



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Thursday 20190214

## Safe blood

**Every drop matters (The Hindu: 20190214)**

<https://www.thehindu.com/opinion/op-ed/every-drop-matters/article26261466.ece>



The regulatory framework must be reformed to ensure access to safe and sufficient blood

A ready supply of safe blood in sufficient quantities is a vital component of modern health care. In 2015-16, India was 1.1 million units short of its blood requirements. Here too, there were considerable regional disparities, with 81 districts in the country not having a blood bank at all.

In 2016, a hospital in Chhattisgarh turned away a woman in dire need of blood as it was unavailable. She died on the way to the nearest blood bank which was several hours away. Yet, in April 2017, it was reported that blood banks in India had in the last five years discarded a total of 2.8 million units of expired, unused blood (more than 6 lakh litres).

### Vigil after collection

To prevent transfusion-transmitted infections (TTIs), collected blood needs to be safe as well. Due to practical constraints, tests are only conducted post-collection. Thus blood donor selection relies on donors filling in health questionnaires truthfully. The collected blood is tested for certain TTIs such as HIV and if the blood tests positive, it has to be discarded. However, these tests are not foolproof as there is a window period after a person first becomes infected with a virus during which the infection may not be detectable. This makes it crucial to minimise the risk in the first instance of collection. Collecting healthy blood will also result in less blood being discarded later.

Blood that is donated voluntarily and without remuneration is considered to be the safest. Unfortunately, professional donors (who accept remuneration) and replacement donation (which is not voluntary) are both common in India. In the case of professional donors there is a higher chance of there being TTIs in their blood, as these donors may not provide full disclosure.

In the case of replacement donation, relatives of patients in need of blood are asked by hospitals to arrange for the same expeditiously. This blood is not used for the patient herself, but is intended as a replacement for the blood that is actually used. In this way, hospitals shift the burden of maintaining their blood bank stock to the patient and her family. Here again, there could be a higher chance of TTI's because replacement donors, being under pressure, may be less truthful about diseases.

The regulatory framework which governs the blood transfusion infrastructure in India is scattered across different laws, policies, guidelines and authorities. Blood is considered to be a 'drug' under the Drugs & Cosmetics Act, 1940. Therefore, just like any other manufacturer or storer of drugs, blood banks need to be licensed by the Drug Controller-General of India (DCGI). For this, they need to meet a series of requirements with respect to the collection, storage, processing and distribution of blood, as specified under the Drugs & Cosmetics Rules, 1945. Blood banks are inspected by drug inspectors who are expected to check not only the premises and equipment but also various quality and medical aspects such as processing and testing facilities. Their findings lead to the issuance, suspension or cancellation of a licence.

In 1996, the Supreme Court directed the government to establish the National Blood Transfusion Council (NBTC) and State Blood Transfusion Councils (SBTCs). The NBTC functions as the apex policy-formulating and expert body for blood transfusion services and includes representation from blood banks. However, it lacks statutory backing (unlike the DCGI), and as such, the standards and requirements recommended by it are only in the form of guidelines.

This gives rise to a peculiar situation — the expert blood transfusion body can only issue non-binding guidelines, whereas the general pharmaceutical regulator has the power to license blood banks. This regulatory dissonance exacerbates the serious issues on the ground and results in poor coordination and monitoring.

## Towards a solution

The present scenario under the DCGI is far from desirable, especially given how regulating blood involves distinct considerations when compared to most commercial drugs. It is especially incongruous given the existence of expert bodies such as the NBTC and National AIDS Control Organisation (NACO), which are more naturally suited for this role. The DCGI does not include any experts in the field of blood transfusion, and drug inspectors do not undergo any special training for inspecting blood banks.

In order to ensure the involvement of technical experts who can complement the DCGI, the rules should be amended to involve the NBTC and SBTCs in the licensing process. Given the wide range of responsibilities the DCGI has to handle, its licensing role with respect to blood banks can even be delegated to the NBTC under the rules. This would go a long way towards ensuring that the regulatory scheme is up to date and accommodates medical and technological advances.

Despite a 2017 amendment to the rules which enabled transfer of blood between blood banks, the overall system is still not sufficiently integrated. A collaborative regulator can, more effectively, take the lead in facilitating coordination, planning and management. This may reduce the regional disparities in blood supply as well as ensure that the quality of blood does not vary between private, corporate, international, hospital-based, non-governmental organisations and government blood banks.

