



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20190219

Ageing

New drug may help delay ageing in humans (The Tribune: 20190219)

<https://www.tribuneindia.com/news/health/new-drug-may-help-delay-ageing-in-humans/730958.html>

Researchers, including one of Indian origin, have developed a promising drug that significantly increases muscle size, strength and metabolic state in aged mice, and may help delay ageing process in humans.

As we age, our bodies increasingly lose the ability to repair and rebuild degenerating skeletal muscles, said researchers from the University of Texas Medical Branch (UTMB) in the US.

Beginning around age 35, muscle mass, strength and function continually decline as we get older, according to the study published in Biochemical Pharmacology.

This can dramatically limit the ability of older adults to live fully active and independent lives.

"There are no treatments currently available to delay, arrest or reverse age-related muscle degeneration," said Harshini Neelakantan, a research scientist at UTMB.

"These initial results support the development of an innovative drug treatment that has the potential to help the elderly to become fitter, faster and stronger, thus enabling them to live more active and independent lives as they age," Neelakantan said.

"We identified a protein in muscle stem cells that appears to be responsible for their age-related dysfunction, and then developed a small molecule drug that limits the effects of this protein," said Stanley Watowich, an associate professor at UTMB.

"By resetting muscle stem cells to a more youthful state, we were able to rejuvenate them so that they could more effectively repair muscle tissues," Watowich said.

In the study, aged mice with a muscle injury were treated with either the drug or a placebo.

Following seven days of drug treatment, researchers found that the aged mice that received the drug had more functional muscle stem cells that were actively repairing the injured muscle.

In the treated group, muscle fibre size doubled, and muscle strength increased by 70 per cent, compared with the placebo group.

In addition, the blood chemistry of the drug-treated and untreated mice was similar, suggesting no adverse drug effects were occurring. PTI

Virus-infected bacteria

Virus-infected bacteria can aid in fight against climate change (The Tribune: 20190219)

<https://www.tribuneindia.com/news/health/virus-infected-bacteria-can-aid-in-fight-against-climate-change/730946.html>

Viruses do not always kill their microbial hosts, say researchers who found that virus-infected bacteria could thus provide help in the fight against climate change.

The study showed that viruses develop a mutually beneficial relationship with their microbial hosts. The virus establishes itself inside the microbe and, in return, grants its host with immunity against similar viruses.

Understanding this relationship is beneficial not only for medical research and practical applications but also in marine biology as well as climate change, said Alison Buchan, Professor at the University of Tennessee, Knoxville.

"Marine microbes are uniquely responsible for carrying out processes that are essential for all of earth's biogeochemical cycles, including many that play a role in climate change," she said.

The function of a microbial community is in large part dictated by its composition - what microbes are present and how many of each.

Within the community, bacteria compete with one another for resources. In the course of this fight, some bacteria produce antibiotics and use them against other types of bacteria. This kind of interaction has been known for some time.

But there is another fight strategy that scientists are now considering - bacteria might use the viruses that infect them as weapons against other types of microbes, Buchan explained during the annual meeting of the American Association for the Advancement of Science in Washington, DC.

"We have recently discovered that while they are in the process of dying, microbes can produce new viruses that then go to attack their original invader. This is a form of resistance we had not observed before," she said.

This type of competitive interaction, Buchan said, is important for stabilising the size of microbial populations in marine systems. This balance may be crucial for biogeochemical processes, including many related to climate change, Buchan noted. IANS

Alcoholism

6 crore Indians consume alcohol: Survey (The Tribune: 20190219)

<https://www.tribuneindia.com/news/health/16-crore-indians-consume-alcohol-survey/730955.html>

At the national level, about 14.6 per cent (16 crore) people (in the 10-75 age group) consume alcohol with Chhattisgarh, Tripura, Punjab, Arunachal Pradesh and Goa having the highest prevalence of liquor use, a recent government survey has found.

After alcohol, cannabis and opioids are the next commonly-used substances in the country, the survey has found.

Among those dependent on alcohol, one in 38 reported some form of treatment, while one in 180 reported getting in-patient treatment or hospitalisation.

Conducted by the Social Justice and Empowerment Ministry in collaboration with the All India Institute of Medical Sciences (AIIMS), the survey titled "Prevalence and Extent of Substance Use in India" was conducted in all the 36 states and Union territories.

At the national level, 2,00,111 households were visited in 186 districts and a total of 4,73,569 individuals were interviewed, the report stated.

About 2.8 per cent of Indians (around 3.1 crore) reported having used some cannabis product in the last 12 months.

At the national level, the most commonly used opioid is heroine (used by 1.14 per cent of the people surveyed), followed by pharmaceutical opioids (used by 0.96 per cent of the people surveyed) and opium (used by 0.52 per cent of the people surveyed).

About 1.08 per cent (around 1.18 crore) of Indians in the 10-75 age group use sedatives (non-medical, non-prescription use).

