



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
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## World Mental Health Day (Hindustan Times: 20241011)

<https://www.hindustantimes.com/lifestyle/health/world-mental-health-day-what-is-the-theme-for-2024-know-history-significance-and-more-101728533791029.html>

### World Mental Health Day: What is the theme for 2024? Know history, significance and more

World Mental Health Day is a global initiative dedicated to raising awareness, promoting mental health education, and advocating against the stigma surrounding mental health. Organised by the World Health Organization (WHO), it highlights the significance of mental well-being for individuals, communities, and workplaces. The day serves as a platform for mental health advocates and organisations to discuss their efforts and explore what further steps are needed to ensure that mental health care is accessible to everyone around the world. From history to significance, here's all you need to know

#### World Mental Health Day 2024 Date and Theme

Every year, World Mental Health Day is celebrated on October 10. According to WHO, the theme for 2024 is 'Mental Health at Work'. This theme emphasises the crucial role of addressing mental health and well-being in the workplace, benefiting not only individuals but also organisations and communities as a whole.

#### World Mental Health Day History

World Mental Health Day was first observed on October 10, 1992, initiated by Deputy Secretary General Richard Hunter. Initially, until 1994, the day focused broadly on promoting mental health advocacy and public education without a specific theme. In 1994, for the first time, the day had a theme, "Improving the Quality of Mental Health Services throughout the World," as suggested by Secretary General Eugene Brody.

The World Health Organization (WHO) actively supports World Mental Health Day by raising awareness on mental health issues. Through its strong partnerships with Ministries of Health and civil society organisations worldwide, WHO helps to spread awareness and develop technical and communication materials to advance mental health initiatives globally.

## Significance of World Mental Health Day

World Mental Health Day aims to prioritise mental health on a global scale. It encourages open conversations about mental well-being and promotes initiatives that support mental health care. Each year, a theme is chosen to highlight different aspects of mental health, raising awareness of mental health conditions and emphasising their importance. This day plays a vital role in reducing stigma and motivating individuals to seek help, fostering a more supportive and understanding environment around mental health issues.

## **Childhood Anxiety (Hindustan Times :20241011)**

<https://www.hindustantimes.com/lifestyle/health/childhood-anxiety-common-causes-coping-strategies-for-parents-and-children-101728564555619.html>

## **Childhood anxiety: Common causes, coping strategies for parents and children**

Childhood anxiety can happen from various things and all of them are interconnected but differ from one child to another hence, parents need to understand its cause and techniques to cope with it. This mental health issue is becoming increasingly common, with stressors like academic pressures, social challenges and family dynamics playing key roles so, it is crucial for parents to help their children manage anxiety for their mental health and resilience.

### Common Causes of Childhood Anxiety:

In an interview with HT Lifestyle, Archana Singhal, Counsellor, Family Therapist and Founder of Mindwell Counsel in Delhi, highlighted the following causes of childhood anxiety -

Genetic factor: children with a family history of anxiety disorders are at great risk.

Environmental factor: Environmental factors become a main contributor to anxiety. For:- Disturbance between both the Parents, fights in the family or the loss of a loved one can trigger anxiety. An unhappy family also contributes the feelings of anxiety.

Social influence: Peer pressure, bullying and social interaction also contribute to anxiety. Pressure to be fit can lead to heightened anxiety.

Academic pressure: In today's scenario, there is a lot of pressure to get good marks and grades. Tests and fear of failure also create anxiety among the children.

Bringing her expertise to the same, Prasanna Vasanadu, Parent Educator and Founder of Tikitoro, shared, "For children, understanding their triggers and learning to manage emotions is vital. In more severe cases, seeking professional help from a therapist may be necessary to address and manage anxiety effectively." She listed the reasons for childhood anxiety as -

Genetic factors: Anxiety or mental health issues run in the family.

Environmental factors: Environmental factors include traumatic or stressful experiences, schedule adjustments, and family disputes.

Personality traits: Children who are inherently more sensitive or perfectionistic are examples of personality traits.

Developmental Factors: Typical developmental phases, such as the start of school or puberty, might set off anxiety.

Habitual Behaviours: Children with anxiety may develop habits such as excessive scratching or picking at their skin, which can lead to irritation, infections, or scarring. These behaviors often stem from a need to cope with their anxiety.

Academic Pressure: Stress from school can cause a lot of worry in kids, especially when they start attending more formal educational environments. Anxiety might be brought on by pressure to do well on tests, fear of failing, or concerns about grades and academic success.

Coping Strategies for Parents and Children:

Archana Singhal advised -

Open Communication: Encourage your children to express their feelings, listen to them very carefully and try to understand them. After this conversation, they feel very light.

Establish routines: Try to create and follow a healthy routine. Consistent daily routines help children to feel more in control and reduce anxiety levels.

Teach relaxation techniques: introduce methods I like meditation, yoga and some physical exercise. These will help you manage and reduce anxiety.

Seek professional help: If you see any significant impact of anxiety in your child's behavior. Then go and consult with a mental health professional.

