



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20190611

Longer Life Expectancy (The Asian Age: 20190611)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=13168591>

G20 says ageing's global risk

■ By 2050, world will have 2bn residents aged 60 & above

Fukuoka (Japan), June 10: Ballooning healthcare costs, labour shortages and financial services for the elderly: for the first time on Sunday, the world's top policymakers are tackling economic issues relating to ageing and shrinking birthrates.

G20 finance ministers and central bank chiefs meeting in Japan – where a rapidly ageing population is a major domestic problem – have been warned to address the issue before it is too late.

“What we are saying is, if the issue of ageing starts to show its impact before you become wealthy, you really won't be able to

■ **THE G20** is a mixed bag of countries at various stages of development and population profiles, ranging from rapidly-ageing Japan to Saudi Arabia.

■ **LONGER LIFE-EXPECTANCY** and sliding birth rates have resulted in a rapid expansion of the elderly population

take effective measures against it,” Japanese finance minister Taro Aso, the meeting's host, told reporters late Saturday.

The G20 is a mixed bag of countries at various stages of development and population profiles, ranging from rapidly-ageing Japan to Saudi Arabia,

next year's G20 chair, which has a very young society.

And host Japan is eager to share its experience, with Aso sounding the alarm that nations must be ready to act before population ageing rears its head and piles pressure on the economy. Longer life-

expectancy and sliding birth rates, particularly among wealthy nations, have resulted in a rapid expansion of the elderly population in places like Spain, Italy and South Korea, according to the Organisation for Economic Co-operation and Development.

But the pattern is not limited to the rich world, with emerging powers like Brazil and China also facing 'rapid demographic change' relative to their early development stage, according to the OECD. By 2050, the world is projected to have more than two billion residents aged 60 and above, OECD says. –AFP

Sleeping Patterns (The Asian Age: 20190611)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=13168596>

'NIGHT OWLS' CAN CHANGE INTO EARLY RISERS!

■ Simple tweaks to the sleeping patterns of those who are habitually late to bed could make them less stressed.

■ A study involving 22 persons, whose average bedtime was 2.30am with a wake-up time 10.15am, found the benefits of consistently getting an early night included feeling less stressed and depressed, as well as less sleepy during the day.

■ For a period of three weeks, they



were asked to bring their sleep and wake times forward by two or three hours.

■ They were also told to get plenty of sunshine in the mornings, to eat breakfast soon after waking up, to eat lunch at the same

time every day and to eat dinner no later than 7pm.

■ Results showed an increase in cognitive and physical performance during the morning, while peak performance times shifted from evening to afternoon.

Heart Stroke (The Asian Age: 20190611)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=13168780>

Stroke deaths linked to not eating enough fruits

Washington: Inadequate fruit and vegetable consumption may account for millions of deaths from heart disease and strokes each year across the globe, a study has found.

The study estimated that roughly one in seven cardiovascular deaths could be attributed to not eating enough fruit and one in 12 cardiovascular deaths could be attributed to not eating enough vegetables.

Low fruit intake resulted in nearly 1.8 million cardiovascular deaths in 2010, while low vegetable intake resulted in one million

deaths, researchers said.

Overall, the toll of sub-optimal fruit intake was almost double that of vegetables. The impacts were most acute in countries with the lowest average intakes of fruits and vegetables.

"Fruits and vegetables are a modifiable component of diet that can impact preventable deaths globally," said Victoria Miller, a postdoctoral researcher at Tufts University in the US.

"Our findings indicate the need for population-based efforts to increase

▶ **Fruits and vegetables are good sources of fibre, potassium, magnesium, antioxidants and phenolics, which have been shown to reduce blood pressure and cholesterol**

fruit and vegetable consumption throughout the world," Miller said.

Fruits and vegetables are good sources of fibre, potassium, magnesium,

antioxidants and phenolics, which have been shown to reduce blood pressure and cholesterol.