The aim of the National Blood Policy formulated by the government back in 2002 was to “ensure easily accessible and adequate supply of safe and quality blood”. To achieve this goal, India should look to reforming its regulatory approach at the earliest.

Kevin James and Shreya Shrivastava are Research Fellows at the Vidhi Centre for Legal Policy, New Delhi

## **Health is wealth! (The Hindu: 20190214)**

<https://www.thehindu.com/life-and-style/food/health-is-wealth/article24179692.ece>

Offering an array of Asian delights, Noshi serves delicacies which are light and flavourful

So what does one eat when one has been asked to go off oil and red meat? Apparently quite a lot, as I have learnt over the last few weeks.

Friends have been dropping by, all carrying baked and roasted namkeen and biscuits. One friend got us a delicious roasted chicken, about which I shall write later, and two other friends came with a hamper of yummy food from Noshi.

Noshi is a delivery outlet of the Yum Yum Cha group and serves sushi, Thai and other Asian delights. They have a wide array of dimsums, soups (pho, tom yum), sushi and sashimi, curries (red, green) and meals in a bowl (rice or noodles with your favoured flavours — spicy garlic, basil and chilli and three-pepper — with your choice of toppings.

I like sushi, but asked for steamed dimsums instead. They brought us various kinds – with edamame and truffle, chicken and chestnut, chicken and chilli oil, basil chicken, prawn cheung fun (with chillies, soy sauce and garlic) and prawn har gao, which consisted of prawns, dill leaves and asparagus. Then there was a lemongrass tofu dish, sliced garlic chicken and Thai lemon fish with basmati rice.

Wholesome meal

This was, obviously, the best meal I'd had after my stint in the hospital (where the food was so bad that it encouraged me to get well soon and get discharged at the earliest). The food from Noshi was light, yet delicious. I did not have the sauces or the prawn (high in cholesterol, alas), but really enjoyed some of the dimsums and the main dishes.

The chicken and chestnut dimsum had just the right crunchy and soft texture that I wanted, and the basil chicken had a nice flavour. I loved my Thai steamed fish, which had a mild lemony sauce, and I thought the lemongrass tofu was excellent. I didn't much like the edamame and truffle dimsum for I didn't get the flavour of truffle in it. But I must say it looked good!

Edamame and truffle dimsum

Edamame and truffle dimsum | Photo Credit: Special arrangement

I later found out that most of the dimsums are for ₹345 or so for a plate of four, as are the sushis (of various kinds such as tuna nigiri, unagi nigiri, salmon nigiri, spicy salmon, crab salad, cucumber blossom and enoki and truffle) for three or four rolls. The curries or wok stacks are for ₹485. Zomato says a meal for two costs ₹1000.

I loved the food from Noshi. It was light, yet delicious and flavourful. And like all of owner Varun Tuli's creations, it looks beautiful. My only problem — and this I heard another day when some other Noshi-loving friends came over — is the packaging. It is beautifully packed, but there is too much packaging. The dimsums, for instance, came in small boxes, with smaller boxes of the sauce or the oil, and these were than all placed in a large and beautiful cardboard container. Now that I am a man who believes in safeguarding nature (and health), I thought there was no need for the carton, however elegant.

Noshi, which is in GK 1, delivers to a radius of 10 km from there, but has plans to deliver in Gurugram soon.

I am off sugar (well, mostly off, I should say) but if you order from Noshi, do have some of their mochi ice cream. Like most things Japanese it is beautiful – and healthy.

## **Happiness**

### **16 and 70 happiest age to be, finds UK study (The Tribune: 20190214)**

<https://www.tribuneindia.com/news/health/16-and-70-happiest-age-to-be-finds-uk-study/728436.html>

People tend to be at their happiest at 16 and then 70 years old, according to a new study by a UK-based think tank released on Wednesday.

The Resolution Foundation analysed official data to assess higher and lower well-being, levels of which it found vary significantly depending on someone's age, income level, housing tenure, and where they live.

"The report finds that well-being levels -- which include happiness, life satisfaction, self-worth and lack of anxiety -- generally fall between someone's mid-20s and early 50s, and then start rising again until people reach their 70s. On the basis of age alone, the key to happiness is to be 16 or 70," the think tank notes.

It calls on policy-makers who want to boost well-being to dig deeper into what drives those improvements. A secure job, a home of your own, and more money, particularly for low-income households, are all key drivers of higher well-being, and should therefore be prioritised.

