



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Friday 20190208

## Medical devices

**First meeting today on regulating medical devices (The Indian Express: 20190208)**

<https://indianexpress.com/article/india/first-meeting-today-on-regulating-medical-devices-5574653/>



The investigation highlighted how the first Bill to regulate medical devices was drafted 12 years ago but was still not enacted.

#ImplantFiles: Govt's new council on medical devices will tackle patient safety and pricing

#ImplantFiles: Compensation formula devised without due consultations, say faulty JJ implant patients

#ImplantFiles: Govt's new council on medical devices will tackle patient safety and pricing

Implant Files: Pharma majors gave freebies to doctors, claimed tax benefits (Representational)

MORE THAN two months after The Indian Express published the Implant Files, a series of investigative reports on the unregulated medical bazaar in India, the government will hold its first meeting Friday to discuss the “road map” for regulating the sale and use of medical devices.

The meeting will be held by the Central Drugs Standard Control Organization, the national medical device regulator, with major stakeholders of the medical device industry. It will discuss regulatory measures, including safety of patients and pricing, sources said.

A notice sent by Drugs Controller General of India Dr S Eswara Reddy states that the meeting is “in pursuance of the order by Ministry of Health and Family Welfare and in order to prepare road for regulations of all medical devices”.

Sources said the meeting will also discuss key findings of the 10-month investigation by The Indian Express.

The investigation highlighted how the first Bill to regulate medical devices was drafted 12 years ago but was still not enacted. And how global pharma majors are pushing such devices — from coronary stents and pacemakers to breast and knee implants — into markets via a dubious nexus with hospitals and doctors.

It found breast implants being done in basement Operating Theatres; an out-patient department at AIIMS to conduct revision surgeries for faulty orthopaedic implants; and global majors, such as Johnson & Johnson, Medtronic, Stryker, Abbott and Bayer, pushing devices without adequate oversight for quality or clinical testing.

The investigation also revealed that more than half of the medical and diagnostic medical equipment used in private clinics and hospitals are imported as “pre-owned” or “second hand” with no assessments done on their levels of accuracy or safety.

## **Vitamin D**

### **Vitamin D may help treat lethal drug-resistant TB (The Tribune: 20190208)**

<https://www.tribuneindia.com/news/health/vitamin-d-may-help-treat-lethal-drug-resistant-tb/725455.html>

Vitamin D has shown potential in boosting the immune system. IStock

LONDON: Taking vitamin D supplements with antibiotics can help speed up the process of clearing multi-drug resistant tuberculosis bacteria from the lungs, a study claims.

The World Health Organisation estimates that 10.0 million people developed active tuberculosis (TB) in 2017, and that 1.6 million people died of this disease.

“Multi-drug resistant TB is on the rise globally. It’s notoriously difficult to treat, and it carries a much worse prognosis than standard TB,” said Adrian Martineau from Queen Mary University of London in the UK.

Multi-drug resistant (MDR) TB is caused by bacteria that are resistant to treatment with at least two of the most powerful first-line anti-TB drugs, causing around 5,00,000 cases and 1,50,000 deaths per year worldwide.

Existing antibiotic treatments for MDR TB are lengthy, costly and often toxic due to their serious side effects.

“Our study raises the possibility that vitamin D—which is very safe and inexpensive—could benefit this hard-to-treat group of patients by taking a novel approach to their treatment,” said Martineau.

“By adding vitamin D to antibiotic treatment, we can boost the immune system to help the body to clear TB bugs, rather than relying on antibiotics on their own to kill the bacteria directly,” she said.

“This is a novel approach, as it contrasts with the conventional tactic of developing new antibiotics in an attempt to ‘keep up’ with the emergence of drug-resistant bacteria - an arms race that is proving hard for us to win,” she added.

Vitamin D has shown potential in boosting the immune system, but randomised controlled trials of vitamin D in TB treatment have yielded conflicting results.

In the study, published in *European Respiratory Journal*, the research team pooled data from 1,850 TB patients who took part in clinical trials of vitamin D in eight countries including India, Pakistan, Bangladesh and the UK.

They then ran an analysis to see whether there were particular groups of patients who responded better to vitamin D than others.