At the national level, an estimated 4.6 lakh children and 18 lakh adults need help for inhaler use, the survey found. PTI

Diabetes

Diabetes could contribute to infertility, warn experts (The Tribune: 20190219)

<https://www.tribuneindia.com/news/health/diabetes-could-contribute-to-infertility-warn-experts/729981.html>

Diabetes, commonly described as a "lifestyle disease", can contribute to infertility in both women and men, warn health experts.

"Diabetes can cause infertility in both men and women. Both sexes are at equal risk of infertility," S.K. Wangnoo, endocrinologist at Indraprastha Apollo Hospitals, told IANS.

Infertility affects up to 15 per cent of reproductive-aged couples worldwide. According to an estimate by the World Health Organization (WHO), the overall prevalence of primary infertility in India is between 3.9 per cent to 16.8 per cent.

"Diabetes in men damages DNA of the sperm and leads to reduced number of sperms and reduced motility of sperms which leads to infertility. Although having diabetes does not necessarily make men infertile, it could make them less fertile," added Roopak Wadhwa, Consultant at Fortis Hospital, New Delhi.

On the other hand, diabetes in women is associated with polycystic ovary syndrome (PCOS) and other autoimmune diseases that can lead to infertility.

"Diabetes causes a lack of glucose control in the body which, in turn, can make the implantation of the fertile egg in the uterus difficult. Therefore, the chances of miscarriage in diabetic women increase between 30-60 per cent," Wadhwa explained.

Another WHO report had stated that India had 69.2 million people living with diabetes in 2015. By 2030, nearly 98 million people in India may have Type-2 diabetes, according to a study published in the Lancet Diabetes and Endocrinology journal last year.

While diabetic patients can always try parenthood, the risk of passing on the sugar disease to the child is approximately 50 per cent high, Wangnoo stated.

"It can also cause intra-uterine growth retardation (IUGR) and congenital anomalies. IUGR is a condition where an unborn baby is smaller than it should be because it is not growing at a normal rate inside the womb," Wadhwa added.

Furthermore, he noted that diabetic mothers are at high risk of premature deliveries, abortions and perinatal (during birth) complications.

High diabetes can be risky for both mother and child. The experts suggest that maintaining a good lifestyle, an ideal body weight, keeping sugars within target range, avoiding smoking and alcohol and excessive work related stress are some of the preventive measures.

Besides infertility, diabetes can also raise the risk of cardiovascular and lung disease, arthritis, osteoporosis. An estimated 3.4 million deaths are caused due to high blood sugar, according to the WHO.

The global health body also estimates that 80 per cent of diabetes deaths occur in low and middle-income countries and projects that such deaths will double between 2016 and 2030. — IANS

Child Health

How to handle baby's first winter (The Tribune: 20190219)

<https://www.tribuneindia.com/news/health/how-to-handle-baby-s-first-winter/729482.html>

Looking after new-borns during their first winter is really a tough task for newbie parents as the cold weather can be harsh and punishing, if a few essential things are not observed. During changing weather, cold and flu viruses are in full swing and can affect new-borns and infants under the age of two whose immune system is not strong enough to fight off infections. In a new-born baby, the immune system is still developing and babies are especially vulnerable to infections in the first couple of months.

Here are a few tips for new parents to safely handle baby's first winter:

Maintain room temperature: Maintaining an ideal room temperature is crucial. An ideal room temperature is between 25 and 28°C. When babies are just a few weeks old, their skin is new and sensitive. So avoid any kind of thermal stress in the first few weeks. Change in room temperature leads to varying conditions of heat stress or cold stress among infants. Cold may cause hypothermia (loss of body heat) which is dangerous. Hence, it's important for the parents to monitor the room temperature.

Comfortable clothing: In winter, new parents tend to over cover the baby with blanket, jacket, cap, mittens, socks etc. A child should be just adequately clothed. Layers are a crucial but excessive layers can lead to fever or can make the baby cranky. As the baby's skin is very sensitive, the first layer should be of cotton, followed by woollens. It is recommended that the number of layers for the baby should be just one more extra layer than the mother. For instance if the mother is wearing two layers, a baby should wear three layers. Often, parents rush to doctor if the baby has fever during winter. This can be caused because of the excessive clothing layers. It is also important that the baby should be "comfortable" in all those layers. Don't forget to take off baby's layers when coming indoors and to add these back when going outside. Always check if your baby appears too warm in these layers by feeling his/her abdomen, palms and soles.

Use lukewarm water for bathing: Baby can be and should be given a bath every day. But it has to be in a controlled setting. A sponge bath is recommended. A baby should be bathed for just four to five minutes with lukewarm water. It is important that the head of the baby is wiped properly because they tend to lose heat from the head. Infants are prone to dry skin, hence it is important that after bath, moisturiser is applied on their skin.