"Well-being matters to all of us, and yet we've only recently started to collect serious data on how happy people are with their lives. This important data shows that there is more to life than a country's GDP, but that the employment and income trends that lie behind our economy can make a big difference to our well-being too," said George Bangham, Research and Policy Analyst at the Resolution Foundation.

"It is encouraging that a growing number of policy-makers are interested in boosting well-being. But their focus on the new objective should complement, rather than replace, priorities such as income redistribution, better jobs and secure housing. The evidence suggests that these core economic policies are effective ways to raise well-being," he said.

The report, 'Happy Now?', finds that the most important determinants of well-being are having good health, a job and a partner, but that levels of well-being also vary significantly depending on someone's age, income level, housing tenure, and neighbourhood.

Higher-income households unsurprisingly report higher well-being.

However, the relationship between income and well-being is not linear – an extra 1,000 pounds of income delivers a far greater well-being boost to a household with 10,000 pounds, compared to one with 100,000 pounds. This might reinforce the case for redistributive policies, says the Foundation.

Workers enjoy higher well-being than unemployed or economically inactive people, while the negative well-being change associated with losing a job is bigger than the positive change associated with finding one.

The report notes too that permanent contracts and control of working hours are also associated with higher well-being, suggesting that quantity and quality matter when it comes to work.

Having good health is the most significant determinant of well-being.

The think-tank concludes that the importance of stronger income growth, higher employment, better jobs and increasing home ownership in boosting well-being reinforce the need for policy-makers to focus on these issues.

It adds that while it has become fashionable for some social scientists to say that well-being should replace core economic metrics such as GDP growth, the evidence shows that that it is a complement to, rather than a replacement for, a focus on economic growth, housing, employment and pay. - PTI

## **Birth control pills**

### **Birth control pills could impair women's ability to recognise emotion (The Tribune: 20190214)**

<https://www.tribuneindia.com/news/health/birth-control-pills-could-impair-women-s-ability-to-recognise-emotion/727874.html>

Despite the widespread use of oral contraceptives (OCPs) by women, many are not aware that it may impair their ability to recognise others' emotional expressions, which may have serious consequences in interpersonal contexts, suggests a new study.

The study showed that healthy women who use birth control pills are poorer judges of subtle facial expressions than non-users.

"More than 100 million women worldwide use oral contraceptives, but remarkably little is known about their effects on emotion, cognition and behaviour," said senior author Alexander Lischke from the University of Greifswald in Germany.

"However, coincidental findings suggest that oral contraceptives impair the ability to recognise emotional expressions of others which could affect the way users initiate and maintain intimate relationships," said Lischke.

To investigate the effects of OCPs on women's emotion recognition, the researchers administered a special emotion recognition task to two similar groups of healthy women: 42 OCP users and 53 non-users.

The findings, published in *Frontiers in Neuroscience*, showed that OCP users were nearly 10 per cent less accurate on average than non-users in deciphering the most enigmatic emotional expressions.

Though the groups were equally good at recognising easy expressions, the OCP users were less likely to correctly identify difficult expressions, results showed.

The effect held for both positive and negative expressions, and regardless of the type of OCP or the menstrual cycle phase of non-users.

"Cyclic variations of estrogen and progesterone levels are known to affect women's emotion recognition and influence activity and connections in associated brain regions. Since oral contraceptives work by suppressing estrogen and progesterone levels, it makes sense that oral contraceptives also affect women's emotion recognition," said Lischke.

There is a need for further studies that replicate and extend the findings of the present study before thinking about changing current guidelines regarding the prescription of OCPs, the study noted. — IANS

## **Alzheimer's**

### **How exercise may protect against Alzheimer's (The Tribune: 20190214)**

<https://www.tribuneindia.com/news/health/how-exercise-may-protect-against-alzheimer-s/727419.html>

Exercise produces a hormone that may improve memory and protect against Alzheimer's disease, according to a study.

Researchers have previously discovered a hormone called irisin that is released into the circulation during physical activity.

Initial studies suggested that irisin mainly played a role in energy metabolism.

The latest study, published in the journal Nature Medicine, found that the hormone may also promote neuronal growth in the brain's hippocampus, a region critical for learning and memory.

"This raised the possibility that may help explain why physical activity improves memory and seems to play a protective role in brain disorders such as Alzheimer's disease," said Ottavio Arancio, a professor at Columbia University in the US.

Arancio and his colleagues at the Federal University of Rio de Janeiro in Brazil and Queens University in Canada first looked for a link between irisin and Alzheimer's in people.