Limit exposure to stressors: Try to keep away the children from content that creates anxiety and help them manage their anxiety whether it is created by academic pressure or social interaction.

By understanding these root causes of anxiety and applying these coping strategies, parents can create a healthy and tension-free environment that promotes emotional well-being.

## **Climate-Friendly Diet (Hindustan Times: 20241011)**

<https://www.hindustantimes.com/lifestyle/health/indias-climate-friendly-diet-sustainable-eating-habits-could-save-the-planet-says-wwf-101728580537422.html>

## **India's climate-friendly diet, sustainable eating habits could save the planet, says WWF**

Considering the global demand for food production by 2050 in its latest Living Planet Report, released on Thursday, the World Wildlife Fund or World Wide Fund for Nature (WWF) called India's food consumption pattern as the most climate-friendly among G20 nations and highlighted that India's diet is the least harmful to the environment. If all countries adopted India's consumption patterns, the world would require less than one Earth to support food production by 2050, making it a model for sustainability.

## One Earth is Enough

The report stated, “Any gains from more sustainable food production will count for little if we don’t also address food consumption. If everyone in the world adopted the current food consumption patterns of the world’s major economies by 2050, we exceed the 1.5°C climate target for food-related greenhouse gas emissions by 263% and require one to seven Earths to support us (Figure 4.11). There are also compelling public health reasons to address unsustainable diets.”

Cautioning that overconsumption, especially of fats and sugars, is driving a worldwide obesity epidemic, the WWF report revealed that over 2.5 billion adults are overweight, including 890 million living with obesity. It stated, “It’s possible to provide a growing global population with enough nutritious, healthy food – but it will require different dietary shifts depending on current levels of nutrition and consumption. For developed countries, dietary shifts need to include a greater proportion of plant-based foods and fewer animal products. At the same time, for countries facing significant burdens of undernutrition, hunger and food insecurity, achieving nutritious diets may require increasing consumption, including of animal-source foods.”

## How India's Diet Could Solve Our Future Food Challenges

Suggesting that eating more sustainable diets would reduce the amount of land needed to produce food, the researchers claimed in the report that achieving healthy and nutritious diets will be heavily influenced by local cultural traditions, individual choice and available food. Crediting India's National Millet Campaign for promoting climate-resilient grains, such as millets, the report asserted, “In some countries, promoting traditional foods will be an important lever to shift diets. For example, the National Millett Campaign in India is designed to increase national consumption of this ancient grain, which is good for health and highly resilient in the face of climate change.”

It elaborated, “In other countries, an important area of focus is developing and promoting healthy alternative protein sources such as legumes and nutri-cereals, plant-based meat alternatives, and algal species high in nutritional value. Finally, financial incentives are needed to increase the availability, affordability and appeal of nutritious foods and support healthy food imports and exports, especially in countries with limited natural resources to grow their own food.”

## **Mental Wellness (Hindustan Times: 20241011)**

<https://www.hindustantimes.com/lifestyle/health/world-mental-health-day-2024-tips-for-your-parents-to-mitigate-loneliness-and-holistic-approaches-to-mental-wellness-101728557489919.html>

## **World Mental Health Day 2024: Tips for your parents to mitigate loneliness and holistic approaches to mental wellness**

The psychological effects of loneliness on our parents and expert tips to mitigate them. Loneliness is a growing epidemic among the elderly, particularly as more seniors find themselves living alone or with limited social interactions. This condition goes beyond

merely feeling alone; it encompasses a deep sense of disconnection and isolation that can have serious psychological consequences.

As life expectancy increases, so does the urgency to address the mental health needs of our ageing population. In an interview with HT Lifestyle on World Mental Health Day, Sanjeev Kumar Jain, CEO and Founder of Nema Eldercare, shared, “While advancements in healthcare have extended the number of years people live, the quality of those years must also be ensured, particularly when it comes to mental well-being. Loneliness is one of the most profound challenges faced by the elderly, and it extends far beyond the absence of companionship—it's about the deep, often silent, pain of feeling disconnected from the world around you. Addressing this issue requires more than just providing company; it demands fostering genuine connections and a sense of belonging.”

### The Psychological Toll of Loneliness

The emotional and psychological effects of loneliness can be devastating. Research has shown that prolonged loneliness can lead to a range of mental health issues, including depression, anxiety and cognitive decline.

Seniors who experience chronic loneliness are at a higher risk of developing conditions like dementia and are more likely to experience a rapid decline in physical health as well. Bringing her expertise to the same, Dr Reema Nadig, Group COO at Lifebridge Senior Care Private Limited, highlighted, “Loneliness among the elderly is not just a feeling of being alone; it is a serious psychological issue that can lead to a range of mental health conditions, including depression, anxiety and even dementia. The emotional and psychological toll of loneliness can manifest in various ways, leading to a decline in cognitive functions and overall well-being.”

