parkinson's is promising, but more research is needed to establish a larger clinical application.

Researchers at McGill University in Montreal, Quebec, have found that a novel drug molecule may have the ability to fight the development of early-onset Parkinson's disease in younger people, according to a new study published in Nature Communications Trusted Source.

The new compound is in the family of tetrahydropyrazolo-pyrazine (THPP) compounds developed by Biogen. The most successful such compound, referred to as BIO-2007817, can offer promising results activating parkin, a key protein in the brain responsible for tagging damaged proteins in mitochondria.

Mutations in parkin, often caused by genetic variation, can, in turn, result in damaged mitochondria, leading eventually to Parkinson's disease. Parkin malfunction can also be caused by oxidative stress, environmental factors, and mitochondrial dysfunction.

Sreeganga Chandra, PhD, an associate professor of neurology and neuroscience at Yale School of Medicine, who was not involved in the study, told Medical News Today that these mutations in parkin can also be passed down to family members.

“Most Parkin mutations are inherited — so both parents are carriers. The mutations are due to DNA damage/improper repair etc. The Parkin mutations are recessive or loss-of-function. Parkin mutations impact a process called mitophagy which is the removal of damaged mitochondria. The issue is that damaged mitochondria ‘adulterate’ healthy mitochondria through fusion as well as cause oxidative damage.”

— Sreeganga Chandra, PhD

The study authors refer to BIO-2007817 as a type of “molecular glue” that activates parkin and may serve as a treatment for Parkinson's.

“Generalized activation of parkin is unlikely to be a viable therapeutic strategy due to parkin's lack of substrate selectivity. As selective inducers, THPP compounds are promising leads for personalized medicine for patients with certain naturally occurring parkin mutations,” the authors write.

Can this molecule help reverse Parkinson's disease?

Parkinson's disease is a neurological condition that affects the nervous system and movement. Its symptoms occur because of low dopamine levels in the brain. Early signs include tremors, a loss of a sense of smell, and coordination problems.

Experts do not know why Parkinson's disease develops, but they currently believe that genetic changes and exposure to environmental factors, such as toxins, play a key role.

The symptoms of Parkinson's disease develop gradually. They often start with a slight tremor in one hand and a feeling of stiffness in the body. Over time, other symptoms develop, and some people can experience dementia as a result of Parkinson's.

Some early signs of Parkinson's disease may include:

movement changes, such as tremors

coordination and balance impairments that can cause a person to drop things or fall over
a loss of sense of smell

gait changes, so a person leans forward slightly or shuffles when walking

fixed facial expressions due to changes in the nerves that control face muscles

a voice tremor or softer voice

more cramped and smaller handwriting

sleep problems resulting from restless legs and other factors

rapid eye movement sleep disorder may be a powerful predictor, according to a 2015 study.

Daniel Truong, MD, neurologist and medical director of the Truong Neuroscience Institute at MemorialCare Orange Coast Medical Center in Fountain Valley, CA, and editor-in-chief of the Journal of Clinical Parkinsonism and Related Disorders, who was not involved in the study, told Medical News Today that the potential in this molecule is clear, but there are a number of concerns about how to apply it broadly.

"This enhanced parkin function allows for better removal of damaged mitochondria through mitophagy. Although the molecule doesn't directly repair the initial mitochondrial damage, it helps mitigate further deterioration by restoring or increasing parkin activity. This can help clear damaged mitochondria more effectively, potentially slowing down disease progression before irreversible damage occurs," Truong said.

"While the findings around the molecule BIO-2007817 are promising, there are potential challenges and limitations such as the limitation of efficacy in advanced disease, the long-term effect, mutation specificity as it may work better with certain mutations but the broad effect is uncertain. These factors highlight the need for further research to determine the molecule's broad clinical applicability," he added.

How does early-onset Parkinson's react differently to this treatment?

Truong told MNT that this “molecular glue” could be potentially effective in older Parkinson’s patients but may be more challenging than treating early-onset Parkinson’s.

“In older individuals, the accumulation of damaged mitochondria and cellular dysfunction is often more advanced. However, if this molecule can activate or restore parkin function, it could help remove damaged mitochondria even in later stages, potentially slowing disease progression and improving cell health. While it may not reverse extensive damage, it could offer symptom relief and slow further decline,” Truong said.

