



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 20190502

लीवर की बीमारियां

वैज्ञानिकों की बड़ी खोज: घी, मीट, चॉकलेट और मछली लीवर की चर्बी रोकने में सक्षम (Amar Ujala:20190502)

<https://www.amarujala.com/shimla/iit-mandi-research-ghee-meat-chocolate-and-fish-able-to-stop-lever-fat?pageId=1>

जिंक सप्लीमेंट पर शोध करने वाली आईआईटी मंडी की टीम।

देसी घी, पनीर, दूध, चॉकलेट, रेड मीट और प्रोटीन युक्त दालें चर्बी बढ़ाने ही नहीं, रोकने में भी सक्षम हैं। इन खाद्य पदार्थों का अगर आप संतुलित मात्रा में सेवन करें तो इसमें मौजूद जिंक सप्लीमेंट आपके लीवर के फैट बढ़ने नहीं देते। आईआईटी मंडी के स्कूल ऑफ बेसिक साइंस के असिस्टेंट प्रोफेसर डॉ. प्रोसेनजीत और सीएसआईआर-आईआईटीआर (भारतीय विषविज्ञान अनुसंधान संस्थान) के वैज्ञानिक डॉ. देवव्रत घोष ने अपने शोध में खुलासा किया है कि जिंक ऑक्साइड के नैनो पार्टिकल लीवर में चर्बी जमने से रोक सकते हैं।

साथ ही शराब का सेवन नहीं करने वालों में लीवर की चर्बी की बीमारियों (एनएएफएलडी) की रोकथाम करने में भी सक्षम हैं। शोध करने वाली टीम ने कोशिका और चूहा मॉडल का प्रयोग कर पाया कि जिंक सप्लीमेंट (नैनो पार्टिकल या बतौर नमक) लीवर में चर्बी जमा होने से रोकता है। साथ ही इंसुलिन सेंसिटिविटी बढ़ाता है। उनका शोध हाल ही में एक जर्नल-नैनोमेडिसिन: नैनोटेक्नोलॉजी, बायोलॉजी एंड मेडिसिन में प्रकाशित हुआ है।

इसलिए बढ़ रही लीवर की बीमारियां

लीवर इंसान के शरीर के अंदर सबसे बड़ा अंग है। यह पित्त का स्राव करता है और ग्लाइकोजेन के रूप में ग्लूकोज जमा करता है। विटामिन, मिनरल्स और एमीनो एसिड को जैव वैज्ञानिक के रूप में अवशोषण योग्य बनाता है। पहले लीवर की बीमारियां मुख्यतया हेपेटाइटिस वायरस के संक्रमण और मद्यपान की वजह से होती थीं, लेकिन आज गतिहीन लाइफ स्टाइल और खान-पान की गलत आदतों से मद्यपान नहीं करने वालों में भी लीवर की बीमारियां तेजी से बढ़ रही हैं।

एक साल में ढाई लाख ने तोड़ा दम

विश्व स्वास्थ्य संगठन की रिपोर्ट के अनुसार 2017 में भारत में 259,749 लोगों की लीवर की बीमारियां से मौत हुई। लगभग 120 मिलियन भारतीयों के एनएएफएलडी पीड़ित होने का अनुमान है। मोटापा और डायबिटीज के मरीजों में यह समस्या अधिक हो सकती है। फैटी लीवर से कैंसर भी हो सकता है।

इस तरह किया शोध

कोशिका परीक्षण में शोधकर्ताओं ने पाया कि जिंक ऑक्साइड नैनो पार्टिकल से उनमें चर्बी का जमना रुक गया। चूहों के मॉडल में देखा गया कि जिंक सप्लीमेंट ने चर्बी युक्त आहार पर पले चूहों के लीवर में चर्बी के जमने को बढ़ाने वाले सेल्युलर फैक्टर की रोकथाम कर दी।

जिंक सप्लीमेंट आहार देकर मोटा किए गए चूहों में ऊर्जा के निगेटिव बैलेंस और हेपेटाइटिक लाइपोजेनिक नियंत्रण के माध्यम से लीवर में चर्बी की बीमारियों में सुधार कर सकते हैं।

गर्भाशय कैंसर

जानें क्या हैं गर्भाशय कैंसर के लक्षण, इन महिलाओं को होता है ज्यादा खतरा रहें सावधान ! (Dainik Jagran:20190502)

<https://www.jagran.com/news/national-symptoms-and-risk-factors-uterus-cancer-jagran-special-19183985.html>

गर्भाशय की अंदरूनी परत को एंडोमेट्रियम कहते हैं। इसी एंडोमेट्रियम की कोशिकाएं जब असामान्य रूप से बढ़ने लगती हैं तो ये एंडोमेट्रियल कैंसर का कारण बनती हैं।

नई दिल्ली [जागरण स्पेशल]। गर्भाशय के कैंसर की जांच की दिशा में बड़ी सफलता मिली है। वैज्ञानिकों का कहना है कि मूत्र जांच के जरिये भी इस कैंसर का पता लग सकता है। ब्रिटेन की यूनिवर्सिटी ऑफ मैनचेस्टर के शोधकर्ताओं ने कहा कि समय पर जांच महिलाओं को इसके खतरे से बचा सकती है। कई विकासशील देशों में गर्भाशय कैंसर के होने की आशंका 15 गुना तक ज्यादा है, लेकिन वहां इसकी पारंपरिक स्मियर जांच उपलब्ध नहीं है। ऐसे में यदि वहां मूत्र जांच की सुविधा उपलब्ध कराई जा सके, तो कई महिलाओं की जिंदगी बचाई जा सकती है।

30 से 35 साल की उम्र की महिलाओं में यह सर्वाधिक होने वाला कैंसर है। इसकी जांच में प्री-कैंसर स्टेज का भी पता चलता है। यानी कैंसर होने के 5-10 साल पहले ही जांच से इसका पता लगाया जा सकता है। इसलिए जांच की बेहतर सुविधा कई जिंदगियां बचा सकती है। आंकड़े यह बताते हैं कि 70 में से एक महिला को गर्भाशय का कैंसर होता है। इसका मुख्य कारण समय पर बीमारी का पता न चलना है।

गर्भाशय की अंदरूनी परत को एंडोमेट्रियम कहते हैं। इसी एंडोमेट्रियम की कोशिकाएं जब असामान्य रूप से बढ़ने लगती हैं, तो ये एंडोमेट्रियल कैंसर का कारण बनती हैं। एंडोमेट्रियल कैंसर खतरनाक है क्योंकि इसके कारण महिलाओं में मां बनने की क्षमता हमेशा के लिए खत्म हो सकती है। इसके अलावा ये कई अन्य परेशानियों का भी कारण बन सकता है। एंडोमेट्रियल कैंसर को ही गर्भाशय का कैंसर या बच्चेदानी का कैंसर भी कहा जाता है।

किन्हीं हैं एंडोमेट्रियल कैंसर का ज्यादा खतरा

कैंसर कोई भी हो, इंसान के लिए खतरनाक और जानलेवा होता ही है। कुछ महिलाओं को एंडोमेट्रियल कैंसर का खतरा सामान्य से ज्यादा होता है, जैसे-