Fresh fruits and vegetables also improve the health and diversity of good bacteria in the digestive tract.

People who eat more of these foods also are less likely to be overweight or obese, lowering their risk of cardiovascular disease.

"Global nutrition priorities have traditionally focused on providing sufficient calories, vitamin supplementation and reducing additives like

salt and sugar," said Dariush Mozaffarian, from the Tufts University.

"These findings indicate a need to expand the focus to increasing availability and consumption of protective foods like fruits, vegetables and legumes—a positive message with tremendous potential for improving global health," said Mozaffarian.

Based on dietary guidelines and studies of cardiovascular risk factors, the researchers defined optimal fruit intake as 300 grammes per day. — *PTI*

Malaria

4 new cases of malaria reported in city (The Hindu: 20190611)

<https://www.thehindu.com/news/cities/Delhi/4-new-cases-of-malaria-reported-in-city/article27767855.ece>

Two cases each of dengue and chikungunya also reported

Four cases of malaria have been registered so far this month, revealed the latest report on vector-borne diseases, compiled by the South Delhi Municipal Corporation (SDMC), which was released on Monday.

With this, the total number of malaria cases has gone up to 13.

Two cases each of dengue and chikungunya have also been reported this week, taking the total number of dengue cases to 13 and chikungunya to seven.

During the same time last year, 24 cases of malaria, 23 cases of dengue and 14 cases of chikungunya were reported in the city.

This year so far, over 1.2 crore houses have been visited to check for mosquito breeding conditions, according to the corporation data. Of these, 18,867 houses were found positive for musquitogenic conditions and legal notices were sent to 19,915 houses.

The number of cases of vector-borne diseases tend to rise in the monsoon months especially picking up from July.

Public Health Hygiene

In 4 Delhi slums, most kids have no access to toilet at home: Survey (The Indian express: 20190611)

<https://indianexpress.com/article/cities/delhi/in-4-delhi-slums-most-kids-have-no-access-to-toilet-at-home-survey-5774241/>

The survey said almost 71% of children who used public toilets said they were inaccessible round-the-clock. It was also observed that due to lack of access to a public toilet at night, most children (56%) defecated in the open. A large proportion of children (92%) said there was no security at the public toilets.

'Estimates put average annual growth during UPA at 7%, actual may have been about 4.5%'

When I entered jail, I cried and cried: Ex-Army man declared 'illegal foreigner'

Kathua case: Amid fault lines, a prosecution team that cut across divide

In 4 Delhi slums, most kids have no access to toilet at home: Survey

Among the 345 kids who did not have a toilet at home, 203 (58.8%) said they use community (pucca) toilets

A Survey conducted on children living in four Delhi slums has revealed that 81.6% of them do not have toilet facilities at home. According to the survey, of 423 children living at Inder Camp, Israil Camp, Sanjay Camp and Kalyan Vihar, 345 said they don't have a toilet at home.

The survey, titled 'A Study of Access & Safety of Toilets for Children in Slums of Delhi', was conducted over three months by the Kailash Satyarthi Children Foundation (KSCF) to assess the quality of existing community toilets and their accessibility for children in urban slum communities.

Children aged between 5 and 18 were identified and interviewed. "Children are forced to use public toilets, which are unsafe and unhygienic. Children living in areas such as Israil and Sanjay camps have been urinating in public," said Rakesh Sengar, director, child-friendly committee, KSCF.

In 4 Delhi slums, most kids have no access to toilet at home: Survey

While 111 respondents were from Israil Camp, 105 respondents each were from Sanjay Camp and Kalyan Vihar Camp. Another 102 respondents lived in Inder Camp. Of the total respondents, 223 were girls and 200 boys.

The survey said almost 71% of children who used public toilets said they were inaccessible round-the-clock. It was also observed that due to lack of access to a public toilet at night, most children (56%) defecated in the open. A large proportion of children (92%) said there was no security at the public toilets. "The elected Bal Panchayat in these camps has written to several authorities asking them to set up toilets," added Sengar.