Using tissue samples from brain banks, they found that irisin is present in the human hippocampus and that hippocampal levels of the hormone are reduced in individuals with Alzheimer's.

To explore what irisin does in the brain, the team turned to mice.

These experiments show that irisin, in mice, protects the brain's synapses and the animals' memory: When irisin was disabled in the hippocampus of healthy mice, synapses and memory weakened.

Similarly, boosting brain levels of irisin improved both measures of brain health, researchers said.

The researchers then looked at the effect of exercise on irisin and the brain.

They found that mice who swam nearly every day for five weeks did not develop memory impairment despite getting infusions of beta amyloid—the neuron-clogging, memory-robbing protein implicated in Alzheimer's.

Blocking irisin with a drug completely eliminated the benefits of swimming, the researchers found.

Mice who swam and were treated with irisin-blocking substances performed no better on memory tests than sedentary animals after infusions with beta amyloid.

The findings suggest that irisin could be exploited to find a novel therapy for preventing or treating dementia in humans, Arancio said.

The team is now searching for pharmaceutical compounds that can increase brain levels of the hormone or can mimic its action.

“In the meantime, I would certainly encourage everyone to exercise, to promote brain function and overall health,” he said.

“But that’s not possible for many people, especially those with age-related conditions like heart disease, arthritis, or dementia. For those individuals, there is a particular need for drugs that can mimic the effects of irisin and protect synapses and prevent cognitive decline,” Arancio said. PTI

## **Fatal heart disease**

### **Novel test can non-invasively identify fatal heart disease (The Tribune: 20190214)**

The technology does not require any radiation exposure, which is essential in nuclear stress tests that are by far the most commonly used in the US.

Cardiac magnetic resonance (CMR) can non-invasively identify the severity of heart disease and also predict which cases are potentially fatal, scientists say.

According to the researchers from Duke University in the US, the method has potential as a non-invasive, non-toxic alternative to stress echocardiograms, catheterisations and stress nuclear exams in diagnosing disease.

"We've known for some time that CMR is effective at diagnosing coronary artery disease, but it's still not commonly used and represents less than one percent of stress tests used in this country," said Robert Judd, from Duke University.

"One of the impediments to broader use has been a lack of data on its predictive value—something competing technologies have," Judd said.

"Our study provides some clarity, although direct comparisons between CMR and other technologies would be definitive," he said.

Researchers analysed data from more than 9,000 patients who underwent CMR at seven US hospitals, encompassing up to 10 years of follow-up.

For patients without any history of heart disease and at low risk based on traditional clinical criteria, those with an abnormal CMR scan were 3.4 times more likely to die compared to patients with a normal CMR scan.

For the entire patient population, the researchers found a strong association between an abnormal stress CMR and mortality, even after adjusting for patient age, sex, and cardiac risk factors.

"Noninvasive cardiac stress testing is a cornerstone in the clinical management of patients with known or suspected coronary artery disease," Judd said, noting that CMR works as well or better than other exams at identifying heart wall motion, cell death and the presence of low blood flow.

The technology does not require any radiation exposure, which is essential in nuclear stress tests that are by far the most commonly used in the US.

"There are a number of reasons for the limited use of stress CMR, including availability of good quality laboratories, exclusion of patients who cannot undergo magnetisation, and a lack of data on patient outcomes," Judd said.

"With the findings from this study suggesting that stress CMR is effective in predicting mortality, we provide a strong basis for a head-to-head study between stress CMR and other modalities," he said. — PTI

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## **Hearing Loss (The Asian Age: 20190214)**

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=12445139>

## OVER A BILLION PEOPLE RISK IRREVERSIBLE HEARING LOSS

■ More than one billion people risk irreversible hearing loss from exposure to loud sounds such as music played on smartphone, UN experts warned.

■ The UN has unveiled new guidelines to help address the problem.

■ Recommendations include better functions on personal audio devices.

■ The one billion people at the risk of irreversible hearing loss are aged between 12 to 35 years.

■ Hearing loss which is not addressed is estimated to cost the global economy \$750 million, WHO said.

■ Over a billion young people are at risk of hearing loss simply by doing what they really enjoy doing a lot, says Technical Officer Shelly Chadha, who works at the WHO.

■ Think of it like driving on a highway but without a speedometer in your car or a speed limit, Chadha adds.

■ A parental volume control option is also included in the UN recommendations to industry.