ऐसी महिलाएं जो कभी प्रेगनेंट न हुई हों

ऐसी महिलाएं जिनका 55 वर्ष की आयु के बाद मेनोपॉज होता है

ब्रेस्ट कैंसर के कारण कई बार गर्भाशय का कैंसर भी हो सकता है

ऐसी महिलाएं जिनके पीरियड्स 12 वर्ष की उम्र से पहले शुरू हो गए थे

इसके अलावा पीसीओएस और डायबिटीज के कारण भी इस कैंसर का खतरा बढ़ जाता है

क्या हैं एंडोमेट्रियल कैंसर के लक्षण

एंडोमेट्रियल कैंसर के कई लक्षण आपको सामान्य लग सकते हैं। मगर यदि आपको ये लक्षण जल्दी-जल्दी दिखाई देते हैं, तो बिना देरी किए डॉक्टर से संपर्क करना चाहिए।

असामान्य वेजाइनल डिस्चार्ज

अगर आपको पीरियड्स के अलावा भी अचानक से ब्लीडिंग होती है या खून के अलावा आपकी योनि से किसी भी तरह का लिक्विड डिस्चार्ज हो रहा है, तो ये एंडोमेट्रियल कैंसर का लक्षण हो सकते हैं। ऐसे में आपको जांच करवाना जरूर है। इसके अलावा आपके पीरियड का चक्र लगातार बदल जाना, मेनोपॉज के बाद भी ब्लीडिंग होना भी एंडोमेट्रियल कैंसर के शुरुवाती लक्षण हैं। ऐसे लक्षण दिखने पर तुरंत गायनकोलॉजिस्ट के पास जायें।

पेल्विक यानी पेड़ू में होता है दर्द

कई महिलाओं को गर्भाशय का कैंसर होने पर अनियमित ब्लीडिंग और डिस्चार्ज के साथ पेड़ू या पेल्विक (जननांग से ऊपर का हिस्सा) में दर्द भी हो सकता है। कैंसर के कारण अगर गर्भाशय बढ़ जाता है तो इस हिस्से में दर्द और ऐंठन हो सकती है। अगर आपको ब्लीडिंग के साथ ऐसा दर्द महसूस होता है, जितनी जल्दी हो सके डॉक्टर से जांच करवाएं।

अचानक बिना प्रयास वजन कम होना

वजन का अचानक कम होना कई कारणों से हो सकता है मगर यदि ऊपर बताये गए लक्षणों के साथ-साथ अचानक वजन घटने की भी समस्या है, तो इसे बिल्कुल भी अनदेखा न करें। ये एंडोमेट्रियल

कैंसर का लक्षण हो सकता है। इसका खतरा मेनोपॉज के बाद महिलाओं में बढ़ जाता है इसलिए इसकी जांच जरूर करवा लें।

बार-बार पेशाब जाना

एंडोमेट्रियल कैंसर के कारण आपकी पेशाब जाने की आदतों में भी बदलाव आ सकता है। आपका ब्लैडर गर्भाशय से जुड़ी समस्याओं को निर्देशित करता है। एंडोमेट्रियल कैंसर के दौरान आपको बार-बार पेशाब आना, पेशाब करने में परेशानी, पेशाब करते वक्त दर्द आदि संकेत दिखते हैं।

अल्जाइमर

नए प्रकार का अल्जाइमर की खोज, दिमाग को अलग तरह से करता है प्रभावित (Dainik Jagran:20190502)

<https://www.jagran.com/news/national-scientists-discover-a-new-type-of-dementia-that-affects-thousands-jagran-special-19184073.html>

वैज्ञानिकों ने ज्यादा उम्र में दिमाग को प्रभावित करने वाले अलग प्रकार की अल्जाइमर की खोज की है जो हजारों लोगों को प्रभावित करता है।

नई दिल्ली, जागरण स्पेशल। वैज्ञानिकों ने अलग प्रकार की अल्जाइमर की खोज की है, जो हजारों लोगों को प्रभावित करता है। यह बीमारी लोगों को देर से प्रभावित करती है, जिसके लक्षण अल्जाइमर की तरह हैं लेकिन यह दिमाग को दूसरी तरह से प्रभावित करता है। यह खोज इस बात पर प्रकाश डालती है कि वैज्ञानिकों ने इस मस्तिष्क रोग का इलाज खोजने के लिए संघर्ष क्यों किया है। इन दोनों बीमारियों के लिए अलग अलग उपचार की आवश्यकता होगी।

केंटकी विश्वविद्यालय में सैंडर्स-ब्राउन सेंटर के प्रमुख लेखक डॉ. पीटर नेल्सन ने कहा कि दो सौ से अधिक विभिन्न वायरस सामान्य सर्दी पैदा कर सकते हैं। ऐसे में यह सोचना होगा कि केवल डेमेंटिया ही क्यों कारण है। उन्होंने कहा कि यह बीमारी देर से लोगों पर प्रभाव डालती है, जिसके अलग तरीके

से समझने की जरूरत है। यह परीक्षण यह समझने में मदद करती है कि क्लिनिकल परीक्षण में अल्जाइमर की कई दवाएं क्यों विफल होती हैं।

ऐसे में वैज्ञानिक समुदाय बीमारी के देर से प्रभाव को लेकर एक तरह से सोचते हैं। इसमें विशिष्ट दवाओं को विकसित करने में मदद मिलती है जो सही रोगियों को लक्षित करती है।

डॉ. नेल्सन का कहना है कि ब्रेन जर्नल में प्रकाशित होने वाला नया पेपर, बेंजामिन फ्रैंकलिन की बिजली की 'खोज' के बराबर है। नए रिसर्च के बारे में डा. नेल्सन का कहना है कि लोगों ने पहले इसे हल्के रूप में देखा लेकिन फ्रैंकलिन ने एक अवधारणा को औपचारिक रूप देने में मदद की, जिसने बिजली का अध्ययन करने की हमारी क्षमता को बढ़ाया।

पेट के कैंसर

पेट के कैंसर के लिए रामबाण है ये आयुर्वेदिक उपाय, बचना है तो जरूर आजमाएं (Dainik Jagran:20190502)

https://www.herzindagi.com/hindi/health/turmeric-best-ayurvedic-remedy-for-stomach-cancer-article-101380?utm_source=Jagran&utm_medium=Referral&utm_campaign=Jagran_HZ_Specials

कैंसर एक खतरनाक बीमारी है जो धीरे-धीरे लोगों को अपनी चपेट में ले रही है। कैंसर का नाम सुनते ही अच्छे-अच्छों के पसीने छूटने लगते हैं क्योंकि समय पर कैंसर की जानकारी और इलाज ना होने पर लोग अपनी जान भी गवां सकते हैं। आज पूरी में दुनिया इस घातक बीमारी के कारण लोग अपनी जिंदगी से लड़ाई लड़ रहे हैं। जहां एक ओर पुरुष मुंह और फेफड़े का कैंसर दूसरी ओर महिलाओं में ब्रेस्ट और सर्वाइकल कैंसर से सबसे ज्यादा प्रभावित हो रही है। इसके अलावा पेट का कैंसर भी लोगों में बहुत ज्यादा पाया जा रहा है। कैंसर को जड़ से खत्म करने के लिए वैज्ञानिक इसका इलाज खोज रहे हैं और लोग इस समस्या से निपटने के लिए आयुर्वेद की तलाश कर रहे हैं। क्योंकि आयुर्वेद में गंभीर बीमारियों से लड़ने की क्षमता है और भारत में सदियों से आयुर्वेदिक पद्धति द्वारा बीमारियों का इलाज

किया जा रहा है। इसके अलावा कई रिसर्च ने भी इस बात को साबित किया है कि आयुर्वेद से आप कैंसर को रोक सकते हैं।