The outcome budget report released by Delhi government last week showed that the Delhi Urban Shelter Improvement Board (DUSIB) met the target of constructing 241 Jan Suvidha complexes this year.

The government has set a target of 245 such complexes for 2019-2020. "Our target is to construct 27,000 community toilets across the city by the end of this year. So far, 22,000 toilets have been built by DUSIB and around 3,000 by civic agencies. We are in the process of constructing 2,000 more toilets," Bipin Rai, DUSIB member, told The Indian Express.

GROUND REALITY

**Among the 345 kids
who did not have a
toilet at home:**

203 (58.8%) said they
use community
(pucca) toilets

14 (4.06%) used
mobile toilets

128 (37.1%) said they
defecated in the open

Public health interventions

These public health interventions could prevent millions of premature deaths (New Kerala: 20190611)

To reduce the incidence of premature death from cardiovascular disease (CVD), people must maintain lower blood pressure, cut sodium intake, and eliminate trans fat from their diet, suggests a new study.

"Focusing our resources on the combination of these three interventions can have a huge potential impact on cardiovascular health through 2040," said lead author Goodarz Danaei in the study published in the Journal of Circulation.

Researchers estimated that scaling up treatment of high blood pressure to 70 per cent of the world's population could extend the lives of 39.4 million people. Cutting sodium intake by 30 per cent could stave off another 40 million deaths and could also help decrease high blood pressure, a major risk factor for CVD. And eliminating trans fat could prevent 14.8 million early deaths.

More than half of all delayed deaths, and two-thirds of deaths delayed before age 70 are projected to be among men, who have the highest numbers of noncommunicable disease deaths globally, researchers found. Regions expected to benefit most from the interventions include East Asia, the Pacific, and South Asia, as well as countries in sub-Saharan Africa.

The authors said that a variety of programmes and policies would be necessary to reduce premature CVD-related deaths. One important strategy would be to increase the use of blood pressure medications, many of which are safe and affordable.

The researchers acknowledged that scaling up the three interventions would be a huge challenge, requiring countries to commit additional resources to boost health care capacity and quality. But they added that previous analyses have shown that the interventions are achievable and affordable.

For example, a programme in Northern California increased control of hypertension to 90 per cent among thousands of the health system's patients between 2001 and 2013, using strategies such as improved treatment protocols, patient-friendly services, and healthcare information systems that facilitate tracking people with hypertension. Similar approaches have been adapted and tested in some low and middle-income countries, leading to notable improvements in hypertension treatment and control.

Health Care

How to improve care for patients with disabilities? (New Kerala: 20190611)

We often relate to people who are like us and find it easy to seek care from them.

A recently published editorial has claimed that to meet the preferences from patients with disabilities and improve quality of care, a diverse clinician workforce that matches the diversity in the general population is needed.

However, when it comes to patients with disabilities, the chance of getting a clinician "like them" is extremely low, which may lead to patients' reluctance to seek care or follow prescribed interventions and treatments.

Bonnielin Swenor, associate professor of ophthalmology at the Johns Hopkins Wilmer Eye Institute and associate professor of epidemiology at the Johns Hopkins Bloomberg School of Public Health, is working to solve this disparity.

Living with low vision herself, Swenor experiences difficulties in many aspects of her life, but devotes her time to researching how to help patients like herself, and assuring those patients that there are ways to overcome the hardships and pursue their goals.

In the editorial published in the 'New England Journal of Medicine,' Swenor and Lisa Meeks, a collaborator from University of Michigan Medical School, addressed barriers to an inclusive workforce and propose a roadmap to guide academic medical institutions toward creating a work environment more inclusive for people with disabilities.

"Although more institutions are embracing diversity and inclusion, people with disabilities still face barriers in pursuing and getting support in their careers," said Swenor.

