



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Thursday 20190131

## H1N1 medicines

### Govt directs hospitals to procure logistics for continuous supply of H1N1 medicines

<https://www.tribuneindia.com/news/delhi/govt-directs-hospitals-to-procure-logistics-for-continuous-supply-of-h1n1-medicines/721514.html>

With cases of influenza A (H1N1) infection continuing to surge, the Delhi government after reviewing the prevailing situation in the capital on Wednesday has directed all its hospitals to locally procure logistics required to ensure continuous supply of medicine, vaccine and kits.

The health department told the hospital authorities to ensure that all government hospitals are equipped with necessary logistics for the management of the disease also known as Swine Flu and the drug Oseltamivir along with personal protective equipments and N95 masks are also available.

It said, in a statement issued today, testing of seasonal influenza (H1N1) is required in category C patients only (admitted and critically-ill patients).

Recent guidelines from the Union Health Ministry on case diagnosis, management, vaccination, isolation, risk categorisation and preventive measures have been circulated among all hospitals and health facilities, it stated.

The government said “Health advisories, in English and Hindi, on seasonal Infuenza A H1N1 (swine flu) have been prepared and issued for general public in leading newspapers. The Director General of Health Services (DGHS) was asked to issue regular advisories in the papers and media.”

“Collection and compilation of confirmed swine flu cases from various reporting units and labs with complete line listing on daily basis is being done at the state level. Compiled report is shared with districts for timely surveillance activities and preventive measures,” said the government.

Patients with co-morbid condition like low immunity, on immune-suppressant, blood cancer, renal transplant, diabetes, heart disease are at high risk of getting infected with swine flu.

Further, it added that for any query on swine flu, people can seek assistance on the 24X7 helpline number at DGHS (HQ): 011-22300012, 22307145.

As per reports, over 600 persons have tested positive for H1N1 in Delhi at a time when two centrally-managed government hospitals — Safdarjung and Ram Manohar Lohia — have recorded 12 deaths due to the disease till yesterday. However, going by the data released by the city government, the virus has infected 512 people and there has been no death due to it in the city so far.

Newborn

No paediatrician, 3 newborn die in a day (The Tribune: 20190131)

<https://www.tribuneindia.com/news/haryana/no-paediatrician-3-newborn-die-in-a-day/721426.html>

A newborn admitted to Special Neonatal Care Unit at General Hospital in Panipat. Tribune

The special neonatal care unit (SNCU) at the general hospital here is without any paediatrician and ventilator. Three neonates died here on Monday, while 33 had died in 2018.

Last year saw the unit virtually turn into a referral centre with 351 neonates being referred to other hospitals due to lack of amenities.

Reena, wife of Chanderalal of Khojkipur village, gave birth to twins — boy and girl — on January 24. As per record, the delivery was premature and the weight of kids was 1.3 kg and 1.2 kg, respectively.

SNCU medical officer Dr Ekta Bathla said one child had a congenital deformity as its one foot had not developed while both kids suffered from respiratory distress. They died on Monday night.

Another newborn, child of Mehroon of Garhi Besak village, was shifted to SNCU in a serious condition on Monday night. He died in the wee hours on Tuesday.

The SNCU has been functioning without any paediatrician for the past two months while it was mandatory to have a paediatrician and two doctors on round-the-clock duty here. Only four nurses are posted here against the required strength of eight.

Paediatrician-cum-incharge of SNCU Dr Dinesh Dahiya was suspended in connection with a criminal case last year, while paediatrician Dr Niharika is on child-care leave. Dr Alok Jain has become Medical Superintendent (MS) due to which there is no paediatrician at the hospital now. It is being run under the supervision of three doctors—two of them on contract. Dr Ekta said, “Though we try to provide proper care to the newborn, the non-availability of any paediatrician has made things difficult. In many cases, we have no option but to refer serious patients to other hospitals.”

MS Dr Alok Jain said low weight and respiratory distress were the main reasons behind the death of the three newborns at the centre recently. Officiating Civil Surgeon Dr Naveen Suneja

said, “We have advertised for the paediatrician’s post twice, but no doctor seems ready to join on a monthly salary of Rs 80,000. I have talked to the higher-ups and we will advertise for the post once again.”