हाल में हुई एक रिसर्च ने पेट के कैंसर के लिए हल्दी को फायदेमंद बताया है। जी हां नई रिसर्च के अनुसार कक्यूर्मा लॉन्गा (हल्दी के पौधे) की जड़ों से निकले करक्यूमिन को पेट का कैंसर रोकने या उससे निपटने में मददगार पाया गया है। लेकिन सबसे पहले हम पेट के कैंसर के कारणों और कारकों के बारे में जान लेते हैं।

क्या कहते हैं एक्सपर्ट

इस बारे में हेल्थ केयर फाउंडेशन के अध्यक्ष पद्मश्री डॉक्टर के के अग्रवाल का कहना है कि पेट का कैंसर कई वर्षों में धीरे-धीरे विकसित होता है, इसलिए शुरुआत में कोई लक्षण दिखाई नहीं देते हैं। लेकिन सामान्य लक्षणों में भूख कम होना, वजन में कमी, पेट में दर्द, अपच, मतली, उल्टी (ब्लड के साथ या बिना उसके), पेट में सूजन या तरल पदार्थ का निर्माण, और स्टूल में ब्लड आना शामिल हैं। इन लक्षणों में से कुछ का इलाज किया जाता है, क्योंकि वे दिखाई देते हैं और गायब हो जाते हैं, जबकि अन्य लक्षण उपचार के बावजूद जारी रहते हैं।

पेट के कैंसर के मुख्य कारक

पेट का कैंसर के मुख्य कारकों में बहुत ज्यादा तनाव, स्मोकिंग और अल्कोहल जिम्मेदार हो सकते हैं। स्मोकिंग विशेष रूप से इस स्थिति की संभावना को बढ़ाता है। भारत में कई जगहों पर, आहार में फाइबर सामग्री कम रहती है। अधिक मसालेदार और मांसाहारी भोजन के कारण पेट की परत में सूजन हो सकती है, जिसे अगर छोड़ दिया जाए तो कैंसर हो सकता है।

पेट के कैंसर के लिए फायदेमंद है हल्दी

फेडरल यूनिवर्सिटी ऑफ साओ पाउलो (यूनिफैस्प) और फेडरल यूनिवर्सिटी ऑफ पारा (उफपा) के शोधकर्ताओं ने ब्राजील में यह जानकारी दी। करक्यूमिन के अलावा, हिस्टोन गतिविधि को संशोधित करने में महत्वपूर्ण भूमिका निभाने वाले अन्य यौगिकों में कोलकेल्सीफेरोल, रेस्वेराट्रोल, क्वेरसेटिन, गार्सिनॉल और सोडियम ब्यूटाइरेट (आहार फाइबर के फरमेंटेशन के बाद आंत के बैक्टीरिया द्वारा उत्पादित) प्रमुख थे।

क्या कहते हैं आंकड़े

वर्ल्ड कैंसर रिसर्च फंड इंटरनेशनल के पेट के कैंसर संबंधी आंकड़ों के अनुसार, दुनियाभर में हर साल गैस्ट्रिक कैंसर के अनुमानित 9,52,000 नए मामले सामने आते हैं, जिसमें लगभग 7,23,000 लोगों (यानी 72 प्रतिशत मृत्यु दर) की जान चली जाती है। भारत में, पेट के कैंसर के लगभग 62,000 मामलों का हर साल (अनुमानित 80 प्रतिशत मृत्यु दर के साथ) निदान किया जाता है।

पेट के कैंसर का इलाज

पेट के कैंसर के लिए पर्याप्त फॉलो-अप और पोस्ट-ट्रीटमेंट केयर की आवश्यकता होती है, इसलिए नियमित जांच के लिए हेल्थ टीम के संपर्क में रहना महत्वपूर्ण है। पहले कुछ सालों के लिए हेल्थ टीम से हर 3 से 6 महीने में मिलने की सिफारिश की जाती है। उसके बाद सालाना मिला जा सकता है। हालांकि पेट के कैंसर के निदान के बाद जीवन तनावपूर्ण हो जाता है लेकिन परेशान होने की जरूरत नहीं है क्योंकि सही उपचार, जीवनशैली में बदलाव और डॉक्टरों के समर्थन से मरीज ठीक हो सकता है।

एक्सरसाइज और फिटनेस

तनाव और अवसाद से निजात दिलाती हैं ये 3 एक्सरसाइज, जानें इसके फायदे और करने का तरीका (Dainik Jagran:20190502)

आजकल तनाव एक आम समस्या बन गई है।

तनाव व्यक्ति के स्वास्थ्य के लिए हानिकारक है।

व्यायाम आपके मन और शरीर पर सकारात्मक प्रभाव छोड़ता है।

आजकल तनाव एक आम समस्या बन गई है। जीवनशैली किसी न किसी बिंदु पर लगभग हर व्यक्ति को तनाव देती है। तनाव व्यक्ति के स्वास्थ्य के लिए हानिकारक है। यह शारीरिक स्वास्थ्य के साथ-साथ मानसिक रूप से भी परेशान कर सकता है। लेकिन आप कुछ सरल व्यायामों के साथ आसानी से तनाव का प्रबंधन कर सकते हैं। व्यायाम आपके शरीर की ग्रोथ करता है और आपको फिट रखता है।

व्यायाम आपके मन और शरीर पर सकारात्मक प्रभाव छोड़ता है। अपने तनाव को प्राकृतिक रूप से मैनेज करें न कि दवाई या किसी अन्य माध्यम से।

व्यायाम और तनाव के बीच संबंध

व्यायाम आपके तनाव हार्मोन को कम करने और एंडोर्फिन बढ़ाने में मदद कर सकता है जो एक रसायन है जो आपको अच्छा महसूस कराता है

यह दिन की शुरुआत में आपके मूड और ऊर्जा को बढ़ा सकता है

यह आपको नकारात्मक विचारों और भावनाओं से लड़ने में मदद करेगा क्योंकि तनाव आपके दिमाग को विचलित कर सकता है।

अगर आप किसी के साथ या जिम में व्यायाम करते हैं तो यह आपके लिए और भी अच्छा है।

व्यायाम भी इस बात पर भरोसा दिलाता है कि यह आपको फिट रखेगा और आपके शरीर को टोन करेगा।

व्यायाम से कैसे तनाव को करें दूर

योगाभ्यास

योग आपके दिमाग और शरीर दोनों को फायदा पहुंचाता है। यह आपके शरीर को टोन करता है, आपके फोकस को बेहतर बनाता है और आपको आत्मविश्वास महसूस कराता है। यदि आप नियमित रूप से योग का अभ्यास करते हैं, तो यह आपके तनाव को काफी कम कर देगा। यह ध्यान और सांस लेने के पैटर्न के उपयोग पर आधारित है जो मानसिक स्वास्थ्य में सुधार करता है। योग कोर्टिसोल के स्तर को कम करता है, जो एक तनाव हार्मोन है। इसलिए, योग आपके मानसिक स्वास्थ्य को बेहतर बनाने में बहुत मददगार है और आपके सभी तनाव को कम करता है। योग अवसाद और नींद से संबंधित समस्याओं को कम करने में भी सहायक है।

पिलाटे

पिलाटे नया फिटनेस ट्रेंड है जिसे हर कोई आजमाना चाहता है। यह आपको तनाव से भी राहत दिलाने में मदद कर सकता है। यह आपके मूड और ऊर्जा के स्तर को बढ़ाता है क्योंकि इसमें उपयुक्त श्वास पैटर्न शामिल है। पिलाटे के बारे में सबसे अच्छी बात यह है कि आप इसे घर पर भी कर सकते हैं।