Avoid excessive use of room heaters: During winter, excessive use of room heaters should be avoided. Blowers can cause excessive dryness of the skin and suck moisture from the air. Dry air can make the child uncomfortable as the secretions increase. Oil radiators are better and help in maintaining humidity and moisture within the room. Feel your baby's tummy with the dorsum of your hand if you're not sure they are warm enough. Parents should have a thermometer at home and should also know how to use it correctly.

Use a humidifier: Winter air is cold and dry. Room heaters can make the air in the room even drier, causing the baby's skin to dry further. It may also cause breathing problems. To avoid this, consider installing a humidifier in the room.

Saline drops: During winter, nasal secretions can become quite thick. This can lead to breathing discomfort in new born babies. Parents can use "saline nasal drops" in case of such secretions

or if the breathing of the baby becomes noisy. It helps and prevents breathing discomfort but consult a paediatrician first.

Vaccinations: Vaccinations are recommended in all seasons and it is important for the parents to get their child vaccinated regularly as per the paediatrician's advice.

Kangaroo mother-care: This is a technique where new-born babies are kept in skin-to-skin contact with the mother. This is especially helpful for premature babies and helps to maintain babies' temperature. It also helps in reducing infections and improve breastfeeding.

Stay Indoors & avoid crowded areas: Mothers should try to stay in with an infant, especially a new-born, as much as possible during winter. Flu is quite common among infants. Staying indoors helps babies avoid germs from coughs or sneezes of adults or multiple touches from relatives and friends. Less exposure to people means less exposure to germs for the baby. Parents should avoid crowded areas like malls, public places etc.

Moisturise your baby's skin: To avoid your baby's skin from becoming dry, use a good moisturiser as recommended. Infants are prone to dry skin hence it is important that post bath, moisturiser is applied on their skin.

Drugs

16 cr Indians hooked on alcohol, Punjab 'high' on all drugs: Survey (The Tribune: 20190219)

One in every seven Indians is an alcohol consumer, making alcohol the most used addictive substance in the country followed by cannabis, opioids, sedatives and inhalants.

A national survey on the extent of drug abuse in India, which was conducted by AIIMS-New Delhi, has revealed that 14.6 per cent (16 crore) Indians aged 10 to 75 years are 'current users' (have had it at least once in the past 12 months) of alcohol. One in five of these consumers is an addict and requires urgent treatment.

The survey is the first in 15 years to give state-level estimates of drug abuse. The exact state-wise prevalence will be published tomorrow, but study lead investigators told The Tribune that Punjab was among the top five states with the highest prevalence of substance abuse across drug categories.

The national prevalence of current use of alcohol is the highest for all drug categories at 14.6 per cent with 17 men consuming alcohol for every one woman.

Other most abused substances are cannabis (current prevalence rate 2.8 per cent), opioids at 2.06 per cent and sedatives at 1.08 per cent.

States with the highest prevalence of alcohol use are Chhattisgarh, Tripura, Punjab, Arunachal Pradesh and Goa.

Dr Atul Ambekar, report principal investigator and head of AIIMS National Drug Dependence Treatment Centre, which conducted the study for the Social Justice Ministry, said, "Total

cannabis users in India are around three crore. Of them, 2 per cent are ‘bhang’ users and 1.2 per cent use ‘charas’ and ‘ganja’, which are illegal. The states with higher than national prevalence of cannabis are Uttar Pradesh, Punjab, Sikkim, Chhattisgarh and Delhi.”

Among opioids, heroin is the most abused, followed by pharmaceutical opioids and opium. The survey says of the total estimated 60 lakh people with opioid disorders in India, half are contributed by Uttar Pradesh, Punjab, Haryana, Delhi, Maharashtra, Rajasthan, Andhra Pradesh and Gujarat.

The states with the highest population on sedative use are Uttar Pradesh, Maharashtra, Punjab, Andhra Pradesh and Gujarat. About Punjab, Dr Ambekar said, “Not all drug abuse in Punjab can be attributed to cross-border challenges. Most drugs being abused are locally available. This needs to be addressed.”

Gaping gaps in treatment options

1st national survey on the extent of drug abuse in India reveals major gaps in treatment options: 1 in 180 alcoholic; 1 in 20 illicit drug dependent, has received in-patient care for de-addiction

Feeding

Feeding the child (The Indian Express: 20190219)

<https://indianexpress.com/article/parenting/feeding-the-child-5590036/>

Nutritionist Rujuta Diwekar on her latest book for children, parenting in today’s time, and why policy intervention is required

3 things you need to do for a pain free period: Alia Bhatt’s nutritionist Rujuta Diwekar shares tips

Noted dietician Rujuta Diwekar’s latest book is for the children — Notes for Healthy Kids. Though the book focusses on perfect diet, healthy eating habits and dealing with common diseases, it also offers an insight into concepts such as food confusion and nutrition transition. Excerpts of an interview with Diwekar, who was in Delhi over the weekend to launch her book:

How do you define a healthy child?

has the opportunity to health, to education, to make mistakes, and to use technology. Practically, it would mean that she is a child who has access to free play, who feels that she is in a nurturing enough environment, and can make daily complaints like ‘I’m bored’ and doesn’t hear the words ‘carbohydrate’, ‘protein’ and ‘fat’ coming from her parents.

