



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20241210

Joint Pain (Hindustan Times: 20241210)

<https://www.hindustantimes.com/lifestyle/health/winter-joint-pain-doctor-shares-7-orthopaedic-solutions-for-quicker-relief-101733752179381.html>

Winter joint pain: Doctor shares 7 orthopaedic solutions for quicker relief

For people with joint pain, the winter season can be challenging to get through. The chill in the weather can trigger pain and inflammation, leading to loss of mobility and swelling. In an interview with HT Lifestyle Dr Ishwar Bohra, Senior Director, Joint Replacement Programme, BLK-Max Super Speciality Hospital, said, “Winter is the favourite season of many, but it becomes a challenge when it arrives with excruciating joint pains. Regardless of what is causing your joint discomfort, the colder the weather gets, the more severe symptoms you may experience.” The doctor further shared a few tips for quick relief: Also read | Rheumatoid arthritis in winter: Doctor shares 5 ways to manage pain and inflammation

Stay physically active:

Being active throughout the year is one of the most crucial strategies for reducing joint discomfort occurring in winters. Exercise keeps you flexible by strengthening the muscles that relieve joint pressure. Try low-impact indoor workouts in winters. For every workout, make sure you warm up safely and incorporate stretching into your routine activity regimen.

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Increase anti-inflammatory diet:

You can boost your intake of anti-inflammatory foods to alleviate joint pain. Increase the intake of avocados and fish that contain beneficial omega-3 fatty acids. Garlic, turmeric, onions, probiotic foods, green tea, berries, and dark leafy greens also have anti-inflammatory properties. Also read | Winter joint pain alert: Know causes, warning signs, preventive care and more

Stay hydrated:

Dehydration is associated with an elevated response to pain. In cold and dry weather, you lose moisture even though you're not perspiring. Throughout the day, make it a point to drink enough water to ease joint pain.

Stay warm and covered:

When it's cold outside, make sure to dress in layers. To prevent the cold from getting to your joints and induce pains and stiffness, make sure they are properly insulated from outer weather.

Apply heat:

Applying heat to sore and stiff joints is one of the best ways to relieve joint pain in the winter, along with wearing warm clothing. For direct heat application to the joint, heating pads and wraps are suitable choices. When you're relaxing, electric blankets are a great way to keep your whole body warm. Also read | Surprising causes of joint pain in winter; Top AIIMS rheumatologist on how intense cold can affect joints

Shed excess weight:

Joint tension is increased by excess weight. Losing weight isn't always simple. However, losing a few pounds could help you feel less aches if you continue to be active and eat healthily.

Sit in the sunshine:

Some people may not get enough sun exposure during the winter months. A vitamin D shortage may result from this, and it has been connected to heightened susceptibility to joint discomfort.

Rheumatoid Arthritis (Hindustan Times: 20241210)

<https://www.hindustantimes.com/lifestyle/health/rheumatoid-arthritis-in-winter-doctor-shares-5-ways-to-manage-pain-and-inflammation-101733743617345.html>

Rheumatoid arthritis in winter: Doctor shares 5 ways to manage pain and inflammation

Rheumatoid arthritis is a chronic autoimmune disorder that causes inflammation in the joints, leading to pain, stiffness, swelling and loss of mobility. In the long-term, rheumatoid arthritis can lead to bone erosion and joint deformity as well. In an interview with HT Lifestyle, Dr Deepak Raina, Senior director and unit head, Orthopaedics, Max Super Speciality Hospital, Dwarka, shared five ways to combat Rheumatoid arthritis pain and inflammation, especially in the winter season. Also read | Understanding Arthritis: Causes, symptoms, prevention, and treatment explained

Follow prescribed medicines:

Following a prescribed medication regimen is vital to control rheumatoid arthritis symptoms. Disease-modifying antirheumatic drugs (DMARDs), biologics, and corticosteroids can help reduce inflammation and slow disease progression. Supplements to maintain bone quality and strength.

Physical therapy:

Gentle exercises like yoga, swimming, and cycling can help maintain joint mobility and reduce stiffness. Physical therapy can also improve flexibility and strengthen muscles.

Applying heat or cold packs to affected joints can help reduce pain and inflammation. Splinting may be required to prevent deformities in extremities.

Have a healthy diet:

A balanced diet rich in omega-3 fatty acids, antioxidants, and fiber can help reduce inflammation.

Manage stress:

Stress can exacerbate rheumatoid arthritis symptoms. Practicing stress-reducing techniques like meditation, deep breathing, or mindfulness can help manage stress levels.