पिलाटे करने में आमतौर पर 40 से 45 मिनट लगते हैं। पिलाटे आपके लचीलेपन, ताकत में सुधार करता है और आपको पूरे शरीर में नियंत्रण विकसित करने में मदद करता है।

एरोबिक्स

एरोबिक्स व्यायाम करने का सबसे मज़ेदार तरीका है। यह आपके दिमाग को तरोताजा करने के साथ-साथ आपको प्रभावी रूप से वजन कम करने में मदद करता है। विभिन्न अध्ययनों ने यह भी दावा किया है कि एरोबिक्स आपको अवसाद का इलाज करने में भी मदद कर सकता है। एरोबिक्स आपकी सांस और दिल की धड़कन की दर को बढ़ाकर आपकी मांसपेशियों पर काम करता है। यह व्यायाम और नृत्य को पूरी तरह से मिश्रित करता है जो एक परम तनाव मुक्ति क्रिया है।

आपको दिन में कम से कम 30 मिनट के लिए खुद को व्यायाम में शामिल करना चाहिए। यह आपको मानसिक और शारीरिक दोनों तरह से फिट रखेगा।

मोटापा

बच्चों में मोटापा रोकने के लिए माता-पिता को 8 हफ्ते की ट्रेनिंग दी गई, प्रयोग कामयाब (Dainik Bhaskar:20190502)

<https://www.bhaskar.com/health/healthy-life/news/parenting-classes-can-reverse-child-obesity-oxford-study-finds-01535283.html>

बच्चों में मोटापा घटाने के लिए ब्रिटेन में ये स्पेशल क्लासेज एक दशक पहले शुरू हुई थीं

क्या खाना चाहते हैं यह पूछने की बजाय बच्चों को हेल्दी फूड चुनने का ही विकल्प

ट्रेनिंग का सबसे ज्यादा असर लीड्स शहर में दिखाई दिया

हेल्थ डेस्क. बच्चों में मोटापा कैसे कम किया जाए, ब्रिटेन में पिछले एक दशक से माता-पिता को इसकी क्लासेस दी जा रही हैं। विशेषज्ञों का कहना है कि इसका असर दिख रहा है और बच्चों में मोटापे के मामले में कभी आई है। ऑक्सफोर्ड यूनिवर्सिटी के शोधकर्ताओं ने भी इसकी पुष्टि की है। उनका

कहना है कि, इन क्लासेस का सबसे ज्यादा असर ब्रिटेन के लीड्स शहर में देखा गया है। यहां बच्चे की लाइफस्टाइल पर माता-पिता का नियंत्रण है।

8 हफ्ते चलती हैं पेरेंटिंग क्लासेस

इन स्पेशल क्लासेज का लक्ष्य माता-पिता को बच्चों को खाने-पीने के लिए नियंत्रित की सीख देना और परिवार को सेहतमंद बनाने लिए प्रेरित करना था। बच्चे क्या खाना चाहते हैं उनसे यह पूछने की बजाय उनको सिर्फ सेहतमंद खाने के विकल्प सुझाए जाते हैं। क्लासेस में माता-पिता को बच्चों पर खाने के मामले में सख्ती बरतने की भी ट्रेनिंग दी जाती है।

लीड्स से हुई थी शुरुआत

ब्रिटेन के लीड्स शहर है सबसे पहले इस तरह की क्लासेज शुरू की गई थीं। एक्सपर्ट का कहना है कि यहां पिछले कुछ सालों में पांच साल से कम उम्र के बच्चों में मोटापे की दर में कभी आई है। 2014 में यह दर 9.4% थी और अगले तीन सालों में यह गिरकर 8.8% हो गई। ग्लासगो में भी यह दर 6.8% से घटकर 6% हो गई है। बच्चों में बढ़ते मोटापे पर रिसर्च कर रही ऑक्सफोर्ड यूनिवर्सिटी की शोधकर्ता प्रो. सुसान जेब के मुताबिक, लीड्स में काफी सुधार देखा जा रहा है, माता-पिता के व्यवहार में बदलाव आ रहा है। यहां बच्चे माता-पिता से चीजों को खरीदने की जिद नहीं कर रहे। वे सिर्फ वही खा रहे हैं जो माता-पिता तय करते हैं।

ऐसी क्लास अब दूसरे शहरों में भी शुरू की जाएंगी

एक्सपर्ट के मुताबिक, लंदन में पांच साल के बच्चों में मोटापे की दर 9.4% है। यह आंकड़ा बेहद अहम है, क्योंकि मोटापे के मामले तेजी से बढ़ रहे हैं। प्राइमरी स्कूल के ज्यादातर बच्चों का वजन औसत से अधिक है। अब इस तरह की क्लासेज दूसरे शहरों में भी शुरू करने की तैयारी है।

8 हफ्तों की क्लासेस में कब-क्या सिखाते हैं

पहला हफ्ता : माता-पिता लक्ष्य पर फोकस कैसे करें।

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Antimicrobial Resistance

The cost of antimicrobial resistance (The Hindu:20190502)

<https://www.thehindu.com/opinion/editorial/the-cost-of-resistance/article27005283.ece>

India must brace for the economic shocks from uncontrolled antimicrobial resistance

Even though antimicrobial resistance is acknowledged by policymakers as a major health crisis, few have considered its economic impact. Now, a report from the Interagency Coordination Group on Antimicrobial Resistance (IACG) puts the financial fall-out in perspective. Titled “No Time to Wait: Securing The Future From Drug Resistant Infections”, it says in about three decades from now uncontrolled antimicrobial resistance will cause global economic shocks on the scale of the 2008-09 financial crisis. With nearly 10 million people estimated to die annually from resistant infections by 2050, health-care costs and the cost of food production will spike, while income inequality will widen. In the worst-case scenario, the world will lose 3.8% of its annual GDP by 2050, while 24 million people will be pushed into extreme poverty by 2030. Nations must acknowledge this eventuality, the IACG says, and act to fight it. For high- and mid-income nations, the price of prevention, at \$2 per head a year, is extremely affordable. For poorer countries, the price is higher but still modest compared to the costs of an antibiotic apocalypse.

India first published almost nine years ago the broad contours of a plan to fight antimicrobial resistance. The difficulty has been in implementing it, given the twin challenges of antibiotic overuse and underuse. On the one hand, many Indians still die of diseases like sepsis and pneumonia because they don't get the right drug at the right time. On the other hand, a poorly regulated pharmaceutical industry means that antibiotics are freely available to those who can afford them. The IACG report acknowledges these obstacles, and calls for efforts to overcome them. Some steps can be initiated right away, it says, such as phasing out critical human-use antibiotics in the animal husbandry sector, such as quinolones. But these steps cannot be driven by regulation alone. A multi-stakeholder approach, involving private

industry, philanthropic groups and citizen activists is needed. Private pharmaceutical industries must take it upon themselves to distribute drugs in a responsible manner. Philanthropic charities must fund the development of new antibiotics, while citizen activists must drive awareness. These stakeholders must appreciate that the only way to postpone resistance is through improved hygiene and vaccinations. It is a formidable task as India still struggles with low immunisation rates and drinking water contamination. But it must consider the consequences of a failure. While the 2008-09 financial crisis caused global hardships, its effects began to wear off by 2011. Once crucial antibiotics are lost to humankind, they may be lost for decades.