When added to antibiotic treatment, vitamin D was found to accelerate TB clearance specifically in patients with MDR TB, even though no acceleration of TB clearance was seen when looking at the entire study population as a whole.

The vitamin D supplementation was also found to be safe at the doses administered, with no links to serious adverse events.

The researchers say these results illustrate the potential for so-called ‘host-directed therapies’—treatments that boost the immune system—to improve outcomes in patients with drug-resistant bacterial infections.

The researchers caution that the analysis is not sufficient on its own to justify a clinical recommendation of the use of vitamin D in the treatment of MDR TB, as it is based on a relatively small number of participants.

However, they say these results now provide a rationale to carry out new clinical trials to see if vitamin D really can benefit patients who are taking standard antibiotics for MDR TB. PTI

## **Lab-grown liver'**

### **Lab-grown liver' raises hopes for acute liver failure patients (The Tribune: 20190208)**

<https://www.tribuneindia.com/news/health/-lab-grown-liver-raises-hopes-for-acute-liver-failure-patients/725436.html>

Researchers in Hyderabad claim to have developed a promising technology for creating in the lab "implantable bioengineered humanized" livers for the management of acute liver failure (ALF), one of the most devastating fatal conditions.

The technology, successfully demonstrated in animal experiments, "has enormous potential for clinical translation" in managing ALF patients desperately waiting for liver transplants, it is claimed.

The study by researchers at the Centre for Liver Research of the Deccan College of Medical Sciences (DCMS) has been reported in the Elsevier journal "Material Science & Engineering-C".

Currently liver transplantation has been the only treatment option available for ALF. But its wider applicability has been limited by high cost, non-availability of quality donor organs and the need to use immunosuppressive drugs throughout life.

It is here that the animal study by researchers at DCMS's Centre for Liver Research raises hopes of an alternative approach although clinical trials in humans are yet to validate this.

In their animal experiment, the DCMS researchers chemically-induced ALF in mice and then used their technology to make the affected livers functional again.

The experimental procedure involved harvesting the complete livers of the ALF mice with intact blood vessels (hepatic artery and portal vein) followed by decellularisation—a process that removes the intracellular components from the liver tissue while preserving only the liver "scaffold" and its native 3-dimensional architecture.

In the next step, the scaffold is "repopulated" with human hepatic progenitor cells that differentiate into "hepatocytes," which constitute 80 per cent of the human liver. Finally, the laboratory-made, bioengineered humanised livers—in which mouse liver tissue has been replaced by human cells—are transplanted back into rats.

According to the DCMS researchers, the strategy for rapid and efficient decellularisation and repopulation adopted by them "is superior" to earlier approaches reported by other workers.

"Over the next years, we aim to optimise the technique in a larger scale to generate ready-to-use bioengineered humanised livers for supplying on demand and validate its safety and efficacy in human," said report co-author Aleem Ahmed Khan. "Immediate human trials are desirable to benefit healthcare without further delay." Chaturvedula Tripura, a cell biologist at the CSIR-Centre for Cellular and Molecular Biology in Hyderabad said the DCMS study has

demonstrated "an efficient and promising technology" for addressing ALF through bio-engineering and transplantation of humanised livers.

"The study is excellent scientific work," added Sanjay Nagral, director of Surgical Gastroenterology at Jaslok Hospital & Research Centre in Mumbai.

"The promise that the bio-engineered liver tissue, especially from other species holds for future human use is indeed interesting," he said.

However, further studies are warranted to explore the suitability of this strategy in larger animal models and future human trials, the researchers say. — IANS

## **Kidneys**

### **Made-to-order human kidneys one step closer (The Tribune: 20190208)**

<https://www.tribuneindia.com/news/health/made-to-order-human-kidneys-one-step-closer/724945.html>

Researchers say they have successfully grown functional kidneys inside rats using just a few donor stem cells, an advance with significant implications for human organ transplantation.

For patients with end-stage renal disease, a kidney transplant is the only hope for regaining quality of life, according to the study published in the journal Nature Communications.

Yet many of these patients will never undergo transplant surgery due to a chronic shortage of donor kidneys, said researchers from the National Institute for Physiological Sciences in Japan.

With 95,000 patients on the waiting list for a donor kidney in the US alone, demand far outstrips supply, they said.