Surgeries:

Surgeries like Total hip and Total knee Replacement involves replacing the damaged joint with artificial joint significantly reduces pain and deformity and improves function. Tendon repair & reconstruction surgeries for Hand and Foot Deformities can improve function, reduce pain and enhance mobility. Also read | [Here is why some people with rheumatoid arthritis have pain without inflammation: Study](#)

Dr Deepak Raina added that even after surgeries, supportive medicine and physical exercise are required to prevention the erosion of joints, caused by rheumatoid arthritis. “Early diagnosis and intervention help in prevention of progression of the disease. By incorporating these effective ways to manage RA pain and inflammation, individuals can improve their quality of life and reduce their reliance on medication,” added the doctor.

Heart (Hindustan Times: 20241210)

<https://www.hindustantimes.com/lifestyle/health/your-heart-has-its-own-little-brain-study-discovers-how-heart-surprisingly-works-like-brain-101733726606265.html>

Your heart has its ‘own little brain’: Study discovers how heart surprisingly works like brain

The heart is a complex organ and holds many mysteries. Earlier, the heart's nervous system was considered only as a relay system, acting upon the transmitted signals from the brain to monitor and regulate heartbeats. However, a study published in Nature Communications found that the complex neuron network in the heart does more than previously understood.

The study researchers from Karolinska Institutet in Sweden and Columbia University in New York called the heart's internal nervous system the intracardiac nervous system. It has a much more active contribution beyond just controlling the heart rhythm. It was understood that the heart simply received instructions from the brain which in turn regulated the heartbeat.

However, this groundbreaking study showed that the heart’s nervous system is much more independent. It can generate its own rhythms and regulate itself beyond the brain’s instructions. The heart is more in control than previously understood. It’s almost like the heart has its ‘own little brain.’ The brain does not micromanage every part of the organ’s function.

Neuron mimicks pacemaker

The researchers examined zebrafish, whose hearts are strangely similar to human hearts in terms of structure and function. By focusing on a key area of the heart called the sinoatrial plexus (SAP), which acts as the heart's pacemaker, the scientists uncovered a wide variety of neurons. These neurons communicate using several different neurotransmitters, such as acetylcholine, glutamate, and serotonin, indicating a level of local control over the heartbeat that was not fully understood before.

The researchers called it the most surprising part of their finding when they realised that the neurons in the heart had a pacemaker-like property. It creates rhythmic electrical patterns, which is very similar to how the brain and spinal cord control and coordinate movements like walking and breathing.

This indicates that the heart's nervous system doesn't just passively follow the brain's commands. Instead, it actively participates in maintaining the heartbeat. This finding is significant as it opens up doors for medical treatment, especially for arrhythmias and other cardiac issues and further understanding of the heart's function.

Cardiovascular Risk (Medical News Today: 20241210)

<https://www.medicalnewstoday.com/articles/4-or-5-minute-bouts-of-intense-exercise-may-slash-cardiovascular-risk>

4 or 5-minute bouts of intense exercise may slash cardiovascular risk

Short bouts of intense exercise could help reduce the risk of major cardiovascular events, especially in women. Image credit: Maksim Tarasov/Stocksy.

Past studies show that getting enough physical activity can help lower a person's risk for major adverse cardiovascular events (MACE).

Researchers from the University of Sydney have found that just 1.5 to 4 minute small bursts of high intensity exercise throughout the day may lower a person's MACE risk.

This correlation was observed more significantly in female participants compared to male participants.

Past studies show that getting enough physical activity can help lower a person's risk for major adverse cardiovascular events (MACE), such as heart failure, stroke, and heart attack Trusted Source.

“Physical inactivity is a major public health issue contributing to [up to] 6 million Trusted Source deaths per year globally, and is directly responsible for at least 15–20% of cardiovascular disease,” Emmanuel Stamatakis, PhD, director of the Mackenzie Wearables Research Hub in the Charles Perkins Centre, and professor in the Faculty of Medicine and Health at the University of Sydney, in Australia, told Medical News Today.

“There is a pressing need to identify feasible ways and support people to be physically active. Structured exercise such as gyms, running, classes, etc is fantastic towards these goals but only 20% of the middle aged and older population do it regularly,” he pointed out.

Stamatakis is the lead and corresponding author of a new study recently published in the British Journal of Sports Medicine that has found that just 1.5 to 4 minute small bursts of high intensity exercise throughout the day — scientifically known as vigorous intermittent lifestyle physical activity (VILPA) — such taking the stairs instead of an elevator or carrying groceries a short distance may help lower a person's risk of MACE, especially in women.

What is vigorous intermittent lifestyle physical activity?

For this study, researchers analyzed UK Biobank data from more than 103,000 middle-aged men and women with an average age of 61. All participants had worn an activity tracker 24 hours a day for a full week between 2013 and 2015.

About 22,000 participants said they did not follow any structured exercise program or only took one recreational walk a week, while the remaining participants said they regularly exercised.

Researchers used the activity trackers to determine which participants had bouts of VILPA during the day and for how long.