Seniors who experience chronic loneliness are at a higher risk of developing conditions like dementia and are more likely to experience a rapid decline in physical health as well. (Photo by Shutterstock)

In India, where the traditional family structure is evolving and more seniors are living alone, loneliness is becoming an increasingly common issue. This is further compounded by the stigma surrounding mental health in the elderly, which often prevents open discussion and support.

### Mitigating Loneliness Through Connection and Community

Addressing loneliness requires a multifaceted approach that involves not just providing companionship but fostering meaningful connections by leveraging technology, community engagement and mental health support to combat loneliness. According to Sanjeev Kumar Jain, seniors can bond over shared passions through interest-based social groups, from gardening to reading, creating lasting friendships and a sense of belonging. Safety and accessibility are also paramount, with robust privacy controls in place to encourage seniors to engage in social activities without fear.

Intergenerational interactions play a critical role in mitigating loneliness as well. This not only provides seniors with much-needed social support but also enriches the lives of the younger generation, creating a more interconnected society.

Hemanshu Jain, Co-Founder of Khyaal, revealed, “Navigating mental health can be a complex and often solitary journey for many seniors, who are frequently burdened by a lifetime of memories and the inevitable changes that come with ageing. Isolation can be reduced and meaningful connections can be cultivated by participating in community groups or learning about new technology. Resilience and mental agility can be greatly increased by accepting change, whether it's adjusting to new habits or finding joy in long-lost interests.”

### Holistic Approaches to Mental Health

Addressing the psychological effects of loneliness also requires a focus on mental health support. For seniors struggling with chronic loneliness or emotional distress, access to professional counselling is crucial. Ensure that seniors have access to qualified psychologists who can provide the necessary support. This helps seniors manage the emotional toll of loneliness and promotes overall mental well-being.

Sama Beg, Chief Product Officer at Emoha, also emphasised the importance of community in combating loneliness and said, “Loneliness among the elderly is a growing epidemic, with nearly one-third of those over 60 experiencing isolation. Strengthening community bonds through peer support, volunteering and intergenerational programs can help foster connections.”

Loneliness is a complex issue that requires a comprehensive approach to address its psychological effects on the elderly. As our population continues to age, it is imperative that we prioritise the mental health of our elderly, ensuring they live their golden years with dignity, fulfillment and joy.

## **Extend Life Span (Medical News Todays: 20241011)**

<https://www.medicalnewstoday.com/articles/how-eating-less-may-help-extend-life-span-mice-fasting>

### **How eating less may help extend life span**

Scientists have found a link between calorie-restricted diets and life span. Berena Alvarez/Stocksy

Previous research shows that what we eat and following certain diets can have a positive impact on the aging process and how long we live.

A new study has found via a mouse model that while eating fewer calories may help extend life span, those that lived the longest lost the least amount of weight while on a calorie-restricting diet.

Researchers also report that certain genetic factors may play a larger role than diet when it comes to longevity.

Previous research shows that what we eat can have an impact on the aging process Trusted Source and how long we live.

Different diets such as the Mediterranean diet, intermittent fasting [Trusted Source](#), and caloric restriction [Trusted Source](#) have been shown to help extend longevity.

Now, researchers from The Jackson Laboratory in Bar Harbor, ME, and Calico Life Sciences in South San Francisco, CA, have found via a mouse model that while eating fewer calories may help extend life span, those that lived the longest lost the least amount of weight while on a calorie-restricting diet.

In the new study, recently published in the journal *Nature*, scientists also report that certain genetic factors, such as genetically-encoded resilience [Trusted Source](#), may play a larger role in extending life span than diet.

#### Examining caloric restriction and intermittent fasting

For this study, researchers used 960 genetically diverse female mice that were assigned to five different diets:

calories limited to 60% or 80% of baseline calories each day

fasting for one or two consecutive days each week with no caloric restrictions

eating any amount of food whenever it wanted

“We wanted to know if lifespan-extending interventions like caloric restriction or intermittent fasting could be beneficial for everyone or only for some people. This is hard to do with people, so we turned to a genetically diverse mouse model,” Gary Churchill, PhD, Karl Gunnar Johansson Chair and professor at The Jackson Laboratory and senior author of this study, explained to *Medical News Today*.

“Caloric restriction is known to extend life span in rodents since its discovery in rats in the 1930s, however it is still not fully understood how this works,” added Andrea Di Francesco, PhD, principal scientist at Calico Life Sciences LLC and lead author on this study. “Recent studies have shown that the timing of feeding is important in addition to reduced caloric intake.”

“Additionally, recent studies have suggested that in mice, some individuals (genotypes) may have reduced life span on caloric restriction. We were interested in determining how universal life span extension on caloric restriction is and if the benefits depended on the strength of caloric restriction (20% vs 40%),” Di Francesco told MNT.

#### Longer life span in calorie-restricted mice

At the study’s conclusion, scientists found that while mice who could eat whenever and whatever lived an average of 25 months, those on intermittent fasting diets extended their lifespans for an average of 28 months.

The mice on caloric restriction achieved the longest lifespans — mice eating 80% of their baseline calories lived an average of 30 months, and those eating 60% stayed alive an average of 34 months.