## **Lifestyle diseases**

### **Lifestyle diseases taking toll on Kerala’s health index: economic review (The Indian Express: 20190131)**

<https://indianexpress.com/article/india/lifestyle-diseases-taking-toll-on-keralas-health-index-economic-review-5562134/>

The report has raised serious concern about sustaining the achievements of the health sector — such as high life expectancy, low infant mortality rate, low birth and death rates - as lifestyle diseases, or NCDs, such as diabetes, hypertension, coronary heart disease, cancer and geriatric problems become rampant.

chandigarh, chandigarh medical facility, chandigarh PGI, diabetes, chandigarh diabetes, indian express news, india news, chandigarh news

Incidents of obesity, hyperlipidemia, heart attack and stroke are also high.

Kerala’s famed health indices are poised to face an uphill task of sustainability due to the prevalence of non-communicable diseases (NCD) at an alarming rate, according to the state economic review-2018, which was presented in the Assembly on Wednesday.

While the recent health index report, prepared by the World Bank and the Niti Aayog, has ranked Kerala at the top among the states in terms of health performance, the economic review paints a grim scenario.

The report has raised serious concern about sustaining the achievements of the health sector – such as high life expectancy, low infant mortality rate, low birth and death rates – as lifestyle diseases, or NCDs, such as diabetes, hypertension, coronary heart disease, cancer and geriatric problems become rampant. The report said that while 42 per cent of total deaths in India are due to NCDs, in Kerala more than 52 per cent of total deaths in the productive age group of 30-59 years is due to such diseases.

The report states, “Studies show that 27 per cent of Kerala adult males have diabetes mellitus compared to 15 per cent at the national level; 19 per cent of adult female population is diabetic, compared to 11 per cent in India. Genetic predisposition, dietary habits and sedentary lifestyle are considered to be the reason for this phenomenon.”

It noted that 40.6 per cent of adult men and 38.5 per cent of adult women suffer from hypertension, compared to 30.7 per cent and 31.9 per cent, respectively, at the national level.

“Incidents of obesity, hyper lipedemia, heart attack and stroke are also high. Cancer mortality is extremely high in males in Kerala compared to the national average,” it said.

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Budget 2019: India shouldn't take protectionist steps like raising customs duties

The report blames rampant modernisation and urbanisation, drastic lifestyle changes, alcohol and tobacco abuse, affinity for white-collar jobs, unhealthy eating patterns, low priority for physical exertion, high levels of stress, among others, for the rise of non-communicable diseases in the state.

It said that unless interventions are made to address NCDs, their burden is likely to increase substantially in future as the population ages and lifestyle changes continue. Considering the high cost of medicines and longer duration of treatment, this constitutes a greater financial burden to low income groups.

It may be noted that Kerala, which has achieved below-replacement-level fertility much earlier than other states, has the highest proportion of elderly among Indian the states. Of the state's population of 3.34 crore, aged population (above 60 years) is 42 lakh. This has substantial implications on the state's socio-economic situation.

The growth in population of senior citizens has put economic stress on the state's working age population. The old age dependency ratio of India as per 2011 census is 142, whereas it is 196 in Kerala due to higher life expectancy at birth.

## **Rajasthan: Swine flu**

### **Rajasthan: Swine flu toll in January reaches 76(The Indian Express: 20190131)**

<https://indianexpress.com/article/india/rajasthan-swine-flu-toll-in-january-reaches-76-5562095/>

Across the state, 9,210 samples have been tested, out of which 2,045 have tested positive.

Rajasthan: Swine flu toll in January reaches 76

Students wear masks to school in Ajmer. PTI

As many as 76 people have died in January in Rajasthan due to Influenza A (H1N1), also known as Swine Flu, officials said on Wednesday.

As per official data, updated till Wednesday, 23 of these deaths occurred in Jodhpur district alone. With seven deaths, Bikaner comes second, followed by Udaipur (6), Churu (5) and Jaipur and Nagaur (4 each). Across the state, 9,210 samples have been tested, out of which 2,045 have tested positive.

At 812, state capital Jaipur has had the highest number of positive cases, but owing to better facilities, these were successfully treated. Jodhpur is second with 344 cases, followed by Udaipur at 118 cases.

Sunil Kumar Bisht, Chief Medical and Health Officer, Jodhpur, said that the difference in access to healthcare services between Jaipur and Jodhpur, was pointed out to Health Minister Raghu Sharma, who held a meeting in the district on Wednesday.

In a statement, Minister Sharma said while there were only eight swine flu testing centres in the state, an amount of Rs 1 crore each has been approved on January 25 for five medical colleges, which will increase the testing capabilities.

“We have placed orders for 10 lakh Tamiflu, out of which we have received a lakh,” the minister said, adding that over 900 beds across the state are reserved for Swine Flu patients.