“There is a point in early-onset Parkinson’s disease (EOPD) where mitochondrial damage could become severe and potentially irreversible. Since parkin mutations impair the removal of damaged mitochondria, cells accumulate dysfunctional mitochondria over time, especially in neurons. Once the damage surpasses a certain threshold, cells may struggle to recover, even if parkin function is partially restored by treatments. However, therapeutic approaches targeting parkin activation, like those explored in this research, aim to intervene before reaching this critical point, potentially slowing or halting further damage.”

— Daniel Truong, MD

Diabetes (The Tribune: 20241004)

<https://www.tribuneindia.com/news/health/diabetes-obesity-increases-risk-of-liver-cancer-relapse-study/>

Diabetes, obesity increase risk of liver cancer relapse: Study

Diabetes and obesity can fuel the relapse of liver cancer — the sixth most common cancer worldwide. This has been revealed in a study led by Osaka Metropolitan University, focused on hepatocellular carcinoma (HCC) — a type of liver cancer associated with hepatitis infections — known to have a high recurrence rate after cancer removal. It is also the third leading cause of cancer-related deaths globally.

Obesity and diabetes, which are closely associated with metabolic syndrome development, are well known to induce steatotic liver diseases, potentially causing liver cirrhosis and HCC development. However, obesity and diabetes’ effects on patient survival and cancer recurrence have been unclear. “Since the risk of late recurrence is higher in hepatocellular carcinoma with comorbid obesity and diabetes, controlling obesity and diabetes is an important treatment strategy for the liver cancer,” said Dr Hiroji Shinkawa's research team at the University's Graduate School of Medicine.

In the study, published in the journal *Liver Cancer*, the team analysed the relationship between diabetes mellitus, obesity and postoperative outcomes in 1,644 patients with hepatocellular carcinoma who underwent liver resection.

The results revealed that obesity increased the risk of recurrence two years after the operation approximately by 1.5 times, and in the case of diabetes, the risk was 1.3 times higher. In addition, the risk of recurrence after five years postoperatively was 3.8 times higher with obesity, while with diabetes, it was two times higher. The findings could contribute to the early detection of cancer recurrence and the design of appropriate treatment strategies, Dr Shinkawa said.

Obesity is a common risk factor for type 2 diabetes, and the two conditions are often linked. Recent research showed that the number of adults with obesity will increase by six times in the next 40 years, while people with diabetes will soar 642 million by 2040. IANS

Glucose Tolerance Test (The Indian Express: 20241004)

<https://indianexpress.com/article/lifestyle/health/what-is-glucose-tolerance-test-diabetes-pregnancy-blood-sugar-levels-experts-9527354/>

Glucose Tolerance Test: Here's why and when it is recommended

glucose When is glucose test done? (Source: Getty Images/Thinkstock)

After discussing the details of a lipid profile, complete blood count, and the link between fatty liver and heart attack risk, today we shall answer the 5Ws and 1H about the Glucose Tolerance Test (GTT).

A glucose tolerance test is a medical treatment that helps to determine how well the body can process glucose, a simple sugar that serves as the principal energy source for its cells, Dr Mahesh D M, consultant, endocrinology, Aster CMI Hospital, Bengaluru, said

Adding, Dr Manisha Arora, director of internal medicine, CK Birla Hospital (R), Delhi, mentioned that the test involves giving 75 grams of glucose to ascertain the body's response to sugar, also called glucose.

“Blood samples are drawn afterward every 30 to 60 minutes, up to 3 hours, to determine how quickly glucose can be cleared from the blood. This is normally indicated in diabetes to determine insulin resistance, or during pregnancy, and even sometimes in reactive hypoglycemia, in specialised conditions like acromegaly. It is also done in some rare carbohydrate metabolic disorders,” said Dr Arora.

According to Dr Mahesh, GTT is usually performed during pregnancy to diagnose gestational diabetes or in people with symptoms of diabetes.

Why is it done?

Festive offer

GTT analyses the issues that the body may be facing while handling sugar after a meal. Since the body breaks down food into sugar, which enters the blood and is used for energy, the test reveals if this breakdown is happening too quickly.