“Incidental physical activity, things we do as part of our daily routines, offers many untapped opportunities, but we do not understand what is the best way to promote, and how to support people — VILPA offers such an option,” Stamatakis explained.

“These are short bursts of vigorous incidental activity, typically lasting [between] 10 seconds [and] 1 minute, that are part of people's daily living. This kind of activity may be more feasible than structured exercise for many people as it does not require preparations, time commitment, or traveling to a facility to be active,” he detailed.

“Using advanced wearable measurement methods that allow us to scrutinize the effects of daily movement at a very high resolution — 10-second time windows — we wanted to understand what are the effects of VILPA on major cardiovascular disease events,” added Stamatakis. “No such study has been published before.”

3.4 VILPA minutes per day lowers MACE risk by 45% in women

Study participants' cardiovascular health was tracked until November 2022.

Upon analysis, researchers found that female participants with no formal exercise regimen who recorded an average of 3.4 minutes of VILPA a day were 51% less likely to have a heart attack, 67% decreased risk for heart failure, and 45% less likely to develop any type of MACE compared to female participants who did not clock any VILPA during their day.

Additionally, scientists discovered for women that even VILPA amounts of 1.2 to 1.6 minutes a day were associated with a 40% decreased risk of heart failure, 33% lowered risk of heart attack, and 30% lower risk of all MACE.

“This finding is significant for at least two reasons,” Stamatakis said. “First, it represents a much lower amount of physical activity [than] any current exercise related recommendation, and this activity is incidental — which implies that it may be easier for many people to incorporate it into their daily routine.

“The second noteworthy aspect of these findings is that we should not be fooled into thinking that small amounts of VILPA are a quick fix of a complex problem, like physical inactivity,” he continued.

“The beneficial associations we observed were in women who committed to short bursts of VILPA almost daily, several times each day — nine to 10 bursts on average. Turning such behavior into habit is not necessarily easy. Our results show that even a little bit of higher intensity activity can help and might be just the thing to help people develop a regular physical activity, or even exercise, habit in the long term. In most occasions people who are unaccustomed to vigorous exertion will need support to develop such a habit.”

– Emmanuel Stamatakis, PhD

Osteoarthritis Risk (Medical News Today: 20241210)

<https://www.medicalnewstoday.com/articles/ultraprocessed-foods-weaken-muscles-raising-osteoarthritis-risk>

Ultra-processed foods weaken muscles, raising osteoarthritis risk

New research links ultra-processed food consumption with fat deposits in muscles. Image credit: Andy Sacks/Getty Images.

Diets high in ultra-processed foods corresponded to a strong presence of intramuscular thigh fat deposits in a new study.

Such fat deposits have been linked to a weakening of muscles that are important for protecting cartilage that supports knee joint health.

Correcting one’s diet can reduce fat deposits to help restore healthy muscle, repair cartilage, and slow or halt further joint damage.

People who consumed diets high in ultra-processed foods had increased fat deposits in their thighs, according to a new study, increasing their risk of knee osteoarthritis.

The intramuscular fat deposits were found to occur regardless of the number of calories the participants in the study consumed or their level of physical activity.

The results of the imaging study were presented at the Annual Meeting of the Radiological Society (RSNA) of North America in Chicago, in December 2024. It is yet to appear in a peer-reviewed journal.

Previous research has found that the replacement of muscle in the thigh with fat is associated with reduced knee function. This is the first study that clearly ties this phenomenon to the consumption of ultra-processed foods.

What are ultra-processed foods?

Ultraprocessed foods are industrially produced foods that are a staple of many diets, although they have been linked to various medical issues. These foods are primarily formulated for flavor, convenience and low cost, with nutritive value less of a priority.

They typically contain five or more ingredients, and are high in sugar and fats. Ultra-processed foods are likely to contain additives, such as flavor enhancers, food colorings, sweeteners, and preservatives, as well as modified starches and hydrogenated fats.

In the new study, researchers analyzed MRI imaging from 666 individuals who participated in a nationwide study, the Osteoarthritis Initiative Trusted Source. The average age of participants was 60 years, and included 455 men and 211 women. Their average body mass index (BMI) was 27. None had yet developed osteoarthritis.

Study author Zehra Akkaya, MD, a radiologist at Ankara University in Turkey, noted in a press release that, “on MRI images, this decline can be seen as fatty degeneration of the muscle, where streaks of fat replace muscle fibers.”

Ultra-processed foods lead to intramuscular fat deposits

“We assumed that ultraprocessed foods increase insulin resistance and adipose tissue — visceral fat — which is dangerous fat and [is linked to] inflammation and diabetes,” Gowri Reddy Rocco, MD, MS, founder and president of Optimum Wellness And Longevity, who was not involved in the study, told Medical News Today.