## Swine flu

Swine flu grips state, toll 27; Patiala worst affected (The Tribune: 20190131)

Swine flu has tightened its grip over the state, with a total of 188 confirmed cases reported so far.

Chief Minister and Health Minister’s home district Patiala is the worst affected. As per the report prepared by the State’s Integrated Disease Surveillance Programme, apart from 421 suspected cases, 188 confirmed cases of H1N1 have been reported. Besides, 27 deaths have been reported so far.

In district-wise breakup, Patiala is worst hit with 32 confirmed cases and three deaths, followed by Ludhiana (25 and six), SAS Nagar (20 and one), Sangrur (17 and two), and Ropar (11 confirmed cases).

Besides, the Health Department has given flu treatment to over 2,000 people on the basis of symptoms, although no diagnosis was done.

Health Minister Brahm Mohindra said the outbreak of Influenza A (swine flu) was being reported in the entire country. “The northern states are seeking an upsurge due to continuing cold weather conditions,” he said.

Experts are analysing the cause of deaths. Preliminary findings have revealed that most of the deaths have taken place due to co-morbid conditions. On state’s readiness to deal with the situation, an official said: “Isolation wards have been set up in three government medical colleges, 22 district hospitals and 41 subdivision hospitals of the state. Ventilator facility for serious cases is available in three government colleges and district hospital, Jalandhar.” Testing of H1N1 is being done free of cost at PGI, GMC Patiala and Amritsar.

Last year, the state had witnessed 47 confirmed cases and 11 deaths, while in 2017, a total of 239 cases and 76 deaths were reported.

## Jalandhar man latest victim

Jalandhar: A 26-year-old resident of Shaheed Udham Singh Nagar here succumbed to Swine Flu infection on Monday. His family said Gaurav alias Goru was unwell for the past two weeks. He was recently shifted to DMC Hospital, Ludhiana, where he succumbed to the H1N1 virus.

This is the first case of swine flu death in the district. The family said Gaurav was to get married on February 14. They alleged that the government was proving to be a complete failure in tackling the disease. TNS

## **Swine flu cases**

### **Delhi registers over 500 swine flu cases in Jan (Hindustan Times: 20190131)**

<http://paper.hindustantimes.com/epaper/viewer.aspx>

WITH AN INCREASE IN CASES, THE DELHI GOVERNMENT HAS SET UP HELPLINE NUMBERS 011-22300012, 22307145

As many as 512 cases of swine flu (H1N1) have been reported from various hospitals in Delhi till January 29, according to the data released by the government. No death has been reported due to the infection in the national capital so far, the data said.

In comparison, only 205 H1N1 cases and two deaths were reported in the entire 2018.

Doctors say that these are the cases that get tested for swine flu and reported. “We saw an increase in the number of people coming in with flu-like symptoms. However, we cannot report them as swine flu cases as we do not test everyone. The test is done only for people with severe symptoms,” said Dr RK Singhal, director of the department of internal medicine at BLK Super Speciality Hospital.

Though government data has not reported any deaths due to H1N1, some city hospitals claim that 11 people died in January.

The government has also assured that oseltamivir (Tamiflu), which is the recommended treatment for swine flu, is available in all government hospitals. Personal protective equipment and N95 masks for hospital employees are also available.

“All hospitals have been directed to make local purchase to ensure continuous supply of medicines and kits,” said a government release. The Delhi government has set up 24x7 helpline numbers 011-22300012, 22307145.

Swine flu is a seasonal viral infection and usually causes fever, cough, sore throat, diarrhoea, and vomiting. Only category C patients who get chest pain, drop in blood pressure, sputum mixed blood and bluish discoloration of nails need to be tested and hospitalised.

This month, the highest number of cases have been reported from Rajasthan — 1,856 cases and 72 deaths till January 27, according to data from the Integrated Disease Surveillance Programme.

## 20 genes

### 20 genes that can predict severity of dengue identified (The Tribune: 20190131)

<https://www.tribuneindia.com/news/health/20-genes-that-can-predict-severity-of-dengue-identified/721304.html>

Researchers, including one of an Indian-origin, have identified 20 genes that can predict an individual's likelihood of developing a severe form of dengue fever with about 80 per cent accuracy.

The team from Stanford University in the US, identified a gene-expression pattern that predicts which people infected with dengue—a mosquito-borne virus that can cause fever and joint pain, among other symptoms—are at highest risk for developing a severe form of the illness.

Every year, between 200 million and 400 million people in tropical and subtropical regions of the world contract dengue fever, and about 500,000 of those cases are fatal.