However, researchers have been working on ways to grow healthy organs outside the human body.

One such method, called blastocyst complementation, has already produced promising results.

Researchers take blastocysts, the clusters of cells formed several days after egg fertilisation, from mutant animals missing specific organs and inject them with stem cells from a normal donor, not necessarily of the same species.

The stem cells then differentiate to form the entire missing organ in the resulting animal.

The new organ retains the characteristics of the original stem cell donor, and can thus potentially be used in transplantation therapy.

"We previously used blastocyst complementation to generate rat pancreas in a pancreatic mutant mice," said Teppei Goto, the lead author of the study.

"We therefore decided to investigate whether the method could be used to generate functional kidneys, which would have much greater application in regenerative medicine owing to the high donor demand," Goto said.

Initial attempts by the researchers to grow rat kidneys in mice proved unsuccessful, as rat stem cells did not readily differentiate into the two main types of cells needed for kidney formation.

However, when the reverse scenario was attempted, mouse stem cells efficiently differentiated inside rat blastocysts, forming the basic structures of a kidney.

After being implanted into pseudo-pregnant rats, the complemented blastocysts matured into normal fetuses, researchers said.

More than two thirds of the resulting rat neonates contained a pair of kidneys derived from the mouse stem cells.

Further screening showed that all of the kidneys were structurally intact, and at least half could potentially produce urine.

"Our findings confirm that interspecific blastocyst complementation is a viable method for kidney generation," said study corresponding author Masumi Hirabayashi.

"In the future, this approach could be used to generate human stem cell-derived organs in livestock, potentially extending the lifespan and improving the quality of life of millions of people worldwide," said Hirabayashi. - PTI



## **Global suicide**

### **Global suicide rate falls by 33 per cent: Study (The Tribune: 20190208)**

<https://www.tribuneindia.com/news/health/global-suicide-rate-falls-by-33-per-cent-study/725420.html>

The rate of deaths from suicide worldwide has decreased by almost a third since 1990, according to a study published on Thursday, which also found that over 44.2 per cent of those who took their own lives in 2016 were from India and China.

The study published by The BMJ journal found that total number of deaths from suicide increased by 6.7 per cent globally between 1990 and 2016 to 817,000 deaths in 2016.

However, when adjusted for age, the global mortality rate from suicide decreased by almost 33 per cent worldwide over the same period.

Researchers from University of Washington in the US show that men had higher mortality rates from suicide than women, and that higher rates tended to be linked to higher levels of social and economic deprivation.

However, the research also showed that suicide trends vary substantially across countries and between groups, reflecting a complex interplay of factors that warrant further investigation.

Deaths from suicides in China and India-as the most populous countries-together constituted 44.2 per cent of global suicide deaths in 2016.

Suicide is a global public health concern, with around 800,000 deaths reported annually. The World Health Organisation aims to reduce suicide mortality by one third between 2015 and 2030.

Identifying those most at risk is therefore crucial for national prevention efforts, researcher said.

They used data from the 2016 Global Burden of Disease Study to describe patterns of suicide mortality and years of life lost globally and regionally, and by age, sex and sociodemographic index (a combined measure of fertility, income, and education) from 1990 to 2016.

Suicide was the leading cause of age standardised years of life lost in the high income Asia Pacific region and was among the top 10 leading causes of death across eastern Europe, central Europe, high income Asia Pacific, Australasia, and high income North America.

Globally, suicide rates were higher for men (15.6 deaths per 100,000) than for women (7 deaths per 100,000).

However, the rate of decrease was lower for men (24 per cent) than for women (49 per cent). Women also experienced higher rates than men in most countries with a low sociodemographic index.

Suicide continues to be an important cause of mortality in most countries worldwide, but it is promising that both the global age standardised mortality rate and years of life lost rate from suicide have decreased by a third between 1990 and 2016, researchers said.

Whether this decline is due to suicide prevention activities, or whether it reflects general improvements to population health, warrants further research, they said.

In a linked editorial, Ellicott Matthay at the University of California, San Francisco in the US, said that these results should be interpreted with some caution, but says these findings "will spur research that could inform future policy."