Rocco said of its findings that “this is something that’s tangible,” and “to show that [ultra-processed foods] replace the muscle with fat, that’s pretty novel.”

Paul Arciero, MS, DPE, professor in the Health and Human Physiological Sciences Department at Skidmore College in Saratoga Springs, NY, likewise not involved in the study, hypothesized that:

“The most likely trigger of [an ultra-processed food] diet that leads to increased total body, and specifically thigh, fat is the highly processed sugar intake from grains, high fructose corn syrup, soda, candy, cookies, juices, and other packaged foods.”

“Other contributing sources are sodium from processed animal products and excess refined fats and oils — hydrogenated, fried foods, margarine, trans fats, and chips — in these foods. All of these processed foods trigger the release a pro-inflammatory substances such as glucose, insulin, cytokines, and other damaging molecules such as free radicals. These substances also increase pain,” Arciero explained to MNT.

Thigh fat deposits may increase knee osteoarthritis risk

“Osteoarthritis is the most common form of arthritis,” said Rocco. “It’s chronic inflammation in one or more of the joints. Inflammation starts deteriorating the cartilage there, which is a spongy material, if you will, that helps keep the joint healthy.”

“When you exercise, your muscles strengthen your joints. Muscle weakness is actually a risk factor for osteoarthritis,” she noted.

However, Rocco pointed out, when “muscle fiber in the thigh is getting replaced with fat fibers, your muscles are much weaker and regardless of your exercise, regardless of your calorie intake,” they can no longer be as effective at keeping the joints healthy, allowing osteoarthritis to develop and progress.

Fortunately, when one’s diet is corrected, muscle can regenerate, become stronger, and regain the ability to strengthen cartilage and protect joints. Joint damage cannot be repaired, but it may be slowed or halted.

How to avoid knee osteoarthritis

“A poor diet of [ultra-processed foods], inactivity, sitting, overweight and obesity are the primary risk factors” for knee osteoarthritis, said Arciero. “There may be a small genetic component, however lifestyle is by far the greatest risk factor.”

“Obesity,” Rocco opined, “is probably the most common now because, sadly, we’re seeing osteoarthritis starting in younger age groups, 30s and 40s, as opposed to before, when it used to be more at 45 and older.”

“Obesity increases stress and strain on the knees, on the hips, on the body. So number one is to lose weight to reduce overuse of joints,” she added.

“Excessive wear and tear through repetitive movement patterns,” noted Arciero, “improper footwear and biomechanics may also play a role.”

“Menopause is a risk factor as well, for women,” Rocco.

How doctors detect intramuscular thigh fat

If you are concerned about being at risk for knee osteoarthritis, there are ways to diagnose the presence of intramuscular thigh fat.

“An experienced clinician, trainer, exercise physiologist, or healthcare professional may obtain indirect measures of fat accumulation in the thigh,” said Arciero.

“This may be done,” he noted, using “circumference measures, skinfolds, and bioelectrical impedance analysis (BIA) measurements that are relatively easy to perform in any outpatient, fitness, healthcare setting.”

“Beyond that, an iDXA (dual X-ray absorptiometry) scans can also quantify the amount of fat present in the thigh. However, these are more specialized and costly and only available in healthcare or research settings,” Arciero added.

A preventive approach remains the best bet.

“Healthy eating is the most effective lifestyle strategy to combat excess fat accumulation located anywhere in the body, especially abdominal (visceral) fat, hips, and thighs,” suggested Arciero.

“Our lab has been demonstrating the efficacy of this nutrition strategy to drastically reduce thigh, hip, and belly fat for several decades,” he reported.

Chronic Pain (The Tribune: 20241210)

<https://www.tribuneindia.com/news/health/healthy-diet-reduces-chronic-pain-finds-australian-study/>

Healthy diet reduces chronic pain, finds Australian study

Adopting a healthy diet can reduce the severity of chronic pain, an Australian research has found.

In a new study, researchers from the University of South Australia found a direct link between greater consumption of food within the federal government’s Australian Dietary Guidelines and lower levels of body pain, particularly among women, reports Xinhua news agency.

“It’s common knowledge that eating well is good for your health and well-being. But knowing that simple changes to your diet could offset chronic pain could be life-changing,” Sue Ward, a co-author of the study, said.

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Previous research has found that over 30 per cent of people globally suffer from chronic pain, with women and people who are overweight or obese more likely to be affected.

The new study found that higher consumption of core foods—vegetables, fruits, grains, lean meats, dairy and alternatives—reduces chronic pain regardless of a person’s weight.

“Knowing that food choices and the overall quality of a person’s diet will not only make a person healthier but also help reduce their pain levels is extremely valuable,” Ward said.

The study found that the effect of healthy diets reducing chronic pain was more prominent for women than for men.