“We were surprised that the extreme (40%) caloric restriction extended life span to such a great extent with no indication that it shortened life span of any mice. We assumed that in a

genetically diverse population — a unique feature of our study — some animals would have reduced life span on 40% caloric restriction or on a two-day intermittent fasting routine,” Churchill said.

#### Losing weight may not extend longevity

Researchers also discovered that genetic factors — such as genetically encoded resilience — played a larger role in longevity than diet in the mouse model.

“In mouse studies where we can control the environment, we see a strong genetic contribution. The genetics gives us a ‘ruler’ to evaluate how impactful the diets are — despite the dramatic life span extension e.g. on 40% caloric restriction, there is still a lot of individual variability (genetic and random). In other words, diets are not magic bullets — they increase average life span but do not guarantee long life for an individual. There are other factors that contribute at least as much to life span,” Di Francesco explained.

Scientists reported mice that naturally kept the same body weight, body fat percentage, and immune cell health during periods of reduced food intake and stress, as well as mice that did not lose body fat later in life, lived the longest.

“It has been proposed that caloric restriction works to extend life span by reducing obesity and prediabetes traits in mice. Improving metabolic health is important for humans in modern societies, and so it seems reasonable to think that life span extension in mice might be due to reducing obesity and its negative health effects,” Churchill said.

“This seems to not be the case — life span extension was greater in mice that retained higher body weight. Weight loss is ‘good’ from a human perspective, but weight loss does not cause life span extension — they are distinct outcomes of caloric restriction,” he added.

#### Research translation to humans needed

After reviewing this research, Mir Ali, MD, a board certified general surgeon, bariatric surgeon, and medical director of MemorialCare Surgical Weight Loss Center at Orange Coast Medical Center in Fountain Valley, CA, told MNT what was interesting about the study is it showed lower calories or eating less increased life span, but not necessarily losing weight, which he found to be counterintuitive.

“You would think that if you eat less, you would lose weight and therefore extend your life span, but it was more about restricting the calories and losing weight in mice, at least — I don’t know how well that translates to humans. Animal studies are a great place to start, but obviously animals are a lot different than humans. And we need to see that the research done in animals translates to humans as well,” Ali continued.

MNT also spoke with Monique Richard, MS, RDN, LDN, a registered dietitian nutritionist and owner of Nutrition-In-Sight, about this study.

“I was not surprised by the results of the study because of what we are learning regarding cell turnover and optimal function related to lower-calorie diets, fasting, and other manipulations of distribution and quantity of intake,” Richard said.



## Tips for improving aging and longevity

During this study, researchers found that genetics and genetically encoded resilience might be unmodifiable factors in longevity. What can readers do to improve the aging process and maybe even increase their life span, whether through diet or other options?

“Your genetics plays a big role, obviously, but you want to avoid things that are going to counteract genetics (such as) obesity (and) eating unhealthy,” Ali explained. “Even if you have good genes, but you don’t do the right things, you can counteract that, so you obviously want to continue to eat healthy and maintain a normal weight to maximize your genetic potential.”

“The body is in a constant state of self-regulation, always trying to find a balance of being ‘just right’ — humming on all cylinders,” Richard detailed. “When the body has adequate nutrients to support all its cellular functions, for all the systems to work in specific amounts, at regular times, in appropriate intervals, it is like a machine functioning at its peak, or in the ‘zone,’ likely increasing its ability to function longer, hence likelihood of connection to increased life span.”

“Tips to possibly optimize diet in order to increase lifespan would be to prioritize understanding what this may mean specifically for you and your needs by meeting with a registered dietitian nutritionist (RDN. It is important to understand what the baseline of energy and distribution your individual body would need to be, especially related to preventing unnecessary or dangerous restriction, an imbalance of nutrient distribution or disordered eating patterns and behavior. There is no ‘magic formula’ to be calculated that works for everyone.”

— Monique Richard, MS, RDN, LDN

## **Alzheimer's (Medical News Today: 20241011)**

<https://www.medicalnewstoday.com/articles/toxic-tau-buildup-tied-to-alzheimers-prevented-by-dual-targeting-drug>

### **Toxic tau buildup tied to Alzheimer’s prevented by dual-targeting drug**

An experimental drug has slowed down neurodegeneration in fruit flies, suggesting it may be promising in treating Alzheimer’s disease. Image credit: Raymond Forbes LLC/Stocksy. Scientists have developed a new drug that targets two key regions of the tau protein, a major contributor to Alzheimer’s disease.

The drug, a peptide inhibitor called RI-AG03, successfully prevented the build-up of toxic tau proteins in both laboratory and fruit fly studies.

Although further research is necessary, including clinical trials in humans, this research contributes to the advancement of more effective therapies for neurodegenerative diseases. Tau proteins are essential for maintaining the structure and function of neurons. However, in Alzheimer’s disease, these proteins malfunction and aggregate into long, twisted fibrils.

As these fibrils build up, they form neurofibrillary tangles — masses of tangled tau proteins that block neurons from receiving necessary nutrients and signals.