Results could help set priorities for interventions, particularly for countries without complete vital registration systems, Matthay said. PTI

## Cancer (The Asian Age: 20190208)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=12408905>



# HOW CANCER INSURANCE ADDS TO YOUR FINANCIAL PORTFOLIO

### CANCER INSURANCE COVERS HIGHER COSTS OF TREATMENT AND PROTECTS THE FAMILY FROM FOOTING THE BILL FROM ITS SAVINGS

**Money talk**  
Adhil Shetty

According to statistics, around 22.5 lakh people are living with cancer in India, and over 11.57 lakh new cases are registered every year. In 2018, a total of 7.84 lakh cancer-linked deaths happened in India. Cancer incidence is expected to rise in India. It is a deadly disease which impacts people mentally, physically, and financially. However, with improved healthcare facilities, cancer cases are not hopeless. The disease is treatable but treatment costs are high compared to other diseases.

Depending on the type of cancer, staging, and treatment undertaken, the costs may vary from ₹1 lakh to ₹30 lakh and sometimes more. Cancer treatment can drain a family's wealth. Therefore, financial planning and purchasing the right amount of insurance is necessary for everyone. This is where cancer insurance plans come in.

#### HOW DOES CANCER INSURANCE PLAN HELPS

A large majority of hospitalisations and medical procedures can be covered by a robust health insurance cover of ₹5 lakh to ₹10 lakh. However, cancer is nothing like any other disease, and its treatment is likely to cost much more.

For example, the cost of cancer surgery, followed by a mix of chemotherapy and radiation may easily set a family back by ₹10 lakh, not counting costs of testing, daily medicines, home nursing, etc. So if anyone in your family has a history of cancer, you must consider getting a cancer insurance policy to cover your financial risks.

#### DIFFERENT FROM HEALTH INSURANCE

A regular health insurance policy only covers expenses incurred on hospitalisation along with pre- and post-hospitalisation expenses within defined limits. On the other hand, a cancer policy can provide coverage against all expenses related to your cancer treatment, and also provide a lump sum to you that you may use to replace any income you may lose while you are seeking treatment.

Since the cancer insurance covers a small set of cancer-specific ailments, its premium is lower than the typical health insurance policy for the same sum assured. Another critical difference is that while a regular health policy covers you to the extent of your claim or hospitalization bill, a cancer cover gives you the sum assured immediately on detection of cancer. With this, as you arrange your cancer treatment, you will have no immediate financial worries.

#### CRITICAL ILLNESS COVER VS. CANCER INSURANCE POLICY

Critical illness policies come with the benefit of covering a broader variety of life-threatening diseases that may also be expensive to treat. However, it has certain limitations when it comes to the treatment of cancer specifically.

Most critical illness policies have a waiting period of around three months.

Another drawback is that they may not cover cancer at an advanced stage. However, a cancer insurance policy can cover the risk immediately upon diagnosis, regardless of the staging of cancer.

#### WAITING PERIODS

It is important to mention here that for new cancer covers, usually there is a six month waiting period before which the insurance company does not admit claims.

Insurance companies also have a rule for the survival period, i.e. for a valid claim the insured needs to survive a prescribed period from the date of diagnosis. Usually, the survival period is 5-7 days in most cases.

#### EXCLUSIONS

You may rush to buy health insurance or cancer covers this quarter in order to save taxes under Section 80D. However, do note exclusions on cancer covers before you commit to any product.

Some the exclusions are all tumors of the prostate, all thyroid cancer, non-invasive papillary cancer, all tumors in the presence of HIV infection, any pre-existing cancer, cancer caused due to nuclear, and biological or chemical contamination.

#### KEEP IN MIND

While buying a cancer cover, you'll get a variety of products from various insurance companies. You should focus on a product that comes with features like cover for all stages of cancer, higher compensation for claim in critical stages, waiver of premium on diagnosis, multiple cancer cover, the least number of exclusions, and a survival period that is no more than 5-7 days.

The initial waiting period should not be more than 6 months, and the premium should compare favourably with other similar cancer covers.

Lastly, always remember that a cancer cover should be taken as an additional product and not as a substitute for your base health insurance policy.