"We are providing employers with recommendations to enhance the inclusion of persons with disabilities in these settings."

Swenor and Meeks recommended that academic medical centres include in their diversity efforts people with disabilities, develop centralised ways to pay for accommodations that might be required and other actions that would encourage more students with disabilities to pursue careers in medicine.

Chickenpox vaccination

Chickenpox vaccination can protect against shingles, finds study (New Kerala: 20190611)

<https://www.newkerala.com/news/read/155883/chickenpox-vaccination-can-protect-against-shingles-finds-study.html>

A recent study has observed that the chickenpox vaccine not only protects against chickenpox but it also decreases the risk for shingles (a painful skin rash with blisters).

Shingles, or herpes zoster, is caused by the varicella-zoster virus, the same virus that causes chickenpox. However, pediatric HZ (herpes zoster) is a rare disease, and the symptoms are

usually milder for children compared with adults, who typically report a painful, burning, and blistering skin rash.

"Since the introduction of the chickenpox vaccine, we have known how effective it is in preventing children from contracting that itchy and painful disease, but we set out to determine if the vaccine would also reduce risk of herpes zoster. Our findings demonstrate that the vaccine does reduce the likelihood of shingles in kids, highlighting the dual benefits of the chickenpox vaccine," explained lead investigator Sheila Weinmann in the Journal of Pediatrics.

The study looked at the electronic health records of more than 6.3 million children between 2003 and 2014, using data from 6 integrated health care organizations. Approximately 50 per cent of the children were vaccinated for some or all of the study period.

Researchers found that, overall, HZ risk is much lower in vaccinated than unvaccinated children. Specifically, they concluded that, over the 12-year period of the study, the rate of pediatric HZ declined by 72 per cent overall as the number of vaccinated children rose. Secondly, incidence of HZ was 78 per cent lower in vaccinated children than in unvaccinated children and rates for immune suppressed children, who were unable to receive the vaccination, were five to six times higher than for those who were not immune suppressed.

"We looked at the incidence rates of HZ overall, at how many cases there were per 100,000 person-years, including by age and gender. Person-years refers to the type of measurement that takes into account both the number of children who were included in the HZ study and the amount of time each child spent in the study over its 12-year course. We saw the highest rates of HZ in the early years of the study when there were a higher proportion of children, particularly older children, who had not received the varicella vaccine," noted Weinmann.

The rate of HZ among children who were unvaccinated climbed from 2003 to 2007 and then declined sharply through the end of the study period. Increasing rates of vaccination over the study period reduced the risk of contracting HZ overall for all children, including those who were unvaccinated. The decline could also have been related to the introduction of the second vaccine dose beginning in 2007, as HZ incidence was much lower in those children who received the 2-dose vaccinations rather than 1-dose vaccination.

Lowering BP

Lowering BP, sodium intake may cut 94 mn early deaths (New Kerala: 20190611)

<https://www.newkerala.com/news/read/155866/lowering-bp-sodium-intake-may-cut-94-mn-early-deaths.html>

A worldwide effort to lower people's blood pressure, cut sodium intake and eliminate trans fat from their diet could prevent 94 million premature deaths from cardiovascular disease (CVD) over a quarter century, says a study.

Regions expected to benefit most from the interventions include East Asia, the Pacific, and South Asia, as well as countries in sub-Saharan Africa, said the study published online in the journal *Circulation*.

"Focusing our resources on the combination of these three interventions can have a huge potential impact on cardiovascular health through 2040," said lead author Goodarz Danaei, Associate Professor of Global Health at Harvard T.H. Chan School of Public Health.

For the study, the researchers used global data from multiple studies and estimates from the World Health Organization in making their calculations.

They estimated that scaling up treatment of high blood pressure to 70 per cent of the world's population could extend the lives of 39.4 million people.

Cutting sodium intake by 30 per cent could stave off another 40 million deaths and could also help decrease high blood pressure, a major risk factor for CVD.