Ward said it is possible that the anti-inflammatory and antioxidant properties of core food groups are what reduce pain, but the team cannot say with certainty whether poorer quality diets lead to more pain or if pain leads to a poorer diet.

Heart Failure (The Tribune: 20241210)

<https://www.tribuneindia.com/news/health/sugary-drinks-can-raise-risk-of-stroke-heart-failure-study/>

Sugary drinks can raise risk of stroke, heart failure: Study

A large-scale Swedish study on Monday suggested that drinking sweetened drinks can significantly increase your risk of serious cardiovascular diseases like stroke, heart failure, and atrial fibrillation.

The study also showed that eating too much-added sugar can increase the risk of stroke or aneurysm. However, limited consumption of treats can be safe.

“Consuming sweet drinks was worse for your health than any other form of sugar,” noted the study published in the journal *Frontiers in Public Health*.

Suzanne Janzi, a doctoral candidate at Lund University said that the sweetened beverages, which contain liquid sugars, “typically provide less satiety than solid forms”

Janzi said this makes people feel less satiated “potentially leading to overconsumption”.

Moreover, unlike treats that are “often enjoyed in social settings or special occasions, sweetened beverages might be consumed more regularly.”

To understand how sugar consumption affects cardiovascular disease risk, the team collected data from two major studies with a sample of 69,705 participants.

The study evaluated the link between honey, treats like a pastry, or sweetened beverages like fizzy drinks—and seven cardiovascular diseases: two different types of stroke, heart attacks, heart failure, aortic aneurysms, atrial fibrillation, and aortic stenosis.

During the 10 years of follow-up, 25,739 participants were diagnosed with cardiovascular disease.

High intake of sugar in general raised the risk of ischemic stroke and abdominal aortic aneurysm. It also spiked the risk of heart failure in participants with a normal BMI.

Notably, they found that the highest risks of a negative health outcome arose in the lowest intake category for treats, suggesting that “extremely low sugar intake may not be necessary or beneficial for cardiovascular health.”

However, Janzi said the study is “observational and cannot establish causation”.

Vitamin D (The Indian Express: 20241210)

<https://indianexpress.com/article/lifestyle/health/myth-vs-fact-you-cant-get-pregnant-with-low-vitamin-d-levels-9585774/>

Myth vs fact: You can't get pregnant with low vitamin D levels

That being deficient in vitamin D is not good for the body is a known fact, but did you it also has a direct link with pregnancy? Stressing the same, nutritionist Pooja (Ajwani) Jaiswalin in a podcast highlighted the role of vitamin D in pregnancy. “No one points it out in India. Till your vitamin D is low, there is no way you can conceive. I won't even suggest an IVF if the levels are low. Vitamin D is also connected to very low AMH levels, which helps improve fertility. So, something so basic can get missed,” Jaiswal said.

Agreeing, Dr Mansi Sharma, consultant, obstetrician, and gynaecologist at Motherhood Hospital, Kharadi, said vitamin D deficiency is linked with “dysregulation of hormones,” which can impact fertility and pregnancy outcomes.

Adequate vitamin D levels are crucial for a healthy pregnancy as vitamin D is necessary for the absorption and metabolism of calcium and phosphorus. “Many studies suggest a connection between low serum vitamin D levels and an increased risk of certain types of cancers, autoimmune disease, neurological disease, insulin resistance, and cardiovascular disease,” said Dr Sharma.

Vitamin D is vital for various bodily functions, including calcium absorption, immune system health, and cell growth. Adequate vitamin D levels are particularly important for pregnant women to support maternal and fetal health.

Dt Arti Singh, consultant nutrition and dietitian at Motherhood Hospitals Kharghar Mumbai, concurred and noted that nutritional deficiency during pregnancy, particularly vitamin D deficiency, is quite common.

“Low vitamin D levels during pregnancy have been linked to increased risks of preterm birth, pre-eclampsia, gestational diabetes, and miscarriage,” said Singh.

Several factors could contribute to this deficiency. These could include limited exposure to sunlight, poor dietary habits, obesity, and certain medical conditions, such as malabsorption syndromes.

Singh said the normal vitamin D level during pregnancy is 30 ng/mL or higher. “By prioritising vitamin D sufficiency, you can significantly improve your chances of a healthy pregnancy and baby,” said Singh.

Experts urge taking proactive steps to ensure adequate vitamin D levels. “Include more foods enriched with sufficient amounts of vitamin D such as vegetables, dairy products, fruits, nuts, and seeds like milk, yogurt, paneer, fatty fish, eggs, and mushrooms. Aim for at least 20 to 30 minutes of sunlight exposure daily or at least once in a while. This can help maintain mobility while keeping you refreshed,” said Dr Sharma.