In the book, you often bring up the differences between parents then and parents now.

It’s just difficult being a child because everyone seems to coming after you from all ends, especially the junk food companies, and there is a lot of pressure to excel in every possible thing. These days, parents tell me that their kids have an extremely busy social life, having to attend some 50 birthday parties in a year. These kind of these were not happening some 10 or 15 years ago.

Also, back then, parents just followed what came naturally to them, they depended on their common sense and only fed that was local, seasonal and traditional. Today, to just do that has become tough because there is an information overload. You almost have to be a revolutionary of sorts to just feed your child roti-jaggery or parantha or dal-chawal, because everyone is like 'why don't you feed them quinoa or avocado shake or salad'. Parents also need to realise that raising a healthy child is a collective responsibility, not something two people can do in isolation.

Noted dietician Rujuta Diwekar's latest book is for the children — Notes for Healthy Kids.

Is there anything that present-day parents are better at than their yesteryear counterparts?

Pulwama Attack: 72 hours on, how India is responding to Pak

Parents these days are more open whether it is discussing about period, or sex or about other choices that a child can make. There is definitely more freedom and parental approval. Obesity is an issue for children today, but a regular mention of non-communicable diseases such as diabetes and cancer seems like a reality check in a diet book for children.

We tend to see obesity as an individual problem, what we don't realise is that we're growing up in an obesogenic environment. We're doing everything to make children fat, unhealthy and sick. Look at the number of allergies they have these days. It has become a normal thing for a child to fall sick every month. There are many things we have to resolve at a policy level and need government intervention, such as better mass transport and footpaths so that children can walk to school, more green areas so that going out and playing becomes a natural choice, and thirdly, for pollution. If the air quality is going to be so poor, sickness is going to be a norm.

We should have regulation on junk-food advertisements and companies can also be told to not offer a toy with food. It is easy to tempt a child, that is why we need policies to protect them. Also, the UN has this slogan 'make healthy choice, the easy choice'. We need to change the environment so that we don't become a fat republic at the end of the day; it will come at a huge economic cost.

Swine flu cases

Spike in swine flu cases, 700 fresh cases noted (The Hans India: 20190219)

<https://www.thehansindia.com/posts/index/National/2019-02-19/Spike-in-swine-flu-cases-700-fresh-cases-noted/497823>

Spike in swine flu cases, 700 fresh cases noted

Over 700 cases of swine flu have been recorded in Delhi in the last 10 days, taking the total number of people affected by the H1N1 virus in the city in 2019 to 1,965, according to a senior official.

According to a report of the Directorate General of Health Services (DGHS), the death toll due to swine flu in Delhi in 2019 still stands at six. The city had recorded 1,196 cases till February

7 and on Monday, the number of people affected by the H1N1 infection has risen to 1,965, the official said, quoting the DGHS report.

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

Amid the mounting cases of the H1N1 infection in the city, the Delhi government recently had issued a health advisory, prescribing the do's and don'ts.

Medical Director of Lok Nayak Jai Prakash Narayan (LNJP) Hospital Kishore Singh said the hospital is well equipped to handle the swine flu cases, with adequate stock of medicines. However, two Centre-run hospitals in Delhi have reported 13 deaths due to swine flu in 2019.

According to senior officials at Safdarjung Hospital, three deaths due to swine flu have been recorded this season, while Ram Manohar Lohia Hospital has reported 10 fatalities. Nine of the 10 people who died at RML Hospital were from Delhi, and another was from outside the city, officials said.

The symptoms are fever, cough, sore throat, runny or stuffy nose, difficulty in breathing. Other symptoms may include body ache, headache, fatigue, chills, diarrhoea and vomiting and blood-stained sputum. There are three categories of H1N1 influenza -- A, B and C.

Swine flu cases

Swine flu cases in Delhi mount to 1,965(Busniss Standard: 20190219)

https://www.business-standard.com/article/pti-stories/swine-flu-cases-in-delhi-mount-to-1-965-119021800861_1.html

Over 700 cases of swine flu have been recorded in Delhi in the last 10 days, taking the total number of people affected by the HINI virus in the city this year to 1,965, according to a senior official.

According to a report of the Directorate General of Health Services (DGHS), the death toll due to swine flu in Delhi this year still stands at six.

The city had recorded 1,196 cases till February 7 and on Monday, the number of people affected by the H1N1 infection has risen to 1,965, the official said, quoting the DGHS report.