For the most part, people with the disease recover after receiving some fluids and a few days' rest, said Purvesh Khatri, Associate Professor at the varsity.

"But there's a smaller subset of patients who get severe dengue, and right now we don't know how to tell the difference," Khatri said.

Anywhere from 5 to 20 per cent of dengue cases will advance to severe.

Currently, to diagnose severe dengue the doctors wait to observe specific symptoms and results of laboratory tests that typically emerge in the late stages of the disease.

"These practices are not nearly sensitive or accurate enough, and some patients end up admitted to the hospital unnecessarily, while others are discharged prematurely," said Shirit Einav, Associate Professor.

The new set of genes, reported in the Cell Reports journal, can help identify predictive biomarkers that can help doctors reliably gauge the likelihood of severe dengue in patients who are newly symptomatic and use that information to provide more accurate care to help guide therapeutic clinical studies and, in the future, to guide treatment decisions.

The genes could serve as a basis for a targeted therapy for dengue, Einav said - but that's far on the horizon. IANS

## **Sleeping**

### **Night-time screen use may lead to poor sleep in kids (The Tribune: 20190131)**

<https://www.tribuneindia.com/news/health/night-time-screen-use-may-lead-to-poor-sleep-in-kids/721242.html>

Using smartphones or watching TV in the dark before bedtime may lead to poor quality and duration of sleep in children, which could affect their health, a study warns.

Researchers from the University of Lincoln in the UK and colleagues are the first to analyse the pre-sleep use of media devices with screens alongside the impact of room lighting conditions on sleep in pre-teens.

The study, published in the journal *Environment International*, found that night-time use of phones, tablets and laptops is consistently associated with poor sleep quality, insufficient sleep, and poor perceived quality of life.

Insufficient sleep has also been shown to be associated with impaired immune responses, depression, anxiety and obesity in children and adolescents, researchers said.

Data was collected from 6,616 adolescents aged between 11 and 12 and more than 70 per cent reported using at least one screen based device within one hour of their bedtime.

They were asked to self-report a range of factors including their device use in both lit and darkened rooms, their weekday and weekend bedtimes, how difficult they found it to go to sleep and their wake up times.

The results showed that those who used a phone or watched television in a room with a light on were 31 per cent more likely to get less sleep than those who did not use a screen.

The likelihood increased to 147 per cent if the same activity took place in the dark, researchers said.

It has been reported that globally, 90 per cent of adolescents are not sleeping the recommended nine to 11 hours per night, which has coincided with an increase in the use of screen-based media devices.

In the UK alone, it is estimated that 98 per cent of 12 to 15 year olds watch television and over 90 per cent use mobile phones at home.

Previous studies have shown that sufficient sleep duration and quality are vital in childhood to maintain physical and mental development.

Sleep is also crucial for cognitive processes and a lack of sufficient sleep has been directly related to poor academic performance.

"While previous research has shown a link between screen use and the quality and length of young people's sleep, ours is the first study to show how room lighting can further influence this," said Michael Mireku, a researcher at the University of Lincoln.

"Our findings are significant not only for parents but for teachers, health professionals and adolescents themselves.

"We would recommend that these groups are made aware of the potential issues surrounding screen use during bedtime including insufficient sleep and poor sleep quality," Mireku said. – PTI

## **Dementia**

### **Hearing loss can contribute to mental decline, dementia (The Tribune: 20190131)**

<https://www.tribuneindia.com/news/health/hearing-loss-can-contribute-to-mental-decline-dementia/721227.html>

Hearing loss can lead to impaired memory and higher risk of dementia and ensuing Alzheimer's disease in older people, health experts say.

Deafness, according to the World Health Organisation (WHO), refers to the complete loss of hearing ability in one or both ears, while "hearing impairment" refers to both complete and partial loss of hearing ability.

Nearly 360 million people, nearly one-tenth of them children, suffer from hearing loss worldwide.

"Yes, hearing loss can lead to cognitive decline. Our two senses—vision and hearing—contribute to our cognitive development. When we are not able to hear well, most of the information that is delivered to us that way is not received properly. This way, less hearing slowly contributes to cognitive decline," Suresh Singh Naruka, Senior Consultant - ENT at Indraprastha Apollo Hospitals here, told IANS.

"It is important to understand that brain development and cognition development is a slow process. Intelligence is not a static thing; it is a dynamic and continuous process. It may not be visible in a day or two, but over a period of time one can witness the decline in cognitive behaviour," Naruka added.

A study led by researchers at Brigham and Women's Hospital in the US suggests that hearing loss is associated with new onset of subjective cognitive concerns which may be indicative of early stage changes in cognition.