“The doctor may suggest some dietary changes or supplements for effective results. Remember that vitamin D is a fat-soluble vitamin, which is best absorbed in the bloodstream with dietary fat. So, if you’re taking your vitamin D supplement at breakfast, lunch, or dinner, you can pair it with a food containing healthy fat,” said Dr Sharma.

Minoxidil Exposure (The Indian Express: 20241210)

<https://indianexpress.com/article/lifestyle/health/infants-developing-excessive-hair-growth-minoxidil-hypertrichosis-9713243/>

Study finds that infants are developing excessive hair growth from accidental minoxidil exposure; expert highlights risks

A troubling new report has revealed that babies in Europe have developed a rare condition known as hypertrichosis, or ‘werewolf syndrome,’ after being exposed to the topical hair-loss medication minoxidil.

According to a study conducted by Pharmacovigilance Centre of Navarre (CFN) in Spain, eleven babies and toddlers have experienced excessive body hair growth after coming into contact with the medication, commonly used to treat baldness and alopecia areata in adults. The exposure is believed to have occurred either through direct skin-to-skin contact or by the infants ingesting minoxidil after sucking on their caregivers’ treated skin.

A report by Euronews stated, “The initial case first came to light when the CFN investigated the situation of a baby who had progressively developed excessive hair growth on the back, legs, and thighs over the course of two months. According to the report, the baby’s father, who had been on leave from work for a month to care for his son, had been using a 5 per cent minoxidil solution topically to treat his baldness.”

So, what makes infants more vulnerable to the potential side effects of such medications, and how can parents ensure their children are not inadvertently exposed?

How does minoxidil work?

Dr Narayan Swamy, senior consultant paediatrics at Athreya Super Speciality Hospital, tells indianexpress.com, “Minoxidil, commonly used to treat hair loss, works as a vasodilator, meaning it widens blood vessels, improving blood flow to hair follicles. This increased circulation delivers more oxygen and nutrients, stimulating dormant follicles and prolonging the hair growth phase (anagen phase). It also activates potassium channels in cells, enhancing follicle health and encouraging hair regrowth.”

Why babies are more susceptible

Dr Swamy mentions that babies’ skin is thinner and less developed than adults’, allowing greater absorption of topical medications like minoxidil. This heightened permeability increases the likelihood of systemic absorption.

“Babies have a smaller body mass, so even small amounts of absorbed minoxidil can lead to disproportionately high concentrations in their bloodstream. Infants have underdeveloped

liver and kidney functions, which may impair their ability to metabolise and excrete drugs efficiently, prolonging exposure and enhancing side effects,” he states.

These factors make infants particularly vulnerable to minoxidil’s effects, including the rare but striking development of hypertrichosis, or excessive hair growth.

To prevent accidental exposure of minoxidil to infants, caregivers should store it securely out of reach, wash hands thoroughly after application, and avoid applying it before holding or feeding a child. To prevent accidental exposure of minoxidil to infants, caregivers should store it securely out of reach, wash hands thoroughly after application, and avoid applying it before holding or feeding a child.

Other health risks that could arise from minoxidil exposure in infants

Minoxidil exposure in infants, while most visibly linked to hypertrichosis, poses serious health risks due to its systemic absorption and vasodilatory effects, says Dr Swamy. “These include cardiovascular issues such as hypotension, which can cause lethargy or fainting, and compensatory tachycardia that strains the heart. Fluid retention may lead to facial and extremity swelling, while direct skin exposure can result in redness and irritation.”

Systemic toxicity, even from small amounts, can cause nausea, vomiting, rapid breathing, and in severe cases, respiratory distress. Rare neurological symptoms like dizziness, irritability, or seizures may also occur. “Research in Pediatric Dermatology highlights the critical need to identify and address such exposures promptly to prevent adverse outcomes,” notes Dr Swamy.

How to avoid accidental exposure to young children?

According to Dr Swamy, to prevent accidental exposure of minoxidil to infants, caregivers should store it securely out of reach, wash hands thoroughly after application, and avoid applying it before holding or feeding a child. Keep treated areas from contacting clothing or bedding accessible to children and ensure all caregivers are aware of the risks. In case of skin contact, wash the area with soap and water immediately; for ingestion or severe symptoms, seek urgent medical attention, as emphasised by Clinical Toxicology guidelines.