This leads to neuronal death, resulting in progressive memory loss, cognitive impairment and behavioural changes characteristic of Alzheimer's disease.

A recent study, published in *Alzheimer's & Dementia* Trusted Source, experimented with a new way of potentially preventing the build-up of toxic tau in the brain.

The study was conducted by researchers from the University of Southampton, in collaboration with Lancaster University, Nottingham Trent University — all in the United Kingdom — as well as the Tokyo Metropolitan Institute of Medical Science in Japan, and UT Southwestern Medical Centre, TX.

New drug targets and inhibits tau protein 'hotspots'

There are two main "hotspots" on the tau protein, where fibril clumping occurs. In this new study, researchers developed a drug that targets both of these "hotspots" of the tau protein.

While existing treatments focus on one or the other, RI-AG03 is the first drug to target and inhibit both.

The drug, which is a peptide inhibitor, successfully prevented the accumulation of tau proteins in both laboratory and fruit fly studies.

Anthony Aggidis, PhD, lead author and visiting researcher at the University of Southampton explained the key findings to Medical News Today.

He told us that:

"In Alzheimer's disease, there is a protein in the brain that malfunctions by clumping together. This clumping is toxic to the brain and it kills brain cells, which results in memory loss and impaired thinking. For the first time, we have a drug that is effective at targeting both key regions of this protein which are responsible for it clumping together."

Drug suppresses neurodegeneration, extends lifespan in fruit fly models

The study details how RI-AG03 was first developed by Aggidis in the lab of the late David Allsop, PhD, using computational biology at Lancaster University, where it was initially tested in lab dishes.

To assess its effectiveness in living organisms, researchers at the University of Southampton administered the drug to fruit flies with pathogenic tau.

"We found that the drug suppressed neurodegeneration and extended lifespan by [approximately] 2 weeks in fruit flies [that] were bred to produce this malfunctioning human protein," Aggidis explained. "This is a significant extension considering the life span of the insects."

"While testing in fruit flies may appear strange, the biological processes involving this protein are conserved across species and use of these models is well established," he added.

Upon examining the brains of the fruit flies, the researchers found that while flies fed the peptide inhibitor had large amounts of pathogenic tau fibrils, those treated with the drug showed a significant reduction in these fibrils.

The higher the dosage, the greater the improvement in the flies' lifespan.

Will the drug be as effective in people with Alzheimer's?

To ensure the effect was not exclusive to fruit flies, researchers at UT Southwestern Medical Center tested RI-AG03 on a biosensor cell, a type of human cell line engineered to detect tau fibril formation.

The drug successfully penetrated these cells and reduced tau aggregation.

James Giordano, PhD, Pellegrino Center Professor of Neurology and Biochemistry at Georgetown University Medical Center, who was not involved in this research, told MNT that "this is an interesting, well-conceived, and well-executed study that describes the development of a novel, pharmacologic agent, RI-AGO3."

The drug "inhibits the aggregation of tau proteins that may be contributory to pathogenic changes in neurodegenerative diseases, such as Alzheimer's [disease]," he explained.

"Using both in vitro and in vivo models this new agent shows promise in being able to reduce the aggregation of tau proteins by targeting two distinct sites and mechanisms operative in tau proliferation, while simultaneously being nontoxic to cells," said Giordano.

Further research needed, including clinical trials in humans

Giordano explained that "this study further strengthens prior, and ongoing work, inclusive of our own research, that [firstly,] tau protein is operative in Alzheimer's disease, and [secondly, the] inhibition of tau protein aggregation can be an important factor in development of interventions that may mitigate the development and progression of certain neurodegenerative diseases."

"While this study is preliminary, its demonstrated outcomes in both in vitro and in vivo models provide support for the potential value of this, and related compounds in clinical therapeutics," he added..

While further research is needed, the research team believes these findings will significantly influence drug discovery in the field of neurodegenerative diseases.

As a result, they now plan to test RI-AG03 in rodents before moving on to clinical trials.

"The drug is currently in preclinical testing; however, we believe that the research will have a significant impact on drug discovery efforts in the field of diseases like Alzheimer's so that we can improve patient outcomes. We are conducting additional pre-clinical tests over the next few years before considering clinical trials and how it may affect patients."

– Anthony Aggidis, PhD

However, Clifford Segil DO, a neurologist at Providence Saint John's Health Center in Santa Monica, CA, also not involved in the study, pointed out that "tau-centered disease modifying therapies have not panned out to produce any therapeutic agents to date and I am not expecting this research to result in any new neurological treatments."

"Even once tau aggregation inhibitors can be found to work and be safe these will then need to be studied to see if they can cause any discernible clinical improvements in patients with neurological symptoms," Segil added.

While these early findings are promising, it is important to note that drug development is a lengthy process and clinical trials in humans will be essential to determine the safety and efficacy of any potential treatments.