The 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 states.

Amid the mounting cases of the H1N1 infection in the city, the Delhi government recently had issued a health advisory, prescribing the do's and don'ts.

Medical Director of Lok Nayak Jai Prakash Narayan (LNJP) Hospital Kishore Singh said the hospital is well equipped to handle the swine flu cases, with adequate stock of medicines.

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 Ram Manohar Lohia Hospital has reported 10 fatalities. Nine of the 10 people who died at RML Hospital were from Delhi, and another was from outside the city, officials said.

Seasonal Influenza (H1N1) is a self-limiting viral, air-borne disease spread from person-to-person, through large droplets generated through coughing and sneezing, indirect contact by touching a contaminated object or surface (fomite transmission like telephone, cell phones, computers, door handles, door bells, pens, toys etc) and close contact (including hand shaking, hugging, kissing), the advisory said.

The symptoms are fever, cough, sore throat, runny or stuffy nose, difficulty in breathing.

Other symptoms may include body ache, headache, fatigue, chills, diarrhoea and vomiting and blood-stained sputum.

There are three categories of H1N1 influenza -- A, B and C.

After holding a state-level review meeting on H1N1, the Delhi government recently had said all government hospitals in the city are equipped with necessary logistics required for the management of the disease and drug Oseltamivir along with personal protective equipment (PPE kits) and N95 masks are also available.

The advisory also asked people to avoid crowded places in the swine flu season and stay more than an arm's length distance away from persons sick with flu.

(This story has not been edited by Business Standard staff and is auto-generated from a syndicated feed.)

Alzheimer's'

Lack of cleaning in brain cells causes Alzheimer's' (The Hindu: 20190219)

<https://www.thehindu.com/sci-tech/health/lack-of-cleaning-in-brain-cells-causes-alzheimers/article26305363.ece>



Improving mitophagy leads to near removal of

symptoms

A weakened cleaning system of the brain cells in animals and humans is central to developing Alzheimer's disease, according to a study which may lead to new treatments for the neurodegenerative disorder.

Researchers, including those from the University of Copenhagen in Denmark, found that improving mitophagy — the cleaning system of the brain cells — nearly removed the symptoms of Alzheimer's in the animals.

Scientists around the world are still struggling to understand Alzheimer's better in order to treat and potentially prevent the development of the debilitating disease in the future. No new medications have been approved in recent years.

The study, published in the journal *Nature Neuroscience*, may lead to new treatments for the disease by targeting the mitophagy process.

“When the cleaning system does not work properly, there will be an accumulation of defective mitochondria in the brain cells. And this may be really dangerous,” said Vilhelm Bohr from the National Institutes of Health in the US.

“At any rate, the cleaning system is markedly weakened in cells from both humans and animals with Alzheimer's. And when we improve the cleaning in live animals, their Alzheimer's symptoms almost disappear,” Mr. Bohr said.

The researchers looked more closely at the cleaning process in brain cells from deceased Alzheimer's patients, in Alzheimer's-induced stem cells, and in live mice and roundworms with Alzheimer's.

In addition, they also tested active substances targeted at the cleaning process in the animal models.

“It significantly strengthens our results that the cleaning process seems to be important in both human cells and across animal species. It is encouraging that in living animals, we are able to improve the central Alzheimer’s symptoms involving memory and learning,” said Bohr.

Mitochondria live inside cells and can be seen as the cell’s energy factories. Mitophagy breaks down defective mitochondria and reuses their proteins.

It is known from previous research that dysfunctional mitophagy is associated with poor function and survival of nerve cells, but so far, no connection with Alzheimer’s has been shown.

In both Alzheimer’s and other states of dementia, there is an accumulation of the proteins tau and beta amyloid in the brain, leading to cell death.

In the new animal models, the researchers show that when boosting mitophagy, this accumulation will slow down.

The researchers believe that their findings indicate that the cleaning process is a potential target for the treatment of Alzheimer’s, which should be further investigated.

They plan to start clinical trials in humans in the near future.

Single Emergency Helpline (The Asian Age: 20190219)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=12476184>

Single emergency helpline number '112' launch today

New Delhi, Feb. 18: Sixteen states and Union territories will on Tuesday join a pan-India network of the single emergency helpline number "112" on which immediate assistance can be sought by people, the home ministry said on Monday.

Union home minister Rajnath Singh will launch various initiatives for women safety here on Tuesday.

These include the launch of the Emergency Response Support System (ERSS) in 16 states and UTs and Mumbai city; the Investigation Tracking

System for Sexual Offences (ITSSO) and the safe city implementation monitoring portal.

The 16 states and UTs are Andhra Pradesh, Uttarakhand, Punjab, Kerala, MP, Rajasthan, UP, Telangana, Tamil Nadu, Gujarat, Puducherry, Lakshadweep, Andaman, Dadar Nagar Haveli, Daman and Diu, Jammu and Kashmir, a home ministry statement said.