Heart Attack in Winter (Navbharat Times: 20241210)

<https://navbharattimes.indiatimes.com/lifestyle/health/how-does-cold-weather-affect-your-heart-know-how-to-care-for-your-heart-in-winters/articleshow/116144041.cms>

HEART ATTACK IN WINTER: सर्दियों में बढ़ जाता है हार्ट अटैक का खतरा, एक्सपर्ट बता रहे कैसे रखें दिल का खयाल

दिल के मरीजों के लिए ठंड का मौसम चुनौतीपूर्ण हो सकता है। वेदर टेम्परेचर गिरने की वजह से शरीर में खून का थक्का ज्यादा बनता है। इसके साथ ही ब्लड को पंप करने के लिए दिल को ज्यादा मेहनत करनी पड़ती है।

ठंड के मौसम में हार्ट अटैक का जोखिम अधिक बढ़ जाता है और इसकी कई वजह होती है। सर्दी का प्रभाव खासकर हार्ट और ब्लड वेसल्स पर ज्यादा पड़ता है। यही कारण है कि ठंड में अधिक सावधानी बरतने की जरूरत होती है। खासतौर पर हॉट से जुड़ी डिजीज से पीड़ित लोगों को अधिक खयाल रखने की सलाह दी जाती है।

ठंड के दस्तक देते ही हमारे शरीर का मेटाबॉलिज्म कमजोर होने लगता है और फिजिकल एक्टिविटी भी लगभग ना के बराबर हो जाती है, जिसके चलते हमारा शरीर कई बीमारियों के चपेट में आ जाता है।

डॉ रोहित चोपड़ा, एमडी, डीएम(कार्डियोलॉजी), चीफ इंटरवेंशनल कार्डियोलॉजिस्ट के मुताबिक, ठंड में पसीना नहीं आता है, जिसकी वजह से शरीर का नमक बाहर नहीं निकल पाता है। वहीं ब्लड गाढ़ा होने की वजह से ब्लड प्रेशर भी बढ़ जाता है और अधिक ठंड पड़ने पर दिल की धमनियां सिकुड़ने लगती हैं। ब्लड प्रेशर बढ़ने लगता है, जिसकी वजह से हार्ट अटैक का जोखिम बढ़ जाता है।

हार्ट अटैक के लक्षण

हार्ट डिजीज होने पर आप अपने शरीर में कई लक्षणों को महसूस कर सकते हैं। हार्ट अटैक आने पर सीने में दर्द जैसा महसूस होना, सांस लेने में कठिनाई, ठंडे पसीने का आना, कमजोरी या थकान, बेहोशी या चक्कर आना, उल्टी आना, जी मिचलाना, पेट में दर्द और जबड़े गर्दन में अधिक दर्द जैसे लक्षण महसूस हो सकते हैं।

रोजाना करें फिजिकल एक्टिविटी

रोजाना करें फिजिकल एक्टिविटी

शारीरिक गतिविधि की कमी से हमारा शरीर सक्रिय नहीं रहता है और कई बीमारियां हमें आसानी से चपेट में ले लेती हैं। इसलिए रोजाना फिजिकल एक्टिविटी करें, जिससे आपकी इम्यूनिटी बूस्ट होगी और आपकी बॉडी में गर्माहट रहेगी। रोजाना एक्सरसाइज करने से शरीर को गर्म रखा जा सकता है और फिट रहने में भी मदद मिलती है। अगर आप हार्ट पेशेंट है तो डॉक्टर की सलाह के बाद ही कोई वर्कआउट करें।

ठंड से बचाव

दिल के मरीजों को अपनी बॉडी को गर्म कपड़ों से ढककर रखने की सलाह दी जाती है ताकि सर्दी का असर आपकी ब्लड वेसल्स को संकुचित ना कर सके। ऐसे में घर के अंदर रहकर ठंड के प्रभाव से बच सकते हैं। गर्म वातावरण में रहने का प्रयास करें, जिससे ठंडी हवाओं का असर आपके दिल पर अतिरिक्त दबाव नहीं डाल पाएगा। अगर आप घर से बाहर निकलते हैं तो अपने शरीर को अच्छी तरह ढककर रखें। सर्दियों में हमेशा मोजे, टोपी और गर्म कपड़े पहनें, जिससे आपका बॉडी टेंपरेचर कंट्रोल में रहेगा।

स्मोकिंग और अल्कोहल से बचें

स्मोकिंग और अल्कोहल हार्ट के लिए बेहद नुकसानदायक होते हैं। यह दोनों ही रक्तचाप को बढ़ाते हैं और दिल की नसों को कमजोर कर सकते हैं। अगर आप चाहते हैं कि आपका दिल हमेशा फिट एंड फाइन रहे तो स्मोकिंग और शराब की बुरी लत को जल्द से जल्द छोड़ दें।

रेगुलर हेल्थ चेकअप कराएं

कोलेस्ट्रॉल, ब्लड शुगर और ब्लड प्रेशर की नियमित जांच समय-समय पर करते रहिए। अगर कोई परेशानी है तो डॉक्टर से मिलकर सलाह लें। हो सकता है डॉक्टर आपको हर 6 महीने में कार्डियक स्क्रीनिंग करने के लिए सुझाव दें।