#### ALL ABOUT CANCER INSURANCE POLICY

- Entry Age: 5 to 65 years
- Sum Insured: ₹3 lakh to ₹2 crore
- Pre-hospitalisation: Up to 30 days
- Post-hospitalisation: Up to 60 days
- Initial waiting: 90 to 180 days

#### SALIENT FEATURES

- Covers cancer ailment for all stages
- Stage-wise compensation
- Benefits like waiver of future premium on diagnosis of cancer, no claim bonus benefit, etc. depending on type of policy and offer may vary depending on insurance provider

**NOTE:** Cancer insurance feature may vary across insurance providers. Information provided in the table is indicative.



— The writer is CEO, BankBazaar.com

## Swine Flu (The Asian Age: 20190208)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=12409311>

# 103 fresh swine flu cases in a day

*Total number of cases rise to 1,196, 13 die in two hospitals*

New Delhi, Feb. 7: Over 100 fresh cases of swine flu were recorded in Delhi on Thursday, taking the total number of people affected by the disease in the city this year to 1,196, according to a senior official.

According to a report of the Directorate General of Health Services, the death toll due to swine flu in Delhi this year stands at six and till Wednesday, 1,093 had been affected by the disease in the city

this season. "Delhi is in grip of swine flu. Today, 103 fresh cases were recorded," the official said.

The DGHS report had also mentioned deaths of five more persons from co-morbidity.

As per the report, of the six persons who have died of swine flu this year, one belonged to Delhi, while the rest were residents of other cities.

Amid the mounting cases of the H1N1 infec-

tions in the city, the Delhi government Wednesday issued a health advisory, prescribing the do's and don'ts.

Delhi on Tuesday had recorded one death due to swine flu and 1,019 positive cases.

Till Monday, the Delhi government had not reported any death due to the flu, but it recorded one death of a Delhi resident on Tuesday, the report said.

However, two Centre-

run hospitals here have reported 13 deaths due to swine flu this year. According to senior officials at Safdarjung Hospital, three deaths due to swine flu have been recorded this season, while RML Hospital has reported 10 fatalities.

Nine of the 10 people who died at RML Hospital were from Delhi, and the other one was from outside the city, officials said.

— PTI

## Child marriages

### Bengal, not Bihar, has highest child marriages (The Times of India: 20190208)

<https://timesofindia.indiatimes.com/india/bengal-not-bihar-has-highest-child-marriages/articleshow/67893266.cms>

The findings of the National Family Health Survey-4 (NFHS-4), conducted in 2015-16, show a steady decline across states, barring a marginal increase in two states – Himachal Pradesh and Manipur.

In the 10 years since then, some of the Bimaru states — Bihar, Jharkhand, Rajasthan and Uttar Pradesh — managed to reduce the incidence of child marriage by over 20 percentage points.

Representational photo. Representational photo.

NEW DELHI: If you thought the Bimaru states topped in child marriages, think again. West Bengal now has the highest incidence of girls aged between 15 and 19 years being married off, far ahead of states such as Rajasthan that one traditionally associated with child brides.

However, the findings of the National Family Health Survey-4 (NFHS-4), conducted in 2015-16, show a steady decline across states, barring a marginal rise in two states – Himachal Pradesh and Manipur. The national average for child marriages now is 11.9% of all girls aged 15-19.

When NFHS-3 was conducted in 2005-06, Bihar topped in child marriages, with a prevalence of 47.8%; Jharkhand was second with 44.7% and Rajasthan third (40.4%). Bengal was fourth with 34%.

But in the 10 years since then, some Bihar states — Bihar, Jharkhand, Rajasthan and Uttar Pradesh — managed to reduce the incidence of child marriage by over 20 percentage points. In the same period, Bengal managed only an 8.4 percentage point reduction.

District-level analysis using NFHS-4 reveals that Murshidabad (39.9%) in Bengal shows the highest prevalence of child marriage, followed by Gandhinagar

## **Delhi air pollution**

### **Delhi air pollution: People breathe easy; authorities warn deterioration from Monday (The Times of India: 20190208)**

<https://timesofindia.indiatimes.com/city/delhi/delhi-air-pollution-people-breathe-easy-authorities-warn-deterioration-from-monday/articleshow/66502524.cms>

There is a large possibility of an increase in moisture from Monday evening, which might lead to an increase in the pollution level.