The study, published in the Alzheimer's and Dementia journal, examined 10,107 men aged 62 years.

The team found that compared with men with no hearing loss, the relative risk of cognitive decline was 30 per cent higher among men with mild hearing loss, 42 per cent higher among men with moderate hearing loss and 54 per cent higher among men with severe hearing loss but who did not use hearing aids.

The findings may help identify individuals at greater risk of cognitive decline.

It may help identify individuals at greater risk of cognitive decline and could provide insights for earlier intervention and prevention, the researchers said.

Moreover, "while hearing loss can lead to impaired memory and higher risk of dementia in older people, in children it hampers with development of speech and brain development", Virender Singh, Consultant—ENT, Fortis Hospital, Shalimar Bagh, told IANS.

According to a 2016 study published in the Indian Journal of Otolaryngology and Head and Neck Surgery, 63 million people (6.3 per cent) suffer from significant auditory loss in India.

Four in every 1,000 children suffer from severe to profound hearing loss in India. With over 100,000 babies that are born with hearing deficiency every year, the estimated prevalence of adult-onset deafness in India was found to be 7.6 per cent and childhood-onset deafness to be 2 per cent.

"Hearing loss is a much neglected phenomenon in our country. Congenital deafness or any neonatal disease such as prolonged jaundice, meningitis or prolonged labour leading to delayed oxygenation can cause mild to profound hearing loss in neonate," Singh said.

Hearing loss in children can hamper the development of speech and the brain. This can lead to shutting the child from worldly sounds, resulting in disconnected from the social world.

"Early corrective measures in the form of hearing aid, cochlear implant, medications and corrective surgery should be taken as soon as possible to prevent any complications that arise from hearing loss," Singh suggested. — IANS

## **Alzheimer's risk**

### **How our diet may reduce Alzheimer's risk (The Tribune: 20190131)**

<https://www.tribuneindia.com/news/health/how-our-diet-may-reduce-alzheimer-s-risk/720718.html>

Higher levels of a satiety hormone -- which induces the feeling of being full -- may reduce the risk of developing Alzheimer's disease, according to a study which suggests that our diet may affect memory.

Researchers from Iowa State University in the US looked at the satiety hormone, Cholecystokinin (CCK), in 287 people.

CCK is found in both the small intestines and the brain. In the small intestines, CCK allows for the absorption of fats and proteins. In the brain, CCK is located in the hippocampus, which is the memory-forming region of the brain, said Auriel Willette, assistant professor at Iowa State.

For individuals who have higher CCK levels, their chance of having mild cognitive impairment, a precursor state to Alzheimer's disease, or Alzheimer's disease decreased by 65 per cent.

"It will hopefully help to shed further light on how satiety hormones in the blood and brain affect brain function," Willette said.

Alexandra Plagman, lead author of the study published in the journal *Neurobiology of Aging*, said they chose to focus on CCK because it is highly expressed in memory formation.

The researchers wanted to see if there was any significance between levels of CCK and levels of memory and grey matter in the hippocampus and other important areas.

They also looked p-tau and tau proteins, which are thought to be toxic to the brain, to see how these might impact CCK and memory. They found that as tau levels increased, higher CCK was no longer related to less memory decline.

The researchers hope that the study will encourage others to look into the nutritional aspect of diets, versus just looking at caloric intake.

Plagman already is looking at how diet impacts an individual's CCK levels through researching fasting glucose and ketone bodies.

"By looking at the nutritional aspect, we can tell if a certain diet could prevent Alzheimer's disease or prevent progression of the disease," Plagman said.

"The regulation of when and how much we eat can have some association with how good our memory is. Bottom line: what we eat and what our body does with it affects our brain," Willette said. - PTI

## **Air quality**

### **Air quality 'very poor' in Capital (Hindustan Times: 20190131)**

<http://paper.hindustantimes.com/epaper/viewer.aspx>

Delhi's air quality deteriorated to 'very poor' category on Wednesday due to decline in wind speed that has slowed the dispersion of pollutants, according to authorities.

According to the Central Pollution Control Board (CPCB) data, the overall air quality index (AQI) in the city was 333, which falls in the 'very poor' category.

An AQI between 100 and 200 comes under 'moderate' category, 201 and 300 is considered 'poor', 301 and 400 'very poor', while that between 401 and 500 is 'severe'.

Thirty-one areas in Delhi recorded 'very poor' air quality while four areas recorded poor air quality, according to data by the Central Pollution Control Board.