Dr Mahesh said the test helps

- Diagnose diabetes, prediabetes, or gestational diabetes
- Monitor blood sugar control in people with diabetes
- Identify insulin resistance

glucose Is your blood sugar too high? (Source: Freepik)

Procedure

- *Fasting: 8-12 hours before the test
- *Initial blood sample (fasting blood sugar)
- *Drink a sugary solution (usually 50-75 grams of glucose)
- *Blood samples taken at 1–2-hour intervals (usually 1, 2, and 3 hours)
- *Measure blood sugar levels

Kidney Disease (The Indian Express: 20241004)

<https://indianexpress.com/article/lifestyle/health/fact-check-people-kidney-disease-deaths-kidney-failure-heart-disease-risk-experts-9576089/>

Fact check: Most people with kidney disease do not die from kidney failure — but from heart disease

kidneyKidney and heart health: Is there a direct link?

Our bodies work in mysterious ways. After being fascinated by many aspects of it, we recently learned yet another thing about it: that most people with kidney disease do not die from kidney failure — they die from heart disease. But what’s the connection? Intrigued, we asked experts.

Dr Puneet Bhuwania, consultant nephrologist and transplant physician, Wockhardt Hospitals, Mira Road, said that while it is believed that there is a connection between kidney and heart health, there may not be enough cases to substantiate a direct link.

“It is believed that heart disease is the most common cause of death for people known to have kidney disease, along with those who are on dialysis. This may happen as kidney disease can damage the kidneys, making it difficult for them to filter blood and causing a buildup of waste in the body. This can further stress the heart and increase one’s risk for heart disease,” explained Dr Bhuwania.

He added that many complications of kidney disease “increase the incidences of heart disease or lead to serious heart problems,” such as high blood pressure. “One can get coronary heart disease, heart attack (the blood flow to the heart is blocked), and atrial fibrillation (AF), a common type of irregular heartbeat (arrhythmia),” said Dr Bhuwania.

heart health Can your heart attack risk increase with kidney disease? (Source: Getty Images/Thinkstock)

Dr Bhuwania noted that he hasn’t seen such cases yet, which confirms this claim of those with kidney disease dying due to heart problems.

Festive offer

“It is not possible to say whether people with kidney disease are dying due to heart attack instead of kidney failure. It will require extensive research and follow-up of the patients. However, people with kidney disease will have to take the utmost care of themselves and keep their blood pressure in control, which can prevent heart disease,” said Dr Bhuwania.

However, Dr Sanjeev Gulati, principal director, nephrology and kidney transplant, Fortis Hospital, Vasant Kunj suggested that research shows that 50-70 per cent of CKD (chronic kidney disease) patients have some form of cardiovascular disease (CVD), a major cause of death among this population. “CKD is often diagnosed late, particularly in countries where awareness and screening are limited because it is a silent disease in its early stages,” said Dr Gulati.

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

Dr Gulati stressed that the cardiovascular burden persists. “Heart disease remains the leading cause of death in CKD patients, as many neglect regular heart screenings despite the high risk. The combination of CKD and untreated heart disease is deadly, even though patients may not die directly from kidney failure,” said Dr Gulati.

People with kidney disease should also go for regular check-ups and follow-ups with the doctor to know their health status. “Don’t ignore symptoms such as chest pain, palpitations, shortness of breath, and fatigue. Stay vigilant when it comes to your health,” said Dr Bhuwania.

High Blood Pressure (Navbharat Times: 20241004)

<https://navbharattimes.indiatimes.com/lifestyle/health/yoga-expert-himalayan-siddhaa-akshar-told-6-effective-yoga-poses-to-control-high-blood-pressure/articleshow/113902237.cms>

Yoga For High Blood Pressure: रोजाना गोली क्यों खाना? घर बैठे करें ये 6 योग, खुद कंट्रोल रहने लगे ब्लड प्रेशर

नेशनल हेल्थ मिशन की रिपोर्ट के अनुसार, हाइपरटेंशन भारत में सबसे सामान्य गैर-संक्रामक बीमारियों में से एक है, जिसकी कुल प्रचलन दर 29.8%। एक अनुमान के अनुसार, शहरी क्षेत्रों में इसका प्रचलन अधिक है (33.8%) है।

Yoga For High Blood Pressure: रोजाना गोली क्यों खाना? घर बैठे करें ये 6 योग, खुद कंट्रोल रहने लगे ब्लड प्रेशर