The AQI is predicted to be in the lower range of very poor Monday as the atmosphere is relatively clean.

The reduction in base emission is also suggestive of a more pronounced effect of control measures taken by authorities

A passenger plane of national carrier Air India lands at New Delhi's airport amid smog . (PTI photo)A passenger plane of national carrier Air India lands at New Delhi's airport amid smog . (PTI photo)

NEW DELHI: Delhiites breathed easy on Sunday after air quality significantly improved due to increased wind speed and control measures implemented by the government, even as authorities warned of severe deterioration from Monday.

Track the pollution level in your city

The overall air quality index (AQI) on Sunday was recorded at 169, which falls in the 'moderate' category. In the morning it was 231, which falls in the 'poor' category, Central Pollution Control Board (CPCB) data said.

Delhi's pollution dips slightly but authorities warn of 'severe' deterioration from Monday

The improvement in air quality can be attributed to the increase in surface wind speed to five kmph. This flushed out pollutants, an official of the Centre-run System of Air Quality Forecasting and Research (SAFAR) said.

The reduction in base emission is also suggestive of a more pronounced effect of control measures taken by authorities, the official said.

On Friday, the AQI was 370, which came down to 336 on Saturday, according to the CPCB. It has been found that PM 2.5 emission reduced "from 432 ton per day to 370 ton per day to reproduce the observed level with realistic met parameters, a decline in base emission by 14 per cent in Delhi and nearby domain", the official said.

PM 2.5 are particles in the air with a diameter of fewer than 2.5 micrometres.

The SAFAR also said there is a large possibility of an increase in moisture from Monday evening, which might lead to an increase in the pollution level.

"The AQI is predicted to be in the lower range of very poor Monday as the atmosphere is relatively clean," the official said.

The Indian Institute of Tropical Meteorology (IITM) said fire counts in the northwest region of India were significantly less on Saturday as compared to Thursday but warned of a sharp increase in PM2.5 concentration from Monday.

"If significant stubble burning continues on Sunday and Monday in the NW (northwest) region of India then its impact is very likely over Delhi and AQI may reach the upper end of the very poor category.

"The northwest wind direction may bring the influence of biomass fire on Tuesday and Wednesday," the IITM said.

Delhi authorities have stepped up efforts to combat pollution which includes measures like halting construction activities and regulating traffic.

There is a halt on all construction activities involving excavation. Civil construction has also been suspended in Delhi and other NCR districts, besides closure of all stone crushers and hot mix plants generating dust pollution.

The Delhi Pollution Control Committee (DPCC) has also directed the Transport Department and the Traffic Police to intensify checking of polluting vehicles and control travel congestion in the region during November 1-10.

An aggressive 10-day-long 'Clean Air Campaign' from November 1 to 10 has also been launched to monitor and report polluting activities as well as to ensure quick action.

On Sunday, a total fine of Rs 83,55,000 was imposed on violators by the teams deployed to monitor implementation of measures to combat pollution in the Delhi NCR under the campaign.

Based on 368 complaints, a total fine of Rs 83,55,000 was imposed on Sunday itself by 52 teams in the national capital, said the CPCB.

It said a total of 119 complaints of construction and demolition activities were received.

Other complaints included that of vehicular emission, traffic congestion, industrial emission, open or garbage burning, leaf burning, road dust, unpaved road, fire in landfill sites, air pollution from generators among others, the CPCB said.

It said a total of 52 complaints were received through social media and e-mail while 316 complaints through the 'Sameer app' that has been developed by the CPCB.

Officials said about 43 teams attended to 248 complaints in Delhi. Two teams attended to 11 complaints in Gurgaon, two teams to 31 complaints in Faridabad and two teams to five complaints in Noida and Greater Noida Three teams attended 21 complaints in Ghaziabad.

On Friday and Saturday, a total penalty of Rs 80 lakh was imposed on violators.

The teams are visiting different parts of Delhi and adjacent towns of Faridabad, Gurgaon, Ghaziabad and Noida.

Delhiites welcomed the improvement in the air quality which has been severe for the last three weeks.

"I have sent my children to play outside after weeks. I hope the air quality finally improves and we see a clean Diwali," said Sarita Mathur, a Mayur Vihar resident.