In the National Capital Region, Ghaziabad, Noida and Greater Noida recorded 'very poor' air quality while Gurgaon recorded poor air quality, it said.

The overall PM2.5 level -- fine particulate matters in the air with a diameter of less than 2.5 micrometers -- in Delhi was 165, while the PM10 level was 275, it said.

The Centre-run System of Air Quality and Weather Forecasting (SAFAR) said overall air quality in Delhi was recorded in 'very poor' category.

“This deterioration is a typical pre-shower winter impact. Now winds have also declined a bit. However, there is likelihood of rain tomorrow due to westerly disturbances related moisture saturation which may bring AQI in moderate category,” the SAFAR said.

Delhi’s air has been oscillating between ‘moderate’ and ‘poor’ category for the past ten days.

### **Schizophrenia (The Asian Age: 20190131)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=12358099>

# Early risers have lower risk of schizophrenia

**Boston, Jan. 30:** People who are genetically programmed to be early risers may have a better mental well-being, and are at lower risk of schizophrenia and depression, a study has found.

The study, published in the journal *Nature Communications*, revealed some of the inner workings of the body clock, shedding new light on how it links to mental health and disease.

However, the results did not reveal any strong links to diseases such as diabetes or obesity, dispelling previous speculation.

The study highlights the key role of the retina in the eye in helping the body to keep time.

"This study highlights a large number of genes which can be studied in detail to work out how different people can have different body clocks," said Michael Weedon, of the University of Exeter, who led the research.

"The large number of people in our study means we have provided

Those who rise early have a better mental well-being, though the results did not reveal any strong links to diseases such as diabetes or obesity, dispelling previous speculation

This study highlights a large number of genes which can be studied in more detail to work out how different people can have different body clocks

the strongest evidence to date that 'night owls' are at higher risk of mental problems," said Weedon.

"Our work indicates that part of the reason why some people are up with the lark while others are night owls is because of differences in both the way our brains react to external light signals and the normal functioning of our internal clocks," said Samuel E Jones. — *PTI*

**Newborns (The Asian Age: 20190131)**

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=12358098>

# Newborns have inbuilt ability to pick out words

**London, Jan. 30:** Newborn babies have an innate ability to pick out individual words from speech, according to a study which provides a key insight into the first step in language learning.

Researchers from the University of Manchester in the UK and colleagues discovered two mechanisms in three-day-old infants, which give them the skills to pick out words in language.

The study, published in the journal *Developmental Science*, describes two new mechanisms which allow us to recognise when a word starts and stops.

One of the mechanisms is known as prosody — the melody of language — while another is called the statistics of language.

“We think this study highlights how sentient newborn babies really are and how much information they are absorbing,” said Alissa Ferry from The University of Manchester.

“That’s quite important for new parents and gives them some insight into how their baby is listening to them,” Ferry said.

“Language is incredibly complicated and this study is about understanding how infants try to make sense of it when they first hear it,” said Ana Flo of the Neurospin Centre in France.

“We think of language as being made up of words, but words often blur when we talk. So one of the first steps to learn language is to pick out the words,” Flo said. — *PTI*

**Heart Attack (The Asian Age: 20190131)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=12358103>

# Vaping ups risk of stroke, heart attacks

Washington, Jan. 30  
Vaping e-cigarettes raises the risks of having a heart attack, stroke, or heart disease, a new study finds.

About one in 20 US adults use e-cigarettes and many of them claim to do so because they are 'healthier' than combustible cigarettes.

But the devices are still relatively new and poorly understood.

As more and more research on them comes out, it becomes increasingly clear that "safer" doesn't mean safe.

The latest study, conducted by the American Heart Association, found that heart attacks are nearly 60 per cent more common among vapers, who are at a 71 per cent higher risk of stroke.

Originally marketed as a "safer" alternative to smoking combustible tobacco, e-cigarettes raise risks of heart attack and

When e-cigarettes started appearing, they were advertised as a cessation aid for smokers. But now it's clear they are more likely to be an addition to, rather than substitute for, combustible cigarettes.

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disease as well as stroke, new research suggests. When e-cigarettes started appearing on the shelves of smoke shops and convenience stores, they were often advertised as a cessation aid for smokers.

But now, it's become clear they are more likely to be an addition to, rather than substitute for, combustible cigarettes.

The American Heart Association study found that people who vape are twice as likely to also smoke traditional cigarettes as are those who don't vape. — *Agencies*

**Lower obesity (The Asian Age: 20190131)**

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=12358101>

## Lower obesity rates linked with public transportation use: Study

Washington, Jan. 30: A new study now shows that public transportation systems not only provide numerous economic benefits for a community, but may also be instrumental in lowering obesity rates.