Polio

Fighting polio in Pakistan (The Hindu:20190502)

<https://www.thehindu.com/opinion/op-ed/fighting-polio-in-pakistan/article27004837.ece>

Instead of insisting on the oral polio vaccine, using the inactivated polio vaccine along with other vaccines would help

Last month, the polio eradication programme in Pakistan was in the news for all the wrong reasons. On April 22, a government hospital in Mashokhel in Peshawar district was set on fire after many children allegedly fell sick after being given the anti-polio vaccine. On April 23 and 24, in two separate incidents, two police officers guarding vaccinators were shot dead. On April 25, in Chaman, which borders Afghanistan, a polio worker was shot dead and her helper injured. Since December 2012, nearly 90 people have been killed in the country for working to eradicate polio. Due to recurrent threats to workers, the Pakistan government has now suspended the anti-polio drive.

Cases of wild poliovirus type 1

This is the worst time to take this decision. This year alone, eight paralysed children with wild poliovirus type 1 (WPV1) have been found in Pakistan. Environmental surveillance by testing sewage samples has shown 91 WPV1-positive samples, in the provinces of Khyber Pakhtunkhwa, Balochistan, Punjab and Sindh. In the past week alone, 13 sewage samples were found to be positive for WPV1.

This is a worrying sign. With suspended immunisation activities, WPV1 will spread fast and the number of polio cases could increase and cause an outbreak. If Pakistan cannot eliminate polio, the global eradication programme is sure to stall.

When India eliminated WPV1 in January 2011, the Global Polio Eradication Initiative (GPEI), a public-private partnership led by national governments with five partners, did not ask if Pakistan would be able to follow suit; it simply assumed it would. This was unrealistic. In Uttar Pradesh and Bihar, oral polio vaccine (OPV) coverage of 98-99% was sustained with an average of 15 doses per child from 2003. There was full cooperation from the health workers and the public. The war on polio requires such intensity and coverage and it is unrealistic to expect this in Pakistan, where polio eradication is falsely depicted as a Western agenda with the sinister motive of reducing fertility.

The GPEI has pinned all its hopes on the OPV and has excluded the alternate inactivated polio vaccine (IPV) to eradicate WPVs. The OPV is cheap and easy to give to children, but it has to be given to them again and again in pulse campaigns since its efficacy is poor. On the other hand, the IPV is highly efficacious and needs to be given just two-three times as part of routine immunisation.

Risk of polio outbreaks

The OPV has another problem. If coverage declines (as is bound to happen in Pakistan), vaccine viruses will spread to children who are not vaccinated, back-mutate, de-attenuate and become virulent. Such viruses are called circulating vaccine-derived polioviruses (cVDPV). They can cause polio outbreaks. Thus Pakistan will soon be at risk of polio outbreaks by both WPV1 and cVDPV.

It is to avoid the emergence of cVDPV that India strives to maintain high OPV coverage through routine immunisation, Mission Indradhanush and annual national pulse campaigns. In 2018, Papua New Guinea developed a cVDPV polio outbreak as OPV coverage fell to 60%. In 2017, as OPV coverage fell to 53%, Syria had an outbreak of cVDPV polio.

There is yet another problem in Pakistan. With the OPV being identified as the weapon in the war on polio and with some in Pakistan believing that the aim of eradication is to reduce fertility, a vaccine is given only three or four times, not 15-20 times.

Hope is not lost for polio eradication provided that the GPEI relents on its insistence on the OPV and uses the IPV along with other common vaccines. IPV-containing vaccines could be included in the routine immunisation programme and given without attracting the attention of militants. The false propaganda about polio vaccination in Pakistan will then lose its sting. While near-100% coverage with the OPV is necessary, 85-90% coverage with the IPV given in a routine schedule would be sufficient.

If the GPEI insists on the OPV as the only weapon against polio, we have hit the end of the road in Pakistan. But the world cannot afford to lose this war on polio. India could show the way forward by giving the IPV in its universal immunisation programme (at least two doses and preferably three) and then discontinuing the infectious OPV altogether.

T. Jacob John, a retired professor of Clinical Virology, taught at the Christian Medical College, Vellore, and Dhanya Dharmapalan is a Paediatric Infectious Disease Specialist in Apollo Hospitals, Navi Mumbai.

Diabetes

Type 2 diabetes: Simple method can help tailor treatment (Medical News Today:20190502)

<https://www.medicalnewstoday.com/articles/325089.php>

Using simple, routine measures that are easy to obtain in a diabetes clinic, such as age at diagnosis and body mass index, can be an effective way to choose the best treatment for a person with type 2 diabetes.

New research points to a very simple method of personalizing treatment for type 2 diabetes.

This was the conclusion that researchers at the University of Exeter, in the United Kingdom, came to after they compared the simple approach to a "subgroup model" that researchers in Sweden and Finland had proposed in an earlier study.

They report their findings in a paper that now features in The Lancet Diabetes & Endocrinology journal.

"It's recognized," says lead study author John M. Dennis, Ph.D., who is a research fellow in medical statistics at the University of Exeter College of Medicine and Health, "that not everyone with type 2 diabetes should be treated the same, yet there is currently no way to tell which tablet is likely to be the best for a particular person."

The earlier study identified "five replicable clusters" of adults with diabetes. The five clusters differed by "disease progression and risk of diabetic complications." The authors suggested that these could be a useful way to guide the treatment of diabetes.

However, the new study reveals that using very straightforward clinical features, such as age at diagnosis, sex, body mass index (BMI), and a measure of kidney function, is a more practical and effective method of choosing treatments and identifying which patients are most likely to experience complications such as kidney disease.

"Crucially, this approach does not mean reclassifying people into discrete subtypes of diabetes," Dennis explains, adding that, in their study, they "were able to use a person's exact characteristics to provide more precise information to guide treatment."

Putting diabetes into subgroups

Diabetes is a serious condition that comes from having too much glucose, or sugar, in the blood. Over time, high blood sugar, or hyperglycemia, harms organs, blood vessels, nerves, and other parts of the body.

According to the World Health Organization (WHO), diabetes is a leading cause of kidney failure, vision loss, stroke, heart attacks, and leg amputation.

Type 2 diabetes: Gut bacteria may influence drug effectiveness

The composition of bacteria in a person's gut could explain why some type 2 diabetes treatments may not work for them.

Figures from the National Institute of Diabetes and Digestive and Kidney Diseases suggest that, in the United States, there are around 30.3 million people with diabetes and 84.1 million adults who likely have prediabetes.

There are three main types of diabetes. The most common, which affects the vast majority of people with diabetes, is type 2. This type develops because the body loses its ability to make and use insulin properly. Insulin is a hormone that helps cells to take in glucose and use it for energy.

The other two main types of diabetes are: gestational diabetes, which can develop in some women during pregnancy; and type 1, which develops because the immune system destroys the body's ability to make insulin in the pancreas.

The recent study concerns type 2 diabetes, which the authors describe as a "heterogeneous, multifactorial condition" that accounts for 90–95% of diabetes and affects around 400 million people worldwide.

Given the diverse nature of type 2 diabetes, scientists are interested in breaking it down into further categories, as this could "improve care and outcomes" for the many people affected.

The earlier study had suggested that there were four subgroups, or data-driven clusters, of type 2-like diabetes: severe insulin-deficient diabetes, severe insulin-resistant diabetes, mild obesity-related diabetes, and mild age-related diabetes.