हाई ब्लड प्रेशर (High Blood Pressure) को कंट्रोल करने में योग का बड़ा रोल है। योग न केवल तनाव को कम करने में मदद करता है बल्कि शरीर और मन को शांत भी करता है, जो ब्लड प्रेशर कंट्रोल करने के लिए जरूरी है।

हिमालय सिद्ध अक्षर, लेखक, कॉलमिस्ट, फाउंडर अक्षर योग केंद्र के अनुसार, योग ब्लड प्रेशर को कंट्रोल करने में मदद कर सकता है। योग में शरीर की मुद्राएं, सांस को कंट्रोल करना और ध्यान शामिल है। इससे तनाव कम होता है, ब्लड फ्लो में सुधार होता है और शरीर को आराम मिलता है। नीचे कुछ योगासन और प्राणायाम बताए गए हैं, जो हाई ब्लड प्रेशर को कंट्रोल करने में मददगार हो सकते हैं।

फॉरवर्ड फोल्ड पोज (उत्तानासन, पदहस्तासन और जनु शीर्षासन)

फॉरवर्ड फोल्ड पोज ब्लड फ्लो को कंट्रोल करने में मदद करते हैं। ये पीठ, हैमस्ट्रिंग और पैरों की मांसपेशियों को धीरे-धीरे खींचते हैं और गहरी सांस लेने को बढ़ावा देते हैं। इन्हें करने से तनाव और चिंता को कम करने में भी मदद मिलती है।

दीवार के साथ पैर ऊपर करना (विपरीत करणी)

यह मुद्रा तनाव कम करती है और ब्लड फ्लो में सुधार करती है। दीवार के साथ पैर उठाने से दिल पर दबाव कम होता है और शरीर में ब्लड बेहतर होता है। हाई ब्लड प्रेशर वाले लोगों के लिए यह विशेष रूप से उपयोगी है।

बालासन (बच्चे की मुद्रा)

यह हल्की और आरामदायक मुद्रा मन और शरीर को शांत करती है। यह पीठ, कंधे और कूल्हों को खींचती है और गहरी सांस लेने को बढ़ावा देती है, जिससे ब्लड फ्लो और हार्ट बीट रेट कम हो सकती है।

शवासन (सवासन)

इस मुद्रा को करने से शरीर और दिमाग को पूरा आराम और शांति मिलती है। पीठ के बल लेटकर और गहरी सांस लेने पर ध्यान केंद्रित करके, यह ब्लड प्रेशर कम करने और शांति देने का काम करती है।

नाड़ी शोधन प्राणायाम (वैकल्पिक नासिका सांस लेना)

यह सांस लेने की तकनीक तंत्रिका तंत्र को संतुलित करने और आराम देने में मदद करती है। नासिकाओं के बीच सांस के प्रवाह को बदलते हुए, यह तनाव और चिंता को कम करने में मदद कर सकता है, जो हाई ब्लड प्रेशर के जाने जाते कारण हैं।

माइंडफुल मेडिटेशन (ध्यान)

इसे करने से हाई ब्लड प्रेशर को कम करने में मदद मिल सकती है। माइंडफुल मेडिटेशन के जरिए तनाव को कम करने और शरीर और दिमाग को पूरा आराम देने में मदद मिल सकती है, जो हाई ब्लड प्रेशर को कंट्रोल करने के लिए आवश्यक हैं।

Mental Health (Dainik Jagran: 20241004)

<https://www.jagran.com/lifestyle/health-follow-these-tips-to-boost-your-maternal-mental-health-23809514.html>

मेटरनल मेंटल हेल्थ को बिल्कुल भी न करें अनदेखा, इन तरीकों से रखें इसका ख्याल

मां के दौरान एक महिला को कई तरह की समस्याओं का सामना भी करना पड़ता है। मां बनने के बाद एक महिला को कई तरह के शारीरिक और मानसिक बदलावों का सामना करना पड़ता है। इस दौरान उन्हें मेटरनल मेंटल हेल्थ से जुड़ी समस्याएं भी आती हैं। ऐसे में कुछ आसान तरीकों से हाल ही में मां बनी महिलाएं अपने मेंटल हेल्थ का ख्याल रख सकती हैं।