**Walnuts ((The Asian Age: 20190214)**

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=12444788>

## Oz walnuts to enter Indian market soon



Australia and India have concluded a market access agreement to allow the entry of Australian walnuts in the huge Indian market. Australian Agriculture minister David Littleproud, said the two countries signed a market access agreement on February 6 with trade set to formally commence once the import conditions are officially gazetted. In the interim, 10 trial shipments of Australian walnuts will be sent to India before the trade doors officially open.

## Swine flu

**Official data put swine flu deaths at 7; total cases 1,669 in Delhi (The Times of India: 20190214)**

<https://timesofindia.indiatimes.com/city/delhi/official-data-put-swine-flu-deaths-at-7-total-cases-1669/articleshow/67983698.cms>

The total number of swine flu cases in Delhi has gone up to 1,669. The National Centre for Disease Control (NCDC) has also confirmed seven deaths due to the viral illness in its latest update, based on data provided by the state authorities as on February 10.

Across the country, the number of swine flu cases has gone up to 9,367 and 312 people have died due to the disease, NCDC data revealed. Rajasthan remains the worst affected with 2,941

cases and 107 deaths, followed by Delhi, Gujarat (1,431 cases and 55 deaths) and Haryana (640 cases and seven deaths). After holding a state-level review meeting on Influenza A (H1N1), Delhi government recently said that all government hospitals in the city are equipped with necessary logistics required for the management of the disease, besides drug oseltamivir, personal protective equipment kits and N95 masks are also available.

Recent guidelines from the Union health ministry on case diagnosis, management, vaccination, isolation criteria, risk categorisation and preventive measures have been circulated among all hospitals and health facilities. “All hospitals have been asked to keep the ventilators ready and also told to disseminate information on the prevention of the disease,” a Delhi health department official said.

Why the hell are you admitting these parasites from outside in the hospitals. It is their arrival that is going to make this disease turn into an epidemic in this populated city. Either shoot down ev... Read More

Surinder Gujjar

As per the new guidelines, isolation is not required and only a “metre of distance needs to be maintained from the infected person’s bed to another”.

Dr Rommel Tickoo, senior consultant, internal medicine at Max Saket said the risk of spread of the infection is highest in crowded places such as metro, public transport, cinema halls and classrooms and it should be avoided. Preventive vaccination is available for seasonal influenza viruses, including swine flu. Doctors say vaccination is advised, especially for the elderly and those with co-morbidities such as diabetes and cancer.

## Hearing loss

### **Over a billion people risk irreversible hearing loss from exposure to loud sounds: UN (Financial Express: 20190214)**

<https://www.financialexpress.com/world-news/over-a-billion-people-risk-irreversible-hearing-loss-from-exposure-to-loud-sounds-un/1486462/>

The one billion people at the risk of irreversible hearing loss are aged between 12 to 35 years.

Officer Shelly Chadha, who works on preventing deafness and hearing loss at the WHO. The one billion people at the risk of irreversible hearing loss are aged between 12 to 35 years.

More than one billion people risk irreversible hearing loss from exposure to loud sounds such as music played on their smartphone, UN health experts have warned, unveiling new guidelines to help address the problem. The recommendations to prevent noise-induced hearing loss and related conditions such as tinnitus – commonly experienced as a ringing sound inside the ear – include better functions on personal audio devices that monitor how loud, and for how long, people listen to music. “Over a billion young people are at risk of hearing loss simply by doing what they really enjoy doing a lot, which is listening regularly to music through their headphones over their devices,” said Technical Officer Shelly Chadha, who works on

preventing deafness and hearing loss at the WHO. The one billion people at the risk of irreversible hearing loss are aged between 12 to 35 years.

“At the moment, we don’t really have anything solid other than our instinct to tell us: are we doing this right, or is this something that is going to lead to tinnitus and hearing loss a few years down the line?,” she said. Today, hearing loss which is not addressed is estimated to cost the global economy USD 750 million, the World Health Organization (WHO) said. “Think of it like driving on a highway but without a speedometer in your car or a speed limit,” Chadha said.

“And what we have proposed is that your smartphone comes fitted with a speedometer, with a measurement system that tells you how much sound you’re getting and tells you if you’re going over the limit,” she said. A parental volume control option is also included in the UN recommendations to industry, which participated in two years of discussions, along with experts from government, consumer bodies and civil society.

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HOMEWORLD NEWS Over A Billion People Risk Irreversible Hearing Loss From Exposure To Loud Sounds: UN

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## **Antibiotic-resistant bacteria**

### **Method to identify antibiotic-resistant bacteria developed (New Kerala: 20190214)**

<https://www.newkerala.com/news/read/101383/method-to-identify-antibiotic-resistant-bacteria-developed.html>

Researchers have developed a novel method to quickly identify single antibiotic-resistant bacteria cells, which are agents of tuberculosis (TB).