## **Depression, Anxiety (The Tribune: 20241011)**

<https://www.tribuneindia.com/news/health/depression-anxiety-cost-12-billion-workdays-each-year-who-on-world-mental-health-day/>

### **Depression, anxiety cost 12 billion workdays each year: WHO on World Mental Health Day**

The theme of World Mental Health Day being observed on Thursday emphasises the importance of "mental health at workplace", as a healthy working environment can act as a protective factor for mental wellbeing, said Saima Wazed, WHO's Regional Director for Southeast Asia.

According to Wazed, unhealthy conditions, such as stigma, discrimination and exposure to risks like harassment, can affect mental health, leading to decreased performance, absenteeism and increased staff turnover.

"Depression and anxiety alone result in the loss of approximately 12 billion workdays each year, costing the global economy around USD 1 trillion annually," Wazed said.

Pointing out that work is a significant source of stress, anxiety and pressure for many people, she said, "Yet, because it is a place where we spend most of our time, positive changes at the workplace can bring about a significant change in our lives."

She also said as endorsed and mandated by the World Health Organization's (WHO) member states, mental and psychosocial wellbeing has been marked as one of the cornerstones of the "regional roadmap for results and resilience".

"In keeping with the roadmap, we recently announced SEARO Care -- our ground-breaking initiative to improve the mental health and wellness of those working at our regional and country offices. Once formally launched, we hope SEARO Care to become a case study and model for other companies and organisations in our region," Wazed said.

SEARO Care's two main pillars are improving the working environment at all the WHO offices and protecting the mental health of all the employees.

"Improving the working environment encompasses both physical and psychological environments in which our colleagues work," Wazed said.

"This includes providing areas to socialise, ergonomic office equipment, exercise facilities and more. Promoting mental health will include training managers on the issue, holding mindfulness workshops, surveys and more," she added.

According to the WHO official, direct interventions to protect mental health include counselling services, referral pathways, peer advisory networks and other related initiatives.

"We know that if successful, the SEARO Care initiative will create a supportive environment where the employees feel valued, respected and cared for," Wazed said.

"I trust that our experiences with SEARO Care will provide the blueprint for companies, institutions and organisations across Southeast Asia to improve the psychological environment of their workplaces, and the mental health of all their staff," she added.

Wazed also said she is proud that the WHO's regional office will lead the way to "be the change we want to see".

## **Rare Disorder (The Indian Express: 20241011)**

<https://indianexpress.com/article/lifestyle/health/florida-woman-autoimmune-disorder-blinded-bruised-multiple-vaccines-9596378/>

### **Florida woman with rare disorder left temporarily blinded and bruised after receiving multiple vaccines simultaneously; know more**

A woman from Florida, diagnosed with the rare autoimmune disorder Paroxysmal Nocturnal Hemoglobinuria (PNH), faced severe complications after allegedly being required to receive multiple vaccines before a blood transfusion.

23-year-old Alexis Lorenze suffers from the condition which affects approximately one in a million people. It causes the immune system to attack and destroy red blood cells, requiring transfusion to "replenish" the "damaged red blood cells," according to the New York Post.

However, the report stated that upon arriving at UCI Medical in California, she claims doctors informed her that she could not proceed with the transfusion without first receiving vaccines for tetanus, pneumonia, and meningitis — all administered simultaneously.

Within minutes of receiving the vaccines, Lorenze experienced alarming symptoms, including temporary blindness, vomiting, and significant bruising and swelling. The incident has sparked widespread debate about the hospital's rationale for requiring the vaccinations and the potential risks involved.

Dr Palleti Siva Karthik Reddy, consultant physician at Koshys Hospital Bengaluru, tells indianexpress.com, “Autoimmune disorders involve an overactive or misdirected immune system, which may react abnormally to vaccines. The benefits of receiving multiple vaccines simultaneously include comprehensive protection against multiple infections in a single visit, which is particularly important for individuals with compromised immune systems. However, the risks are heightened for such patients, as the immune system might overreact, potentially triggering or worsening the underlying autoimmune condition.”

In some cases, he adds, the immune system may mistakenly attack healthy cells in response to vaccines, leading to complications such as inflammation, allergic reactions, or even cytokine storms (a severe immune response). While research generally supports the safety of vaccines for most autoimmune patients, it is crucial to assess the individual’s health status and underlying condition before administering multiple vaccines.

What are cytokine storms, and how might they affect someone with a rare autoimmune disorder?

According to Dr Reddy, a cytokine storm refers to “an uncontrolled release of pro-inflammatory cytokines, which are signalling molecules that help regulate immune responses.”

Normally, he explains that cytokines aid in fighting infections, but in a cytokine storm, “their excessive production can lead to severe inflammation and tissue damage. This can be particularly dangerous for individuals with autoimmune disorders, where the immune system is already prone to overreaction.”

He states, “After vaccination, some individuals with rare autoimmune conditions may be at higher risk of experiencing a cytokine storm. The immune overactivity triggered by the vaccines could cause the body to attack its own cells, leading to symptoms like high fever, organ damage, and, as seen in the Florida woman’s case, blindness or bruising.”