मां बनना सुखद अहसास होने के साथ ही चुनौतीपूर्ण भी होता है।

मां बनने के बाद एक महिला को कई तरह के बदलावों का सामना करना पड़ता है।

इस दौरान अपनी मेटरनल मेंटल हेल्थ का ख्याल रखना बेहद जरूरी है।

लाइफस्टाइल डेस्क, नई दिल्ली। मदरहुड एक खूबसूरत एहसास है, जिसके अपने चैलेंज भी हैं। चैलेंज में सबसे बड़ा हिस्सा है मेटरनल मेंटल हेल्थ का। ये एक ऐसा संवेदनशील मुद्दा है, जिसके बारे में खुल कर बात करना अभी भी एक स्टिग्मा है, लेकिन

सच्चाई ये है कि एक मां बनने के बाद उसके मेंटल हेल्थ का ख्याल रखना उसके कमजोर होने की निशानी नहीं है, बल्कि ये एक बेहद जरूरी पड़ाव है, जहां एक महिला का सपोर्ट जरूर करना चाहिए।

आज के समय में हर 5 में से 1 महिला पोस्ट नेटल एंजायटी और डिप्रेशन की शिकार होती जा रही है। लेकिन दुख की बात ये है कि 75% से ज्यादा महिलाओं को इसकी सही डायग्नोसिस और इलाज नहीं मिल पाता है। ऐसे में मेटरनल मेंटल हेल्थ के प्रति जागरूकता ही एकमात्र विकल्प है, जिससे एक मां के मेंटल हेल्थ को सही दिशा मिल सकती है। ऐसे में मेटरनल मेंटल हेल्थ से निपटने के लिए इन इनोवेटिव तरीकों की मदद ले सकते हैं-

अपना सपोर्ट नेटवर्क बढ़ाएं

मदरहुड की जर्नी में खुद को अकेला समझने की जगह अपने सपोर्ट नेटवर्क को बढ़ाएं। लैक्टेशन एक्सपर्ट, भरोसेमंद पेडिट्रिशियन, पेरेंटिंग कोच, शुभचिंतक दोस्त और सपोर्टिव पार्टनर, जिस भी रूप में सपोर्ट मिले, उसे मांगने से न हिचकें और खुल कर अपने स्ट्रेस को इनके सामने रखें। पोस्टपार्टम ब्लूज बहुत ही आम मुद्दा है, जिससे कई महिलाएं गुजरती हैं। इसलिए खुद को अकेला न समझें और मदद लें।

सीमाएं तय करें

मदरहुड शुरू होते ही अनावश्यक सलाह और निर्देशों की बाढ़-सी आ जाती है। ऐसे में सबको सुन कर सभी के अनुसार पेरेंटिंग करने की जगह अपनी सीमाएं तय करें, जिसके अंदर कोई अनावश्यक राय या टिप्पणी न आ सके। हर विजिटर और उनकी सलाह को मात्र सुनें, लेकिन अपनी गट फीलिंग पर भरोसा करें। आपको जिसमें आराम महसूस हो वही काम करें।

हेल्दी ईटिंग

खाने और मूड का बहुत ही गहरा नाता है। इसलिए माइंडफुल ईटिंग करें और न्यूट्रिएंट से भरपूर आहार लें, जिससे ब्लड प्रेशर और ब्लड शुगर लेवल कंट्रोल में रहे। हालांकि, स्वाद के लिए अपनी पसंदीदा डिश भी कभी-कभी जरूर खाएं, जिससे हैप्पी हार्मोन शरीर में बनते रहें।

नींद पूरी करें

ये कहना जितना आसान है, करना उतना ही कठिन। एक मां बच्चे की नींद के अनुसार ही अपनी रूटीन प्लान कर पाती है। लेकिन इस कारण नींद पूरी न होने से शरीर में सक्रिय रहने की एनर्जी ही नहीं बचती है, जिसके कारण कठिन अनुभव और स्ट्रेसफुल भावनाएं जन्म लेने लगती हैं। इसलिए बाकी सारे काम को होल्ड करें, गंदे घर और जूठे बर्तन का प्रेशर लिए बिना नींद को प्राथमिकता दें। फिर जब प्रेशर दिमाग से उठे और थोड़ा अच्छा महसूस हो तभी अन्य काम खत्म करें।