The new method -- called the Raman scattering spectrography -- helps find the bacteria and evaluate its resistance to antibiotics without damaging the biological material. It can also help in analysing bacterial cells.

Raman scattering spectrography helps identify the composition and structure of the studied material based on the scattering of laser radiation with certain wavelength by its sample.

For the study, the team used bacterial strains obtained from lung expectorations of tuberculosis patients, as well as from bone tissue samples taken during surgeries.

To obtain information about the structure of cells belonging to different strains, the researchers pointed the laser beam at different bacteria during the spectroscopy procedure.

The findings, published in Data in Brief, showed the cells of different strains appeared to scatter the light differently because resistance to antibiotics occurs due to changes in the composition of bacterial cell wall components. Spectroscopy helped identify differences in the cell walls of drug-resistance and drug-sensitive bacteria.

The data contained information of spectrums typical for different strains of Mycobacterium tuberculosis. The disease caused by antibiotic-resistant strains of Mycobacterium tuberculosis is very dangerous.

Raman spectroscopy may be a useful tool for determining the level of drug resistance in tuberculosis agents, said Andrey Zyubin, senior research associate from the Immanuel Kant Baltic Federal University in Russia.

The strains of the Beijing family (named after the city where they were first observed) have also become resistant to many medicinal drugs. Methods of quick identification of drug-resistant bacteria are required both for clinical practice and scientific research, the study suggested.

Tuberculosis is one of the top 10 causes of death worldwide, according to World Health Organization.

## **Preterm delivery**

### **Gallbladder removal during pregnancy ups risk of preterm delivery (New Kerala: 20190214)**

<https://www.newkerala.com/news/read/101304/gallbladder-removal-during-pregnancy-ups-risk-of-preterm-delivery.html>

Getting the gallbladder removed during pregnancy may increase the risk of preterm delivery and hospital re-admissions among others, researchers said.

Also, women whose gallbladder has been removed during pregnancy are more likely to experience longer hospital stays than those who delay the operation until after childbirth.

As pregnant women produce extra progesterone, the risk of development of gallstones increases. When these stones become problematic, causing extreme pain, a surgeon may recommend removal of gallbladder by performing cholecystectomy, a type of surgery.

But women who postponed cholecystectomy until after childbirth had better maternal outcomes.

"In light of these findings, whenever possible, women with symptomatic gallstones during pregnancy should wait as long as possible to let the baby mature before having cholecystectomy," said Henry A. Pitt, Professor at Temple University in the US.

For the study, the researchers compared 403 pregnant women who underwent the operation within 90 days prior to childbirth with 17,490 women who had the procedure within three months after childbirth.

The findings, published in the Journal of the American College of Surgeons, showed that maternal delivery outcomes, including eclampsia and haemorrhage for the mother, and preterm delivery were significantly worse when cholecystectomy was done during pregnancy as opposed to postpartum.

Eclampsia is a potentially dangerous pregnancy complication characterised by high blood pressure. The eclampsia rate for pregnant women who underwent cholecystectomy in the third trimester was one per cent higher than those who chose to wait until after childbirth.

Additionally, the haemorrhage and preterm delivery rates for women who had the cholecystectomy during pregnancy was three per cent and 12 per cent higher, respectively.

Also, women who underwent the operation during the third trimester were twice as likely to deliver a preterm baby and almost twice as likely to have abnormal maternal outcomes.

## **Low-calorie diet**

### **Low-calorie diet may improve cell performance (New Kerala: 20190214)**

<https://www.newkerala.com/news/read/101278/low-calorie-diet-may-improve-cell-performance.html>

Consuming low-calorie food may have a protective effect against some diseases as the number of calories a person eats directly influences the performance of various cells, researchers say.

The study on mice showed that a low-calorie diet can protect the brain from neuronal cell death associated with diseases such as Alzheimer's, Parkinson's, epilepsy and cerebral vascular accident (CVA).

"We are looking at how changes to the diet affect metabolism and how that ends up changing the odds of having diseases associated with aging," said co-author Alicia Kowaltowski, Professor at the University of Sao Paulo in Brazil.

For the study, presented at FAPESP Week London, taking place on February 11-13, the research team divided mice into two groups.