However, Dennis and colleagues note that the earlier study had "suggested but did not show that the clusters could be useful to guide choice of therapy."

Modeling clinical features is more useful

So, the researchers decided to compare the usefulness of the subgroup method "with simpler approaches based on routine clinical measures available in any diabetes clinic."

They did this by analyzing data sets from two independent clinical trials — including more than 8,500 participants — that had randomly assigned different diabetes medications to people with type 2 diabetes.

The new research showed that the subgroup method did indeed work, but that methods that use simple clinical measures work just as well, and in some cases, even better.

For example, while the subgroup method did show differences in the progression of blood glucose, the team found that "a model using age at diagnosis alone explained a similar amount of variation in progression."

The researchers also found that "incidence of chronic kidney disease" differed among the subgroups. "However," they note, "estimated glomerular filtration rate [a measure of kidney function] at baseline was a better predictor of time to chronic kidney disease."

In addition, while the subgroups differed in blood glucose response to treatment, "Simple clinical features outperformed clusters to select therapy for individual patients."

The researchers conclude: "Overall, the results suggest that there will be greater clinical utility from modeling clinical features directly, rather than from using clinical features to place patients into subgroups."

Cardiovascular disease

Blood test may predict cardiovascular disease (Medical News Today:20190502)

<https://www.medicalnewstoday.com/articles/325083.php>

New research suggests that a simple blood test, which doctors currently use to diagnose heart attacks, may be useful in predicting the risk of cardiovascular disease.

New research suggests a simple blood test could accurately predict who will go on to develop cardiovascular disease.

According to the latest statistics from the American Heart Association (AHA), almost half of the people living in the United States have some form of cardiovascular disease.

In fact, according to 2016 figures, 121.5 million U.S. adults, or 48 percent of the entire population, have cardiovascular disease (CVD), which is a cluster of conditions that includes

hypertension. Doctors often call hypertension the "silent killer" because it does not show any visible symptoms until it is too late.

The same AHA report predicts that by 2035, over 130 million adults will have a form of CVD that could bring costs in the U.S. to 1.1 trillion dollars.

Currently, heart disease is the top leading cause of death in the U.S., while stroke is the fifth.

But what if there was a blood test that could accurately predict whether a person will have heart disease or a stroke?

New research suggests that such a test may already exist. By detecting the blood levels of specific proteins that heart muscles release when they are injured, scientists may be able to predict a person's risk of eventually developing CVD.

Dr. Christie Ballantyne, who is the cardiology chief at Baylor College of Medicine in Houston, TX, and his team, detail this idea in a new study that appears in the AHA journal *Circulation*.

Troponin levels can predict CVD risk

Troponins are proteins that signal heart muscle damage, and in the new research, Dr. Ballantyne and his colleagues wanted to see if detecting troponin in the blood of healthy middle-aged adults or seniors could predict CVD risk.

Dr. Ballantyne and colleagues analyzed a group of 8,121 people aged 54–74 who participated in the "Atherosclerosis Risk in Communities" study. None of the participants had a history of cardiovascular disease.

Using small molecules to regenerate heart tissue

A new study in mice shows that microRNAs may be able to regenerate heart cells after a heart attack.

The scientists identified troponin levels in 85% of the participants and applied Cox proportional hazards models to examine the links between these levels and cardiovascular disease.

Namely, they studied correlations with coronary heart disease, myocardial infarction, ischemic stroke, atherosclerotic cardiovascular disease, heart failure hospitalization, global cardiovascular disease, and all-cause mortality.

The research found that high levels of troponin correlated strongly with "increased global CVD incidence in the general population independent of traditional risk factors."

High-sensitivity troponin tests, therefore, proved to be an accurate way of predicting CVD risk, especially when combined with a standard method of calculating a person's 10-year cardiovascular risk.

"What we're finding out is that these tests can be used in the general population to give us information as to who is most likely to have a future problem, whether it be a heart attack, stroke, or heart failure," says Dr. Ballantyne.

"If you can treat someone much earlier, before {they] have symptoms, you will be far more effective in preventing events," continues the researcher, who adds, "Our major problem is that we do too little too late."

"If the first time you find out that you're at risk for heart failure is when you actually start getting short of breath and you end up in the hospital, you probably have advanced heart disease already, and it is going to be harder to treat than if that person took steps years earlier."

Dr. C. Ballantyne

Instead, knowing the risk in advance can prompt people to take preventive measures, such as exercising more and watching their blood pressure.

However, the scientists explain that although doctors currently use troponin tests to diagnose a heart attack, they do not yet accept them as a tool for predicting risk. Scientists need to do more research before using these tests to evaluate risk.

"Research in this area is leading us toward individualized care more and more, so we can better predict who's at risk for developing adverse cardiovascular outcomes," comments Dr. Rebecca Vigen, an assistant professor of internal medicine at the University of Texas Southwestern Medical Center in Dallas, who did not participate in the research.

"This study is a step in the direction of personalizing care," Dr. Vigen says.

Psoriasis

Does body weight contribute to the risk of psoriasis? (Medical News Today:20190502)

<https://www.medicalnewstoday.com/articles/325077.php>

New research has found evidence suggesting that a person's body mass index can increase their risk of developing psoriasis, an increasingly common skin condition. The mechanisms at play, however, remain unclear.

A new study confirms that higher body weight contributes to psoriasis risk.

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDKD) estimate that 32.5% of adults in the United States are overweight and 37.7% have received a diagnosis of obesity.

The NIDDKD also define being overweight as having a body mass index (BMI) of 25–29.9 and having obesity as having a BMI of at least 30.

At the same time, reports indicate that psoriasis, which is a common, chronic skin condition, affects about 2% of the U.S. population.

Studies have shown that over the past few years both obesity and psoriasis have been on the rise in the U.S. Some investigations have also revealed a correlation between the presence of psoriasis and that of obesity. Could there be a causal relationship between these two conditions?

Now, researchers from collaborating institutions worldwide, including the University of Bristol in the United Kingdom, and the K.G. Jebsen Center for Genetic Epidemiology in Trondheim, Norway, has investigated precisely this possibility.

According to Dr. Mari Løset, one of the investigators who contributed to this study, "[h]igher BMI may contribute to increased inflammation of the skin, which can exacerbate psoriasis, but it could also be that psoriasis leads to a person being less physically active and thus gaining weight."

How the team established causality

In their new study, the researchers analyzed the genetic data of 753,421 individuals, using the Mendelian randomization approach. The authors accessed the information through various large databases, including the U.K. Biobank and the Health Survey in Nord-Trøndelag (The HUNT Study) in Norway.

This type of analysis can establish a causal relationship between a potential risk factor and a certain health condition or outcome because it uses the presence of genetic variants as a tool to determine whether or not two factors are causally linked.

As one article published in the Journal of The American Society of Nephrology explains, "genetic variants [...] are being increasingly used [to determine causality] because their alleles are assigned to individuals before any exposure or outcome."

Is it time to dismiss the myths and fears about psoriasis?

Many misconceptions about psoriasis persist, and it is high time we dismissed them, experts urge.

Thus, the presence of genetic variants is independent of any external modifying factors. This provides a more reliable way of establishing what kind of relationship lies between two clinical factors, and which way causality runs.

"Mendelian randomization means that nature itself distributes individuals randomly into groups based on genes. This way, we can avoid the results being influenced by external factors," Dr. Løset notes.