The ERSS is an integration of police (100), fire (101), health (108) and women (1090) helpline numbers to provide emergency services through the single number "112". To access the emergency

services, a person can dial 112 on a phone or press the power button of a smart phone three times quickly to send a panic call to the Emergency Response Centre (ERC). In case of a normal phone, a long press of the "5" or "9" key will activate the panic call function, a home ministry official said.

People can also log onto the ERSS' website for the state and lodge emergency Email or send SOS alert to state ERC. They can use "112" India mobile app, which is available free on Google Playstore and Apple store. — PTI

Smoking ((The Asian Age: 20190219)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=12476248>

SMOKING MAY DAMAGE VISION

■ Smoking more than 20 cigarettes a day may damage your vision by affecting blood vessels and neurons in the retina, a study warns.

■ The study was published in the journal *Psychiatry Research*.

■ It included 71 healthy people who smoked fewer than 15 cigarettes in their lives and 63 who smoked more than 20 cigarettes a day.

■ Participants were between the ages of 25 and 45 and had normal or corrected-to-normal vision, said researchers from Rutgers University in US.

■ Researchers looked at how participants discriminated contrast levels and colours while seated 59 inches from a 19-inch cathode-ray tube monitor that displayed stimuli.



■ Findings indicated significant changes in the smokers' red-green and blue-yellow colour vision.

■ They also found that the heavy smokers had a reduced ability to discriminate contrasts and colours when compared to the non-smokers.

Antibiotics

Govt plans 'One Health' to check antibiotics use in animals, humans (The Times of India: 20190219)

<https://timesofindia.indiatimes.com/india/govt-plans-one-health-to-check-antibiotics-use-in-animals-humans/articleshow/68056434.cms>

With reports on use of antibiotics in feed and feed supplements of livestock and poultry in the country as the backdrop, the Centre has planned to launch 'One Health' initiative where it can deal with human and animal health together by regulating use of antibiotics in animals as well as human.

Under this plan having multiple regulatory components, the department of biotechnology and the Indian Council of Agricultural Research (ICAR) will join hands to launch a "compulsory" national immunisation programme for livestock to address vaccine preventable disease.

Estimates of global antibiotic used in poultry, swine and cattle in 2010 indicate that India accounted for 3% of global consumption and the country was among the top consumers worldwide, along with China, the US and Brazil.

Projections for 2030 estimate that the use of antibiotics in animals in the BRICS nations - Brazil, Russia, India, China and South Africa - is expected to double.

"Use of antibiotics in chickens, in particular, is expected to triple in India by 2030 and therefore it is important to regulate the use of antibiotics in animals as well as humans to tackle the issue," said Union science & technology minister Harsh Vardhan on Monday, while referring to the plan to launch compulsory 'national immunisation programme for livestock'. He was addressing a conference on plan to launch 'One Health' initiative - an inter-sectoral approach for tackling the most urgent health threats in India.

The latest report of World Organisation for Animal Health (OIE), which analysed data submitted by 155 countries as of 2017, noted that 45 countries (29%) reported use of antimicrobials for growth promotion. It said 18 out of these 45 countries had a regulatory framework that either provided a list of antimicrobials that can be used as growth promoters or provided a list of those that should not be used as growth promoters.

3 D Laproscopy Surgery

श्रीडी लैप्रोस्कोपी सर्जरी की तकनीक ऑनलाइन सीख सकेंगे डॉक्टर (Dainik Gagan: 20190219)

https://epaper.jagran.com/epaper/article-19-Feb-2019-edition-delhi-city-page_4-5832-4769-4.html

स्वास्थ्य मंत्रालय के ई-हेल्थ कार्यक्रम के तहत चलाए जाने वाले राष्ट्रीय ऑनलाइन इंटीग्रेशन कोर्स से सफदरजंग अस्पताल की श्रीडी लैप्रोस्कोपी सर्जरी का पाठ्यक्रम भी जुड़ गया है। इस नेटवर्क पर सफदरजंग अस्पताल के डॉक्टर लाइव श्रीडी लैप्रोस्कोपी सर्जरी ऑनलाइन वेबकास्ट करेंगे। इससे छोटे शहरों के डॉक्टर भी इस तकनीक से यूरोलॉजी से जुड़ी गंभीर बीमारियों की सर्जरी देख सकेंगे और सीख सकेंगे।