The study, by researchers from the University of Illinois at Urbana-Champaign and Georgia Tech, compared and analysed data from 2001 and 2009. The results

of the study were published in the journal Transportation Research Part A: Policy and Practice.

The study found that a single percentage-point increase in mass transit ridership is associated with a 0.473 percentage-point lower obesity rate in counties across the United States.

Speaking about the study, co-author Sheldon H. Jacobson said,

"Opting for mass transit over driving creates opportunities for exercise that may otherwise not exist."

According to the researcher, instead of just stepping out of the house and getting into a car, public transportation prompts people to walk from their home to a bus stop and from there to the destination. The study details a computational analysis. — ANI

### Stomach cancer

#### New ingestible, expanding pill to track ulcers, stomach cancer (New Kerala: 20190131)

<https://www.newkerala.com/news/read/95784/new-ingestible-expanding-pill-to-track-ulcers-stomach-cancer.html>

MIT engineers have designed an ingestible pill that upon reaching the stomach quickly swells to the size of a soft, squishy ping-pong ball and could potentially track ulcers, cancers, and other intestinal conditions.

The inflatable pill is embedded with a sensor that continuously tracks the stomach's temperature for up to 30 days.

The pill may safely deliver a number of different sensors to the stomach to monitor, for instance, pH levels, or signs of certain bacteria or viruses.

"The dream is to have a Jell-O-like smart pill, that once swallowed stays in the stomach and monitors the patient's health for a long time such as a month," said Xuanhe Zhao, Associate Professor at MIT.

"With our design, you wouldn't need to go through a painful process to implant a rigid balloon.

"Maybe you can take a few of these pills instead, to help fill out your stomach, and lose weight. We see many possibilities for this hydrogel device," Zhao said.

If the pill needs to be removed from the stomach, a patient can drink a solution of calcium that triggers the pill to quickly shrink to its original size and pass safely out of the body.

The new pill, detailed in Nature Communications journal, is made from two types of hydrogels -- mixtures of polymers and water that resemble the consistency of Jell-O.

The combination enables the pill to quickly swell in the stomach while remaining impervious to the stomach's churning acidic environment.

In the lab, the researchers dunked the pill in various solutions of water and fluid resembling gastric juices, and found the pill inflated to 100 times its original size in about 15 minutes - much faster than existing swellable hydrogels.

Once inflated, Zhao noted that the pill is about the softness of tofu or Jell-O, yet surprisingly strong.

## **Vitamin D**

### **Vitamin D intake could lower diabetes risk: Study (New Kerala: 20190131)**

<https://www.newkerala.com/news/read/95705/vitamin-d-intake-could-lower-diabetes-risk-study.html>

While Vitamin D helps in promoting bone health, a new study suggests that it may also promote greater insulin sensitivity, thus lowering glucose levels and the risk of developing Type-2 diabetes.

The study, conducted only on women, showed that vitamin D supplementation was found to be negatively associated with high glucose levels.

In addition, habitual exposure to the sun also provided the same association, demonstrating that vitamin D deficiencies are associated with high blood glucose levels, said the study, published in Menopause: The journal of The North American Menopause Society (NAMS).

"Although a causal relationship has not been proven, low levels of vitamin D may play a significant role in Type-2 diabetes mellitus. Vitamin D supplementation may help improve blood sugar control, but intervention studies are still needed," said JoAnn Pinkerton, Executive Director at the North American Menopause Society (NAMS).

Furthermore, a previous study has also found that vitamin D supplements can reduce the risk of potentially fatal lung attacks in some patients with chronic obstructive pulmonary disease (COPD).

For the study, the team from NAMS involved 680 women aged 35 to 74 years among which 24 (3.5 per cent) reported using vitamin D supplements.

## Smoking

### **E-cigs no safer alternative than traditional smoking: Study (New Kerala: 20190131)**

<https://www.newkerala.com/news/read/95697/e-cigs-no-safer-alternative-than-traditional-smoking-study.html>

If you are an e-cigarette smoker and claim it to be 'safer' than combustible cigarettes, then take note. A new study warns that vapers are at risk of having heart attacks, strokes, and coronary heart diseases.

The study, conducted by the American Heart Association (AHA), found that heart attacks are nearly 60 per cent more common among vapers.

In addition, people who vape are twice as likely to also smoke traditional cigarettes as are those who do not vape.