Since, she continues, "[o]ur understanding of how genes are related to disease is increasing at record speed, [...] in this study we used known genetic variants as markers for BMI and psoriasis."

The team's findings — reported in a study paper that now appears in the journal PLOS Medicine — indicate that the higher a person's BMI, the greater is their likelihood of developing psoriasis.

More specifically, Løset says, the researchers "calculated that the risk increased by 9% for each higher whole number on the BMI scale," Dr. Løset says.

'We still don't know enough'

However, Dr. Løset also notes that while she and her colleagues are now confident that there is a causal relationship between higher body weight and the risk of psoriasis, it remains unclear what actual biological mechanisms are involved in this scenario.

"We still don't know enough about the mechanisms behind this connection. Fatty tissue is an organ that produces hormones and inflammatory signaling molecules, which could be a contributing factor."

Dr. Mari Løset

In the future, the team wants to find out more about possible underlying mechanisms, and what implications these processes might have for prevention strategies or therapeutic approaches.

"Psoriasis is a very complex disease, and we hope to study subgroups, especially individuals with severe psoriasis," Dr. Løset says, adding that "[t]he hypothesis is that we will be able to observe even greater links with higher weight."

Cancer

Right combination of diet and bacteria limits cancer progression: Study (New Kerala:20190502)

<https://www.newkerala.com/news/read/135866/right-combination-of-diet-and-bacteria-limits-cancer-progression-study.html>

Washington D.C., May 1 : While fibre-rich diets are an effective means of cancer prevention, their possible roles in cancer progression and treatment remains poorly understood. According to recent findings, the right combination of diet and bacteria limits cancer progression.

The diet of a person can have significant effects on the gut microbiome, i.e. the populations of microorganisms such as bacteria which live in the human gut. It is well recognised that dietary habits through complex metabolic interactions contribute to cancer prevention. More specifically, diets rich in fibre reduce the risk of developing specific cancers such as colorectal cancer.

The team of researchers found that a combination of prebiotics, such as dietary fibre, and probiotics, i.e. specific beneficial bacteria, reduces the expression of pro-carcinogenic and drug resistance genes. The combination leads to metabolic changes that affect the growth of cancer cells and may help treat diseases such as CRC.

In order to study diet-microbiome-host interactions, the biologists worked with HuMiX ("Human-Microbial X(cross)-talk") a unique in vitro model of the gut ("gut-on-a-chip") which allows the cultivation of human intestinal cells together with bacteria under representative conditions.

As part of the study, published in the Journal of Cell Reports, they investigated the effects of dietary regimens and a specific probiotic on CRC cells.

In contrast to individual fibre-rich or probiotic treatments, it was only the combination of fibre and probiotics that led to the observed beneficial effects.

Together with their collaborators, the researchers integrated a computer-based metabolic model of the interactions between diet, host, and microbiome. They identified the effects of the combined treatment the downregulation of genes associated with colorectal cancer and drug resistance as well as the attenuation of self-renewal capacity of the cancer cells.

Importantly, through careful molecular analyses, they also identified the cocktail of molecules produced by the combination, thereby providing a mechanistic basis for the observed beneficial effects.

"Currently, cancer patients are not provided with evidence-based personalised dietary interventions during chemotherapy treatment. Our results provide support for exploiting the food-microbiome interactions as a supportive therapeutic approach in anti-cancer therapy," said Kacy Greenhalgh lead author of the study.

"I hope that our results will reach patients and medical practitioners in their respective fields and that in the future more effort is put in including personalised dietary recommendations into cancer treatment plans," Greenhalgh asserted.

According to the researcher, this is especially the case in CRC, where the microbiome has increasingly gained importance over the last couple of years. A deeper understanding of the microbiome-host interaction could lead to new therapeutic strategies for CRC patients.

Stress

Stress in the womb lead to mental resilience later in life? (New Kerala:20190502)

<https://www.newkerala.com/news/read/135732/stress-in-the-womb-lead-to-mental-resilience-later-in-life.html>

Washington D.C. , May 1 : Like other animals, humans can be prepared via epigenetic changes to face the environment their mother experienced during pregnancy, a recent study suggests.

A new human study shows that in high-violence communities where children experience prenatal stress, psychiatric problems appear to be less frequent - and a different, potentially protective, the pattern of epigenetic changes emerges.

"In animals, under some circumstances, exposure of pregnant mothers to predators leads to behavioural and molecular changes in the offspring, that are beneficial in predator-rich environments but not otherwise. A similar relationship between prenatal and postnatal stress may help us explain why some individuals develop psychiatric problems while others seem resilient," explained Daniel Natt, lead author of the study.

The team of researchers hypothesised that in high-violence communities, stress during pregnancy will have different consequences than what has been reported in studies of less violent communities.

"The participating Brazilian families of our study were exposed to high levels of community violence, such as gang violence. Exposure to violence was also high within families, between for example intimate partners," Natt said.

According to the researchers, such intimate partner violence (IPV) was relatively often maintained during pregnancies in this cohort, which is a sensitive period for both mother and child.

The findings were published in the Journal of Frontiers in Genetics

To test their hypothesis, the researchers analyzed interviews and saliva samples from 120 mothers and 120 of their children.

"As well as assessing psychiatric profiles, we assessed DNA methylation in saliva cells. DNA methylation is a type of epigenetic change, which alters the way genes are expressed without modifying the genetic code. Based on previous studies, DNA methylation is believed to be involved in shaping psychiatric resilience following early life stress," Natt asserted.

Prenatal stress seems to interact with postnatal stress to influence resilience

The results showed that the more mothers were exposed to IPV during pregnancy the worse they suffered depression, PTSD and anxiety symptoms. However, the way this affected the children of abused mothers differed from many other studies.

"The interviewed children showed lesser psychiatric consequences of prenatal stress than reported repeatedly from less violent populations," Natt said.

According to the researchers, while the results need further validation since they are based on only one Brazilian cohort, in this cohort, they were able to replicate other studies showing that children experiencing maternal IPV after being born, have more psychiatric problems.

Only when maternal IPV occurred both during and after pregnancy these psychiatric problems were less severe. Thus, the prenatal component seems to have played a role here, the researchers explained.

DNA methylation might mediate adaptation of the stress response in early development

The researchers also observed that several well-known stress genes, like the glucocorticoid receptor and its repressor protein FKBP51, which both regulate one of our most important stress hormones, cortisol, were among the most differentially methylated.

The way these genes were methylated suggested to us that prenatally stressed children had an enhanced ability to terminate stress responses.

Altogether, these results imply that prenatal stress may be involved - via changes in DNA methylation - in shaping psychiatric resilience. Natt is, however, very clear that the findings must be scrutinized by others.

"For instance, prenatal stress has been associated with a-social behavior and a higher risk for autism spectrum disorder. In other communities, the same behavioral traits might become a benefit for you. In the violent communities that we have studied, having asocial "skills", by for example being able to block out the emotional consequence of seeing and performing violence, might be a benefit for you. It might even make you climb the social ladder, which probably would make you feel better," Natt explained.

The researchers suggest that the findings of this study can provide a warning to many violent and non-violent communities. Violent communities for promoting such violent behaviors, and non-violent communities for not giving enough support to individuals that fall out of the norms.

Smoking

Quitting smoking cuts bladder cancer risk in women (New Kerala:20190502)

<https://www.newkerala.com/news/read/135673/quitting-smoking-cuts-bladder-cancer-risk-in-women.html>

New York, May 1 : Quitting smoking can reduce the risk of bladder cancer in older women, says a study, adding that the most significant reduction in risk occurred in the first 10 years after quitting.