They calculated the average number of calories the group with no caloric restrictions would eat and then fed the other group 40 per cent fewer calories.

After 14 weeks, mice belonging to the two groups were given an injection containing a substance known to cause seizures, damage and neuronal cell death.

The researchers found that while those in the group that had no dietary restrictions had seizures, those whose calories were restricted did not.

## Swine Flu (Hindustan: 20190214)

[http://epaper.livehindustan.com/imageview\\_99222\\_82838892\\_4\\_1\\_14-02-2019\\_i\\_4.pagezoomsinwindows.php](http://epaper.livehindustan.com/imageview_99222_82838892_4_1_14-02-2019_i_4.pagezoomsinwindows.php)

# स्वाइन फ्लू मामले में दिल्ली दूसरे नंबर पर

नई दिल्ली | कार्यालय संवाददाता

राजस्थान के बाद अब दिल्ली में स्वाइन फ्लू का सबसे ज्यादा कहर देखने को मिल रहा है। 1 जनवरी से लेकर 10 फरवरी तक के बीच में पहली बार दिल्ली में स्वाइन फ्लू के 1669 मामले सामने आए हैं। इसको लेकर बुधवार को केंद्र सरकार ने रिपोर्ट जारी की है।

वहीं, राजस्थान में स्वाइन फ्लू के 2941 मामलों का आंकड़ा सबसे ज्यादा है। दिल्ली दूसरे नंबर पर है, जहां पिछले दिनों में सबसे ज्यादा स्वाइन फ्लू के मामले आए हैं। अब तक देशभर में स्वाइन फ्लू के 9367 मामले सामने

## आईसीयू की कमी पर दिल्ली सरकार को फटकार

राजधानी के निजी अस्पतालों में जहां कुल बेड के 30 से 40 फीसदी तक आईसीयू की व्यवस्था है, वहीं सरकारी अस्पतालों में महज 4 फीसदी आईसीयू बेड की व्यवस्था है। इन आंकड़ों को देखने के बाद हाईकोर्ट ने बुधवार को दिल्ली सरकार को आड़े हाथ लिया। हाईकोर्ट ने कहा है कि यह न सिर्फ चिंताजनक है, बल्कि दुर्भाग्यपूर्ण है कि सरकारी अस्पतालों में कुल बेड का 10 फीसदी भी आईसीयू की प्रबंध नहीं है। चीफ जस्टिस राजेंद्र मेनन और जस्टिस वी. कामेश्वर राव की पीठ ने सरकार को कहा है कि आईसीयू की संख्या बढ़ाने की जरूरत है।

आए हैं। जिनमें 312 लोगों की मौत हो चुकी है। इस रिपोर्ट में स्वाइन फ्लू से दिल्ली में सात लोगों की मौत होने की बात की गई है। हालांकि, राम मनोहर लोहिया अस्पताल के एक डॉक्टर के अनुसार स्वाइन फ्लू से दस लोगों की

मौत इस वर्ष अस्पताल में हुई है। वह सफदरजंग अस्पताल की प्रवक्ता पूनम ढांडा ने भी स्वाइन फ्लू से 7 लोगों की मौत होने की पुष्टि की है। स्वास्थ्य सेवा महानिदेशालय कई बार इस बीमारी को लेकर दिशा-निर्देश जारी कर चुका है

## स्वाइन फ्लू के 1669 मामलों की पुष्टि (Dainik Jagaran: 20190214)

[https://epaper.jagran.com/epaper/article-14-Feb-2019-edition-delhi-city-page\\_7-7960-3639-4.html](https://epaper.jagran.com/epaper/article-14-Feb-2019-edition-delhi-city-page_7-7960-3639-4.html)

स्वाइन फ्लू का संक्रमण दिल्ली में गंभीर रूप धारण कर रहा है। कुछ दिनों से यहां प्रतिदिन 100 से अधिक मामले आ रहे हैं। इस वजह से यहां स्वाइन फ्लू के अब तक 1669 मामलों की पुष्टि हो चुकी है। स्वास्थ्य विभाग ने इस सीजन में पहली बार स्वाइन फ्लू से सात मरीजों की मौत होने की पुष्टि की है।