The exact mechanism behind this is complex, but it generally involves an overproduction of immune cells that causes widespread inflammation and, in severe cases, can be life-threatening.

Standard medical requirements for vaccinations prior to blood transfusions

“For patients with rare disorders, especially those requiring blood transfusions, certain vaccinations may be recommended to reduce the risk of infections transmitted through blood or to protect against infections that could be more severe due to their condition,” says Dr Reddy.

For example, he informs that patients who are immunocompromised or who receive frequent transfusions may need vaccinations like hepatitis B or pneumococcal vaccines before undergoing transfusions.

Dr Reddy highlights that these decisions are “made on a case-by-case basis, depending on the patient’s medical history, immune status, and risk factors.” In the case of autoimmune disorders, doctors must carefully weigh the risks and benefits of administering vaccines,

particularly if the patient is undergoing treatments like immunosuppressive therapy, which can complicate the immune response to both vaccines and infections.

While vaccines provide critical protection against diseases, special care is needed when vaccinating patients with autoimmune or rare disorders. The individual's immune status, vaccination schedule, and potential risks must be closely managed, and healthcare providers should remain vigilant for signs of complications such as cytokine storms or adverse autoimmune reactions.

## **Migraine (Navbharat Times: 20241011)**

<https://navbharattimes.indiatimes.com/lifestyle/health/dr-nishant-gupta-claim-unsweetened-jalebis-can-give-relive-in-migraine-pain/articleshow/114123668.cms?story=1>

### **माइग्रेन की दवा का असर बढ़ाती है जलेबी, इस वक्त खाने से मिलेगा फायदा**

माइग्रेन का दर्द कई बार असहनीय हो जाता है। इसकी वजह से काम करना और सोना तक मुश्किल हो जाता है। लोग दवा लेते रहते हैं मगर आराम नहीं मिलता। डॉक्टर निशांत के मुताबिक अगर आप इस समस्या से परेशान हैं तो जलेबी खा सकते हैं।

माइग्रेन की दवा का असर बढ़ाती है जलेबी, इस वक्त खाने से मिलेगा फायदा

माइग्रेन का दर्द काफी गंभीर होता है। जब यह होता है तो आदमी बिल्कुल टूट जाता है। उठना-बैठना, काम करना कुछ भी सही से नहीं हो पाता। लेकिन क्या आप जानते हैं कि इसके लिए एक घरेलू उपचार है जो माइग्रेन में काफी राहत देता है।

हेल्थ एक्सपर्ट डॉ. निशांत गुप्ता के मुताबिक माइग्रेन में राहत पाने के लिए एक घरेलू उपाय अपना सकते हैं। इसमें आपको जलेबी का सेवन करना है, लेकिन एक खास वक्त होने पर। ऐसा करने से दवाओं को ज्यादा प्रभावशाली बना सकता है।

### **21-22 दिन खाएं जलेबी**

डॉ. निशांत गुप्ता ने बताया कि माइग्रेन से राहत पाने के लिए देसी घी की बनी जलेबी रात में ले जाएं। ध्यान यह रखना है कि जलेबी फीकी होनी चाहिए। आप इसे घर पर भी बना सकते हैं। इस फीकी जलेबी को अगले दिन सुबह सूरज उगने से पहले खाना है। यह उपाय 21-22 दिन तक लगातार करें।

सिरदर्द में भी आएगा काम

सिरदर्द में भी आएगा काम

एक्सपर्ट का दावा है कि अगर आपको लगातार सिरदर्द रहता है तो भी आप इस उपाय को कर सकते हैं। आपका दर्द कम होने लगेगा और काम में ज्यादा फोकस कर पाएंगे।

माइग्रेन के लक्षण

माइग्रेन के लक्षण

मूड बदलना

फोकस न कर पाना

नींद न आना  
थकान  
जी मिचलाना  
बार-बार पेशाब आना  
भूख और प्यास बढ़ना

इन चीजों से उठता है माइग्रेन का दर्द  
इन चीजों से उठता है माइग्रेन का दर्द  
माइग्रेन का दर्द ऐसा होता है मानो कोई आपके सिर के एक तरफ हथौड़ा मार रहा हो। यह दर्द कुछ स्थितियों में ज्यादा हो जाता है। जैसे शारीरिक एक्टिविटी करने पर, तेज रोशनी के संपर्क में आने पर, तेज आवाज से और तेज गंध के कारण।

## World Arthritis Day (Dainik Jagran: 20241011)

<https://www.jagran.com/lifestyle/health-world-arthritis-day-2024-know-myths-and-facts-related-to-arthritis-in-hindi-check-details-23813637.html>

## World Arthritis Day: क्या आप भी करते हैं अर्थराइटिस से जुड़े इन मिथकों पर यकीन, तो एक बार जरूर जान लें सच्चाई

इन दिनों कई लोग अर्थराइटिस की समस्या से परेशान हैं। यह एक ऐसी बीमारी है जो आमतौर पर जोड़ों में दर्द का कारण बनती है। यह अक्सर बढ़ती उम्र में लोगों को अपना शिकार बनाती है लेकिन किसी भी व्यक्ति को हो सकती है। हर साल इस बीमारी के लिए जागरूकता फैलाने के लिए World Arthritis Day 2024 मनाया जाता है।