अस्पताल के यूरोलॉजी के विभागाध्यक्ष डॉ. अनूप कुमार ने कहा कि छह महीना पहले श्रीडी लैप्रोस्कोपी सर्जरी का ऑनलाइन वेबकास्ट अस्पताल के स्तर पर शुरू किया था। हर महीने दो बार लाइव सर्जरी ऑनलाइन दिखाया जाता है। अभी 1500 डॉक्टर इसे देखते हैं। वेबकास्ट के दौरान यूरोलॉजी से जुड़े कैंसर व एडवांस रिक्स्ट्रक्टिव सर्जरी दिखाते हैं। मंत्रालय ने अब इसे ऑनलाइन इंटीग्रेशन कोर्स में शामिल किया है। इस वक्त नेटवर्क से देश के 51 मेडिकल कॉलेज व अस्पताल जुड़े हुए हैं। सभी अस्पतालों के डॉक्टर नई तकनीक को

आपस में साझा करते हैं। अगले सप्ताह से सफदरजंग अस्पताल भी इस नेटवर्क पर ऑनलाइन लाइव सर्जरी दिखाना शुरू कर देगा। जिसे सभी 51 संस्थानों के डॉक्टर देख सकेंगे।

Eye Care

आंखों की रोशनी छीन सकता है ज्यादा धूमपान(Dainik Gagan: 20190219) (Dainik Gagan: 20190219)

https://epaper.jagran.com/epaper/article-19-Feb-2019-edition-delhi-city-page_17-12490-4763-4.html

एक अध्ययन में आगाह किया गया है कि रोजाना 20 से ज्यादा सिगरेट पीने से आंखों की दृष्टि को नुकसान पहुंच सकता है। इतनी सिगरेट पीने से रेटिना में रक्त वाहिनियों और न्यूरोन्स पर असर पड़ने का खतरा रहता है। अमेरिका की रटगर्स यूनिवर्सिटी के शोधकर्ताओं के अनुसार, यह निष्कर्ष रोजाना 15 से ज्यादा सिगरेट पीने वाले 71 स्वस्थ लोगों और प्रतिदिन 20 सिगरेट पीने वाले 63 लोगों पर किए गए अध्ययन के आधार पर निकाला गया है। 25 से 45 साल की उम्र वाले इन प्रतिभागियों की रंगों में भेद करने की क्षमता धूमपान नहीं करने वाले लोगों की तुलना में कमजोर पाई गई। शोध निदेशक स्टीवन सिल्वरस्टेन ने कहा, 'सिगरेट के धुंए में ऐसे कंपाउंड होते हैं, जो नुकसानदायक हैं' -प्रेट्र

Kidney Racket (Navbharat Times: 20190219)

<http://epaper.navbharattimes.com/details/17309-60891-1.html>

किडनी कारोबार के तार श्रीलंका-टर्की से भी जुड़े

आरोपियों की गिरफ्तारी के लिए बनाई गई है स्पेशल टीम

■ प्रमुख संवाददाता, कानपुर: गरीबों को रुपयों के बदले किडनी और लिवर बेचने को मजबूर करने वाले गिरोह के तौर भारत के बाहर भी जुड़े हैं। एसएसपी अनंत देव ने बताया कि दिल्ली के डॉ. चेतन कौशिक श्रीलंका और टर्की में भी यह कारोबार चलाते हैं। फिलहाल डॉ. कौशिक पुलिस की पकड़ से दूर हैं। आरोपियों की गिरफ्तारी के लिए गोविंदनगर सर्कल के डीएसपी की नेतृत्व में विशेष टीम बनाई गई है। दिल्ली के कई बड़े अस्पतालों के कुछ लोगों की भूमिका भी संदिग्ध है।

ऐसे खुला मामला : कानपुर में रहने वाली एक महिला को गाजियाबाद में काम दिलाने के एवज में एक गैंग ने झांसे में लिया और वहां लेकर चला गया। रुपयों का लालच देकर किडनी और लिवर बेचने का कारोबार करने वाले इस गैंग की मंशा को भांप महिला किसी तरह कानपुर लौट आई और एफआईआर लिखाई। पुलिस सक्रिय हुई और दिल्ली से टी. राजकुमार नाम के शख्स को पकड़ा। पूछताछ के बाद कानपुर से कुछ और लोग पकड़े गए। 6 लोगों को गिरफ्तार कर पुलिस ने लंबी पूछताछ की तो पूरा मामला सामने आया। आरोपियों के नाम शैलेश सक्सेना (दिल्ली), गौरव मिश्रा (लखनऊ), सचिन अहमद और शमशाद अली (लखनऊ) के अलावा कानपुर का विक्की सिंह हैं। अमीरों से यह किडनी के एवज में 30 लाख और लिवर के हिस्से के बदले 80 लाख रुपये लेते थे, लेकिन गरीबों को सिर्फ 5-7 लाख रुपये में टरका दिया जाता था।