इससे पहले दिल्ली के स्वास्थ्य सेवा महानिदेशालय राजधानी में स्वाइन फ्लू से मरीजों की मौत होने से इन्कार करता रहा है। फरवरी के पहले सप्ताह में सिर्फ एक मरीज की मौत की पुष्टि हुई थी। अब मृतकों की संख्या छह और बढ़ गई है। हालांकि अस्पतालों में इस बीमारी से मरने वाले मरीजों की संख्या 15 से अधिक है पर महानिदेशालय उन रिपोर्टों को नकारता रहा है। राष्ट्रीय रोग नियंत्रण केंद्र (एनसीडीसी) की रिपोर्ट के अनुसार फरवरी में इसका संक्रमण और बढ़ गया है। यही वजह है कि 10 फरवरी तक दिल्ली में 1669 मामले सामने आ चुके हैं।

स्वाइन फ्लू की हेल्पलाइन: स्थिति की गंभीरता को देखते हुए दिल्ली के स्वास्थ्य सेवा महानिदेशालय ने हेल्पलाइन नंबर(011-22300012/22307145) जारी किया है। लोग जरूरत के मुताबिक इस नंबर पर फोन कर स्वाइन फ्लू से जुड़ी जानकारी ले सकते हैं। हालांकि इस हेल्पलाइन पर कॉल करने पर किसी ने फोन नहीं उठाया। इसलिए हेल्पलाइन भी दिखावटी साबित हो रही है।

बच्चे, बुजुर्ग व पुरानी बीमारियों से पीड़ित लोग रहें सतर्क: स्वाइन फ्लू में तेज बुखार, गले में खराश, शरीर में दर्द व सर्दी जुकाम होता है। इससे कई मरीजों को सांस लेने में परेशानी भी होती है। डॉक्टर कहते हैं कि बच्चों, बुजुर्गों व गर्भवती महिलाओं को अधिक सतर्क रहने की जरूरत है, क्योंकि इनको स्वाइन फ्लू होने पर खतरनाक साबित हो सकता है। मधुमेह, ब्लड प्रेशर व सांस की पुरानी बीमारियों से पीड़ित मरीजों को भी भीड़ वाले इलाकों में निकलने से बचना चाहिए।

जासं, फरीदाबाद : सूरजकुंड अंतरराष्ट्रीय हस्तशिल्प मेले में भी स्वाइन फ्लू ने दस्तक दे दी है। मेला परिसर में सवरेदय अस्पताल की ओर से चल रही सूरजकुंड डिस्पेंसरी में स्वाइन फ्लू के तीन संदिग्ध मामले आए हैं। इसके अलावा शहर के विभिन्न क्षेत्रों से भी पिछले पांच दिनों में स्वाइन फ्लू संदिग्ध 31 मामले आए हैं। इन नए मामलों के आने के बाद अब स्वाइन फ्लू संदिग्ध मामलों की संख्या 201 हो गई है।

जिला स्वास्थ्य विभाग ने अब तक स्वाइन फ्लू के 71 मामलों की पुष्टि की है। सवरेदय अस्पताल के डॉ. राज मिश्र ने बताया कि मेले की डिस्पेंसरी में तीन मरीजों में स्वाइन फ्लू के लक्षण नजर आए हैं। मरीजों को दवा देने के साथ-साथ एहतियात बरतने को कहा गया है।

## **T B Treatment**

### **टीबी का जल्द इलाज करेगी नई दवा Dainik Gagan: 20190214))**

टीबी के उपचार के लिए प्रायोगिक तौर पर एक एंटीबायोटिक दवा तैयार की गई है। शोधकर्ताओं का दावा है कि यह नई दवा टीबी के इलाज में काम आने वाली मौजूदा दवाओं की अपेक्षा ज्यादा प्रभावी हो सकती है। इस दवा से टीबी के इलाज की अवधि भी कम हो सकती है।

शोधकर्ताओं के अनुसार, चूहों पर किए गए परीक्षण से यह जाहिर हुआ कि नई दवा टिश्यू में बनी रहती है और इसी स्थान पर लंबे समय तक बने रहने वाले माइकोबैक्टीरियम ट्यूबरकुलोसिस बैक्टीरिया का ज्यादा प्रभावी तरीके से सफाया करती है।

अमेरिका की कोलोराडो स्टेट यूनिवर्सिटी के असिस्टेंट प्रोफेसर ग्रेगरी टी राबर्टसन ने कहा, 'टीबी दवा विकास कार्यक्रम का लक्ष्य ऐसा सार्वभौमिक उपचार तैयार करने का है जिससे रोगियों के लिए टीबी का उपचार छोटा और सरल बन जाए। इस बीमारी के इलाज में आमतौर पर छह माह का वक्त लगता है। कुछ मामलों में एक साल का समय भी लग जाता है।' -प्रेट्र