#### LATEST COMMENT

Fake news. This is called breathe easy? Cant even see a airplane properly

No Reply

Another resident, Ritu Kumar, said she has gone on a walk for the first time this month due to improved air quality.

D Saha, former additional director and head of air quality management division at the CPCB, said, "No drastic change in pollution level is anticipated as the ground level emissions are under control due to various administrative and regulatory measures, we are likely to have a clean Diwali."

### **Soft Drink (Dainik Gagan: 20190208)**

[https://epaper.jagran.com/epaper/article-08-Feb-2019-edition-delhi-city-page\\_19-10172-2269-4.html](https://epaper.jagran.com/epaper/article-08-Feb-2019-edition-delhi-city-page_19-10172-2269-4.html)

फैटी लिवर से बचना है तो सॉफ्ट ड्रिंक्स से करें परहेज

सॉफ्ट ड्रिंक्स, फ्रूट जूस और एडेड शुगर वाले खाद्य पदार्थों का ज्यादा सेवन करने वाले लोग सचेत हो जाएं। इनके सेवन से फैटी लिवर रोग का खतरा हो सकता है। एक नए अध्ययन में पाया गया है कि इस बीमारी से पीड़ित ज्यादा वजन वाले बच्चे इस तरह के खानपान से परहेज कर लिवर में जमा वसा और सूजन को काफी हद तक कम कर सकते हैं। फैटी लिवर डिजीज या नॉन-एल्कोहलिक स्टीटोहेपेटाइटिस बाद में कैंसर का कारण भी बन सकता है।

नए अध्ययन के अनुसार, मीठे खाद्य पदार्थों और साफ्ट ड्रिंक्स के सेवन को सीमित करने से हानिकारक स्थितियों मसलन मोटापे से भी बचा जा सकता है। इसकी चपेट में तेजी से वयस्क और बच्चे आ रहे हैं। अमेरिका की एमरी यूनिवर्सिटी स्कूल ऑफ मेडिसिन की शोधकर्ता मरियम वोस और उनके सहयोगियों ने फैटी लिवर डिजीज से पीड़ित औसतन 13 साल की उम्र वाले 40 बच्चों पर अध्ययन किया। इनमें से एक समूह के बच्चों को एडेड शुगर वाले खाद्य पदार्थों का परहेज करने को कहा गया। आठ सप्ताह बाद इस समूह के बच्चों में लिवर की सेहत में उल्लेखनीय सुधार पाया गया।

## Swine Flu (Hindustan times: 20190208)

[http://epaper.livehindustan.com/imageview\\_89006\\_56988920\\_4\\_1\\_08-02-2019\\_i\\_5.pagezoomsinwindows.php](http://epaper.livehindustan.com/imageview_89006_56988920_4_1_08-02-2019_i_5.pagezoomsinwindows.php)

# 24 घंटे के अंदर स्वाइन फ्लू के 103 नए मरीज सामने आए



नई दिल्ली | कार्यालय संवाददाता

स्वाइन फ्लू का कहर थमने का नाम नहीं ले रहा है। सूत्रों के अनुसार दिल्ली में पिछले 24 घंटे में स्वाइन फ्लू के 103 मामले सामने आए हैं। इसी के साथ गुरुवार को स्वाइन फ्लू के मामलों की संख्या 1196 के करीब पहुंच गई है।

स्वाइन फ्लू के बढ़ते प्रकोप को लेकर गुरुवार को स्वास्थ्य मंत्री सत्येंद्र जैन की अध्यक्षता में बैठक का आयोजन किया गया। बैठक में दिल्ली के सरकारी अस्पतालों के चिकित्सा अधीक्षक स्वास्थ्य विभाग के प्रधान सचिव सहित कई वरिष्ठ अधिकारी मौजूद रहे।

दिल्ली सरकार के स्वास्थ्य सेवक महानिदेशालय ने स्वाइन फ्लू को लेकर दोबारा दिशा-निर्देश जारी किए हैं। इसमें सांस लेने में दिक्कत, छाती में तेज दर्द, रक्तचाप कम होने बलगम में खून आने, घबराहट महसूस होने और नाखून नीले पड़ने पर तुरंत उपचार के लिए अस्पताल में दिखाने की सलाह दी गई है।