The researchers used various statistical models to analyse the association between the years since quitting smoking and the risk of bladder cancer.

For the study, the researchers included data from 143,279 women, all of whom had supplied information on whether they had ever smoked cigarettes, how much they had smoked and whether they were current smokers.

The study found that 52.7 per cent of the women were categorised as "never smokers," 40.2 per cent as former smokers, and 7.1 per cent as current smokers.

"Although bladder cancer is a fairly rare cancer type, representing an estimated 4.6 per cent of new cancer cases in 2019, it is the most common malignancy of the urinary system, with high recurrence rate and significant mortality," said Yueyao Li, Ph.D candidate from the School of Public Health, Indiana University in Bloomington, US.

"Smoking is a well-established risk factor for bladder cancer, but findings on the relationship between duration of smoking cessation and the reduction in bladder cancer risk are inconsistent," Li added.

Published in the journal *Cancer Prevention Research*, the study found that the steepest reduction in risk occurred in the first 10 years after quitting smoking, with a 25 per cent drop. The risk continued to decrease after 10 years of quitting.

"Our study emphasizes the importance of primary prevention (by not beginning to smoke) and secondary prevention (through smoking cessation) in the prevention of bladder cancer among postmenopausal women," said Li.

Co-use of cannabis, tobacco linked to poorer functioning among young adults: Study (New Kerala:20190502)

<https://www.newkerala.com/news/read/135235/co-use-of-cannabis-tobacco-linked-to-poorer-functioning-among-young-adults-study.html>

Washington DC, Apr 30: As cannabis is being legalised in more and more jurisdictions, more than a third of young adults report using both cannabis and tobacco or nicotine products, providing a unique challenge to public health officials, a recent study suggests.

As part of the study, researchers examined the many different ways that cannabis and tobacco or nicotine products are used together -- a byproduct of the introduction of new vaping devices and other delivery methods.

Among those surveyed, young adults who used cannabis and tobacco or nicotine together in some way (either using one right after the other or by mixing the products together) tended to consume more marijuana and tobacco or nicotine products, and report poorer functioning and more problematic behaviours compared to those who used did not use both products together.

"There is growing concern that as more states legalise marijuana, there also will be an increase in tobacco use because the two substances may be used together. Co-use of cannabis and tobacco could reverse some of the progress made on reducing rates of tobacco use," Joan Tucker, lead author of the study published online by the journal *Psychology of Addictive Behaviors*.

Mixing cannabis and tobacco is more common in some other countries compared to the U.S. But in recent years, cannabis and tobacco or nicotine co-use in the U.S. has risen among

adults, coinciding with greater availability and diversity of cannabis, tobacco and vaping products.

In the U.S., national data show that young adults between the ages of 18 and 25 are more likely to use cannabis, tobacco or nicotine products than any other age group.

Studies on the issue thus far have been limited in scope. They typically have not accounted for the use of newer vaping products nor examined whether certain ways of co-using these substances is associated with greater problems.

As part of the study, researchers surveyed more than 2,400 young adults during 2017 and 2018. Participants have taken part in an ongoing study of substance use patterns from adolescence to young adulthood. While they originally were recruited in 2008 from 16 middle schools across Southern California, they now live in more than 400 neighbourhoods throughout the state.

Among the young adults in the survey, about half reported using cannabis during the past year, and 43% reported using some type of tobacco or nicotine product during the same period. About 37% reported co-use of the substances at some point during the past year. More than 80% of the young adults who reported past-year marijuana use also reported past-year tobacco use.

Using both substances sequentially (one right after the other) on the same occasion was reported by 17% of the young adults, and 14% reported using the substances together by mixing them in the same device.

The study found that co-use of cannabis and tobacco or nicotine is associated with worse functioning, including poorer mental and physical health, as well as greater problematic behaviours such as fighting, skipping school, being fired and getting in trouble with the police.

Young adults who used both products in the past year, but did not use them on the same occasion, did not show greater risk compared to those who used only one of these products.

"How these products are used together matters in terms of potential health consequences and functioning among people in their late teens and early 20s. Our findings suggest that we can no longer just think about the consequences of tobacco use or marijuana use alone -- we have to think about them together," said Tucker.

With this study, the researchers seek to actively improve the health, social and economic well-being of populations and communities throughout the world.

Diet/Nutrition

Eating more rice could be protective against obesity: Study (New Kerala:20190502)

<https://www.newkerala.com/news/read/135706/eating-more-rice-could-be-protective-against-obesity-study.html>

Washington D.C. , May 1 : Obesity levels are substantially lower in countries that consume high amounts of rice, while countries with lower average rice intake have higher obesity levels, recent findings suggest.

The link between rice intake and obesity persisted even after taking into account other lifestyle and socioeconomic risk factors including total energy consumption, education, smoking, gross domestic product per capita, and health expenditure.

The researchers estimate that even a modest increase in average rice consumption could reduce the worldwide prevalence of obesity by 1%.

"The observed associations suggest that the obesity rate is low in countries that eat rice as a staple food. Therefore, Japanese food or an Asian-food-style diet based on rice may help prevent obesity. Given the rising levels of obesity worldwide, eating more rice should be recommended to protect against obesity even in western countries," said Tomoko Imai, lead researcher of the study discussed in European Congress on Obesity meeting.

People who eat higher levels of dietary fibre and whole grains have lower body weight and cholesterol, and lower rates of non-communicable diseases compared with people with lower intakes. However, the effect of rice consumption on obesity is unclear.

To better understand the link between the two, Imai and colleagues examined rice (all rice products including white rice, brown rice, rice flour) relative consumption and energy consumption in the diets of 136 countries with populations of more than 1 million, using data from the UN Food and Agriculture Organization.

These data were analysed together with estimates of obesity prevalence, the average number of years spent in education, percentage of the population over 65 years old, gross domestic product (GDP) per capita, and health expenditure. Countries were categorised into low and high consumption groups.

Their analysis showed that total energy consumed, smoking rates, obesity levels, percentage of population over 65 years old, GDP, education, and health expenditure were significantly lower in countries that consumed high levels of rice, including as Bangladesh (ranked 1st; 473 g/day/person), Lao (2nd; 443) Cambodia (3rd; 438), Vietnam (4th; 398), and Indonesia (5th; 361), compared to countries with lower rice intake including France (ranked 99th; 15

g/day/person), the UK (89th; 19), the USA (87th; 19), Spain (81st ; 22), Canada (77th; 24), Australia (67th; 32).

Even after taking into account and adjusting for these known risk factors, an inverse association was observed between rice consumption and rates of obesity--suggesting that higher intakes of rice could provide even greater protection.

According to the researchers, eating rice seems to protect against weight gain. It's possible that the fibre, nutrients, and plant compounds found in whole grains may increase feelings of fullness and prevent overeating.

"Rice is also low in fat and has a relatively low postprandial blood glucose level which suppresses insulin secretion. However, there are also reports that people who overeat rice are more likely to develop metabolic syndrome and diabetes. Therefore, an appropriate amount of rice intake may prevent obesity", said Imai.

Although the research does not establish a cause-and-effect relationship between country-level rice consumption and obesity, the researchers say that it should be investigated further.

Whilst a limitation of cross-sectional studies is the risk of identifying false associations as a result of confounding factors, the association identified between rice consumption and obesity remained even after adjusting for various lifestyle and socioeconomic risk factors.