कानपुर से शुरू हुई इस रैकेट की कहानी



दिल्ली के अस्पतालों पर नजर : एसपी साउथ रवीना त्यागी के अनुसार, शुरुआती तपतीश में दिल्ली के कुछ अस्पतालों के कोऑर्डिनेटर्स की भूमिका संदिग्ध मिली है। गिरोह के कुछ लोग गरीबों को नौकरी तो कुछ को अच्छी जिंदगी का वास्ता देकर बरगलाते थे। हॉस्पिटल के कोऑर्डिनेटर्स फर्जी कागजातों को ओके करवाने से लेकर मेडिकल चेकअप में अहम भूमिका निभाते थे। इनकी गिरफ्तारी के लिए पुलिस टीमें काम कर रही हैं।

क्लिनिक ढूंढ रही पुलिस : एसएसपी के मुताबिक, शुरुआती जांच में दिल्ली के डॉ. चेतन कौशिक की भूमिका संदिग्ध मिली है। गिरोह का जाल श्रीलंका और टर्की तक फैला है। पुलिस टीमें डॉ. कौशिक और उसके क्लिनिक की दिल्ली में तलाश कर रही है। इसकी गिरफ्तारी के बाद यह साफ होगा कि क्या गरीबों को विदेश भेजकर भी किडनी-लिवर बेचने का धंधा

किया गया है। गिरोह का सरगना राजकुमार भी अपनी एक किडनी बेच चुका है। सबूर भी गलत कागजों के सहारे किडनी बेच चुका है। जबकि अपोलो किडनी कैंड में शैलेश सक्सेना जेल जा चुका है। बिना ब्लड रिलेशन के अंग-दान में आने वाली कानूनी बंदिशों के चलते फर्जी कागजात तैयार कराए जाते थे। ब्लड रिपोर्ट में भी गड़बड़ी होती थी।

- कानपुर पुलिस को दिल्ली के डॉ. चेतन कौशिक की तलाश
- डीएसपी के नेतृत्व में टीमें कर रही धरपकड़ की कोशिश
- दिल्ली के कुछ अस्पतालों की भूमिका भी संदेह के घेरे में

Medical Law

मेडिकल-लॉ की पढ़ाई का मजाक नहीं बनने देंगे: कोर्ट(Navbharat Times: 20190219)

<http://epaper.navbharattimes.com/details/17308-53292-2.html>

· विस, नई दिल्ली : सुप्रीम कोर्ट ने उस याचिका पर सुनवाई से इंकार कर दिया जिसमें सेना के लड़ाकू विमानों के दुर्घटनाग्रस्त होने की घटनाओं की अदालत की निगरानी में जांच की गुहार लगाई गई थी। कोर्ट ने याचिका

को खारिज करते हुए टिप्पणी की कि अगर हम अब भी मिराज 2000 का इस्तेमाल करेंगे तो वह दुर्घटनाग्रस्त होगा। दुनिया में पांचवीं और छठी जेनरेशन के विमान का इस्तेमाल हो रहा है तो हम तीसरी और चौथी जेनरेशन के विमान का इस्तेमाल कर रहे हैं। फिर क्या उम्मीद की जा सकती है। ऐसे विमान का दुर्घटनाग्रस्त होना लाजमी है।

अदालत कहा, आपको तथ्यों के बारे में भी जानकारी नहीं है और आप न्यायिक जांच की मांग करते हैं। कोर्ट ने याचिका पर सुनवाई से मना कर दिया। • मेडिकल काउंसिल ऑफ इंडिया को यूपी के मेडिकल कॉलेज ने निरीक्षण से रोका • अदालत ने कहा, ऐसे कॉलेजों में अगले साल से एडमिशन रोका जाएगा • विशेष संवाददाता, नई दिल्ली

सुप्रीम कोर्ट ने कहा है कि मेडिकल और कानून की शिक्षा का माखौल बनाने की इजाजत किसी को नहीं दी जा सकती है। इसकी गुणवत्ता (क्वालिटी) से खेलने वालों के साथ हम सख्ती से पेश आएंगे। अदालत ने कहा कि अदालत का मतलब सिर्फ शिक्षा की गुणवत्ता से है। सुप्रीम कोर्ट के जस्टिस एस.ए. बोबडे और जस्टिस दीपक गुप्ता की बेंच ने यह टिप्पणी तब की जब मेडिकल काउंसिल ऑफ इंडिया के वकील ने बताया कि यूपी के एक मेडिकल कॉलेज में उन्हें निरीक्षण की इजाजत नहीं दी जा रही है।

मेडिकल काउंसिल ऑफ इंडिया के वकील विकास सिंह ने कहा कि एक मेडिकल कॉलेज में खामियां हैं और किसी न किसी पर कार्रवाई की जरूरत है। सुप्रीम कोर्ट ने कहा कि ऐसे में कॉलेजों में अगले साल एडमिशन रोका जाएगा। अदालत ने मेडिकल काउंसिल ऑफ इंडिया की अर्जी के मद्देनजर यूपी, झारखंड और बिहार सरकार से जवाब दाखिल करने को कहा है।