"It's obviously quite concerning. This is a potential chip of the spear, of a wave of cardiovascular disease, that may be coming in the future, especially since this has been so attractive to young users," Larry Goldstein, chairman of the Kentucky Neuroscience Institute, US was quoted as saying by Daily Mail.

E-cigarettes were often originally advertised as a cessation aid for smokers.

However, with increased research, it has become clear that 'safer' does not mean safe and that they are more likely to be an addition to, rather than substitute for, combustible cigarettes.

For the study, the team recruited 400,000 people among which 66,795 respondents who vaped had a 71 per cent higher risk of stroke.

The same group was at a 59 per cent higher risk of having a heart attack or angina.

Angina is a type of chest pain caused by reduced blood flow to the heart.

In addition, they were at 40 per cent greater risk of developing heart disease.

The researchers could not, however, conclude that vaping kills.

Importantly, rates of e-cigarette use are highest among the young people suggesting that only 4.2 per cent of adults vape, as compared to 11.3 per cent of high school students, reported Daily Mail.

The public health officials must continue to push for a ban on sweet flavoured e-liquids that are so enticing to younger users, Goldstein suggested.

"It's hard to know what contribution this has to that, but it doesn't appear to be safer, or safe right now from the data that's available," Goldstein noted.

## Swine Flu (Hindustan: 20190131)

[http://epaper.livehindustan.com/imageview\\_75281\\_93648884\\_4\\_1\\_31-01-2019\\_i\\_4.pagezoomsinwindows.php](http://epaper.livehindustan.com/imageview_75281_93648884_4_1_31-01-2019_i_4.pagezoomsinwindows.php)

# दिल्ली में स्वाइन फ्लू का आंकड़ा 580 पर पहुंच



नई दिल्ली | कार्यालय संवाददाता

दिल्ली में स्वाइन फ्लू के मामले थमने का नाम नहीं ले रहे हैं। बुधवार को यह संख्या 580 तक पहुंच गई है।

स्वाइन फ्लू के दिल्ली में बढ़ते कहर को लेकर दिल्ली सचिवालय में स्वास्थ्य विभाग के अधिकारियों की एक बैठक हुई। इस बैठक में सख्त निर्देश दिए गए हैं कि स्वाइन फ्लू से बचाव के लिए सभी

### 19 अस्पतालों में आइसोलेशन वार्ड आरक्षित

दिल्ली सरकार के स्वास्थ्य विभाग का दावा है कि स्वाइन फ्लू से निपटने के लिए अस्पतालों में उचित कदम उठाए जा रहे हैं। स्वास्थ्य विभाग की महानिदेशक डॉक्टर नूतन मुंदेजा के अनुसार, स्वाइन फ्लू के मरीजों के इलाज के लिए राजधानी के 19 अस्पतालों में आइसोलेशन वार्ड आरक्षित किए गए हैं। जहां आइसोलेशन वार्ड नहीं है, वहां एक अलग कमरे में मरीज को रखा जा रहा है। उनका कहना है कि सतर्कता बरती जाए तो इस बीमारी से बचा जा सकता है। अस्पताल में आने वाले मरीजों को धैर्य बरतने की जरूरत है।

जरूरतमंद की चीजें अस्पताल में हों। एन 95 मास्क और भारत सरकार द्वारा प्रस्तावित ओसेल्टामिडविर दवा भी उपलब्ध रहे। गंभीर यानि सी श्रेणी वाले मरीजों की स्वाइन फ्लू की जांच को जरूरी बनाया जाए। दिल्ली में स्वाइन

फ्लू के भले ही मामले सामने आ रहे हैं, लेकिन दूसरे राज्यों की अपेक्षा मौत की संख्या कम है।

वहीं, पश्चिमी दिल्ली के सबसे बड़े अस्पताल में दीनदयाल उपाध्याय में अभी तक न तो कोई आइसोलेशन वार्ड

### हेल्पलाइन नंबर



स्वाइन फ्लू से संबंधित किसी भी प्रकार की जानकारी के लिए स्वास्थ्य विभाग ने 011-22300012, 22307145 हेल्पलाइन नंबर जारी किया है। बता दें कि अब तक स्वाइन फ्लू से 10 लोगों की मौत हो चुकी है।

बनाया गया है। अस्पताल प्रशासन व कहना है कि उनके पास अभी तक को स्वाइन फ्लू को मरीज नहीं आया है। इ वजह से अभी ऐसी व्यवस्था नहीं की ग है। अगर कोई मरीज आएगा तो उसे य सुविधा मुहैया करा दी जाएगी।