8 Black Seeds (Dainik Jagran: 20241210)

<https://www.jagran.com/lifestyle/health-if-you-want-to-stay-healthy-include-8-black-seeds-in-your-diet-today-they-work-wonders-for-many-problems-23845279.html>

सेहतमंद रहना है तो आज ही डाइट में शामिल करें 8 Black Seeds, कई समस्याओं में करते हैं रामबाण का काम

कलौंजी तिल कद्दू के बीज और चिया सीड्स जैसे काले बीज फाइबर प्रोटीन और ओमेगा-3 से भरपूर होते हैं। ये बेहतर डाइजेशन स्ट्रॉंग इम्युनिटी और हेल्दी स्किन के लिए काफी फायदेमंद फायदेमंद (Health Benefits of Black Seeds) हैं। ऐसे में आइए इस आर्टिकल में आपको ऐसे 8 काले बीजों (Black Seeds) के बारे में बताते हैं जो सेहत के लिए किसी वरदान से कम नहीं हैं।

अपनी डाइट में शामिल करें 8 काले बीज, सेहत को मिलेंगे ढेरों
डेली डाइट सीड्स को शामिल करना सेहत के लिए फायदेमंद होता है।
ब्लैक सीड्स की मदद से आप इम्युनिटी को मजबूत बना सकते हैं।
फाइबर से भरपूर कुछ ब्लैक सीड्स सेहत के लिए बहुत गुणकारी होते हैं।

लाइफस्टाइल डेस्क, नई दिल्ली। **Health Benefits of Black Seeds:** काले बीज जैसे कलौंजी, काली मिर्च और चिया सीड्स हमारे शरीर के लिए बहुत फायदेमंद होते हैं। इनमें ढेर सारे पोषक तत्व होते हैं, जैसे कि फाइबर, प्रोटीन, ओमेगा-3 और विटामिन्स। ये पोषक तत्व हमारे पाचन तंत्र को मजबूत बनाते हैं, बीमारियों से लड़ने की हमारी ताकत बढ़ाते हैं और हमारे शरीर को अंदर से साफ करते हैं। इतना ही नहीं, ये सीड्स सूजन कम करने, हड्डियों को मजबूत बनाने और हमारी त्वचा और बालों को हेल्दी रखने में भी मदद करते हैं। अगर हम इन बीजों को रोजाना सही मात्रा में खाएं तो हमारा पूरा शरीर हेल्दी रहेगा। आइए अब जानते हैं कि इनमें से 8 बीजों (Black Seeds) के बारे में।

कलौंजी

कलौंजी इम्युनिटी बूस्टर का काम करती है, सूजन को कम करती है और ब्लड शुगर लेवल को कंट्रोल करने में मदद करती है। इसे शहद के साथ या परांठे और सब्जियों में डालकर खाया जा सकता है।

काले तिल

काले तिल कैल्शियम और आयरन से भरपूर होते हैं, जो हड्डियों को मजबूत बनाते हैं और बालों की ग्रोथ को बढ़ाते हैं।

काले तिल के लड्डू, चटनी या सूप में मिलाकर इसे खाया जा सकता है।

चिया सीड्स

चिया सीड्स में फाइबर और ओमेगा-3 फैटी एसिड की अच्छी मात्रा पाई जाती है, जो पाचन सुधारने और वजन प्रबंधन में सहायक होती हैं। इसे स्मूदी, ओट्स या पानी में भिगोकर खाया जा सकता है।

तुलसी के बीज

फाइबर से भरपूर तुलसी के बीज कई तरह के आयुर्वेदिक गुणों से भरपूर होते हैं। ये कब्ज को दूर कर पाचन तंत्र को मजबूत बनाने में मददगार होते हैं। इनका सेवन दूध या पानी के साथ किया जा सकता है।

काली मिर्च

काली मिर्च मेटाबॉलिज्म को बढ़ाकर पाचन तंत्र को सुधारती है और इन्फेक्शन से बचाव करती है। इसे खाने में मसाले के रूप में डालकर खाया जा सकता है।

सूरजमुखी के बीज

ये इम्युनिटी बूस्ट करते हैं और त्वचा को हेल्दी बनाए रखते हैं। इसे सलाद, ग्रेनोला या स्मूदी में मिलाएं।

काले चने के बीज

फाइबर से भरपूर काले चने डाइजेशन को बेहतर बनाते हैं और लंबे समय तक एनर्जेटिक बनाए रखते हैं। इन्हें भिगोकर या अंकुरित कर खाना सबसे ज्यादा फायदेमंद होता है।

काली सरसों

काली सरसों पाचन को सुधारती है, गैस की समस्या कम करती है और सूजन को कम करती है। इसे तड़के में डालकर अपनी डाइट में शामिल किया जा सकता है।