अर्थराइटिस जोड़ों से जुड़ी एक बीमारी है, जो बढ़ती उम्र में ज्यादा होती है।

इसके लिए जागरूकता फैलाने के मकसद से World Arthritis Day मनाया जाता है।

इस मौके पर जानेंगे इस बीमारी से जुड़े कुछ मिथक और उनकी सच्चाई।

लाइफस्टाइल डेस्क, नई दिल्ली। अर्थराइटिस एक ऐसी बीमारी है, जो अक्सर बढ़ती उम्र में लोगों को अपना शिकार बनाती है। यह जोड़ों में दर्द और स्तिफनेस का कारण बनती है। यह समस्या तेजी से लोगों को अपना शिकार बनाने लगी है, लेकिन आज भी कई लोगों में इसे लेकर जागरूकता की कमी है। ऐसे में इसे लेकर लोगों को जागरूक करने के मकसद से हर साल 12 अक्टूबर को World Arthritis Day 2024 मनाया जाता है।

किसी भी बीमारी के प्रति जागरूक होने से पहले उसके बारे में सही जानकारी होना बेहद जरूरी है। हालांकि, लोग अक्सर गठिया से जुड़ी कई अफवाहों को यकीन कर लेते हैं। ऐसे में आज इस आर्टिकल में मैक्स हॉस्पिटल वैशाली में ऑर्थोपेडिक्स एंड ज्वाइंट रिप्लेसमेंट के एसोसिएट डायरेक्टर डॉ. अखिलेश यादव बता रहे हैं Arthritis से जुड़े कुछ आम मिथक और उनकी सच्चाई के बारे में-

मिथक 1: सिर्फ बुजुर्ग ही गठिया से प्रभावित होते हैं।



**फैक्ट:** यही पूरी तरह गलत है। गठिया सभी उम्र के लोगों को प्रभावित करता है, लेकिन यह बुजुर्गों में ज्यादा होता है। हालांकि, यह बच्चों और युवाओं को भी प्रभावित कर सकता है। जुवेनाइल अर्थराइटिस को 16 साल से कम उम्र में होने वाले गठिया के रूप में जाना जाता है। इसके अलावा बड़े होने पर रुमेटाइड अर्थराइटिस और एंकीलॉजिंग स्पोन्डिलाइटिस हो सकते हैं।

**मिथक 2:** जोड़ों का दर्द हमेशा अर्थराइटिस होता है।

**फैक्ट:** सभी जोड़ों का दर्द गठिया के कारण नहीं होता है, भले ही जोड़ों में दर्द उम्र बढ़ने का एक सामान्य कारण है। ऐसे में वजन नियंत्रित करना, संतुलित आहार खाना और लगातार एक्सरसाइज जैसी हेल्दी लाइफस्टाइल अपनाकर गठिया के लक्षणों को रोका या कम किया जा सकता है।

**मिथक 3:** हर प्रकार का गठिया एक जैसा होता है।

**फैक्ट:** सच्चाई यह है कि गठिया की सौ से ज्यादा तरह की किस्में हैं और सभी के कारण, लक्षण और इलाज अलग-अलग होते हैं। कई स्थितियों में गाउट, सोरियाटिक अर्थराइटिस, ऑस्टियोअर्थराइटिस, रुमेटाइड अर्थराइटिस और एंकीलॉजिंग स्पोन्डिलाइटिस शामिल हैं। सही इलाज के लिए गठिया के विशेष रूप की पहचान करना जरूरी है।

**मिथक 4:** अर्थराइटिस सिर्फ ज्यादा वजन वाले लोगों को प्रभावित करता है।

**फैक्ट:** ज्यादा वजन होना ही एकमात्र कारक नहीं है, जो ऑस्टियोअर्थराइटिस होने की संभावना को बढ़ाता है। जोड़ों की चोट, उम्र, लिंग और जेनेटिक कारण भी गठिया के विकास में महत्वपूर्ण प्रभाव डाल सकते हैं। हेल्दी वेट बनाए रखने से अर्थराइटिस की संभावना और गंभीरता कम हो जाती है, लेकिन यह रोक नहीं सकता है।

**मिथक 5:** एक्सरसाइज से अर्थराइटिस का दर्द बदतर हो जाता है।

**फैक्ट:** गठिया के दर्द को नियंत्रित करने के लिए लगातार एक्सरसाइज करना जरूरी है। कम प्रभाव वाले व्यायाम जो मांसपेशियों को मजबूत बनाने, जोड़ों के लचीलेपन में सुधार करने और असुविधा को कम करने में मदद करते हैं, उनमें योग, वॉकिंग और तैराकी शामिल हैं। हालांकि, किसी भी तरह के व्यायाम को करने से पहले अपने डॉक्टर से सलाह जरूर लें।