And eliminating trans fat could prevent 14.8 million early deaths.

More than half of all delayed deaths, and two-thirds of deaths delayed before 70 years, are projected to be among men, the researchers found.

The authors said a variety of programmes and policies would be necessary to reduce premature CVD-related deaths. One important strategy would be to increase use of blood pressure medications, many of which are safe and affordable.

The researchers acknowledged that scaling up the three interventions would be a "huge challenge," requiring countries to commit additional resources to boost health care capacity and quality.

Prostate cancer

Body fat distribution associated with increased risk of aggressive prostate cancer: Study (New Kerala: 20190611)

<https://www.newkerala.com/news/read/155847/body-fat-distribution-associated-with-increased-risk-of-aggressive-prostate-cancer-study.html>

Increased level of abdominal and thigh fats are related to a higher risk of aggressive prostate cancer, a recent study has claimed.

The findings of the study, published in 'Cancer' journal, may lead to a better understanding of the relationship between obesity and prostate cancer and provide new insights for treatment.

Previous studies have shown that obesity is associated with an elevated risk of advanced prostate cancer and a poorer prognosis after diagnosis.

Also, emerging evidence suggests that the specific distribution of fat in the body may be an important factor.

To provide the high quality evidence, Barbra Dickerman of the Harvard T H Chan School of Public Health, and her colleagues analysed body fat distribution using the gold-standard measure of computed tomography imaging and assessed the risk of being diagnosed with, and dying from, prostate cancer among 1,832 Icelandic men who were followed for up to 13 years.

During the study, 172 men developed prostate cancer and 31 died from the disease. The accumulation of fat in specific areas such as visceral fat (deep in the abdomen, surrounding the organs) and thigh subcutaneous fat (just beneath the skin)--was associated with the risk of advanced and fatal prostate cancer.

High body mass index (BMI) and high waist circumference were also associated with higher risks of advanced and fatal prostate cancer.

"Interestingly, when we looked separately at men with a high BMI versus low BMI, we found that the association between visceral fat and advanced and fatal prostate cancer was stronger among men with a lower BMI. The precision of these estimates was limited in this subgroup analysis, but this is an intriguing signal for future research," noted Dickerman.

Additional studies are needed to investigate the role of fat distribution in the development and progression of prostate cancer and how changes in fat stores over time may affect patients' health, said Dickerman.

"Ultimately, identifying the patterns of fat distribution that are associated with the highest risk of clinically significant prostate cancer may help to elucidate the mechanisms linking obesity with aggressive disease and target men for intervention strategies," added Dickerman.

Arthritis

Can rheumatoid arthritis be delayed or prevented? (New Kerala: 20190611)

<https://www.newkerala.com/news/read/155792/can-rheumatoid-arthritis-be-delayed-or-prevented.html>

A study has claimed that identification of rheumatoid arthritis (RA) before it develops could significantly alter the course of the ailment.

The study was published in the journal 'Clinical Therapeutics'.

Rheumatoid arthritis (RA) is a chronic inflammatory autoimmune disorder that leads to significant health issues as well as high treatment costs.

Many studies are already underway to learn how to prevent RA, however, prevention of autoimmune diseases is still new territory and there is a lot to discuss and learn.

"Most autoimmune diseases are only identified once an individual gets 'sick.' For example, with RA, once someone has painful, swollen joints," said Dr Tsang Tommy Cheung, one of the guest editors.

"Blood-based tests can now identify individuals who are at risk before they feel sick, opening a whole new world of screening and possible prevention.

Treating RA very early may allow for cheaper, safer therapies to work because once full-blown RA has developed, typically very powerful medications are needed to control disease," Dr Cheung added.

The study identified several important challenges such as getting society to invest in prevention, finding prevention approaches that work, finding individuals who are at-risk for future RA through simple methods, getting the research and medical community to agree on the right terminology for RA, and patient preference is also a major challenge.

"RA science is in a fortunate situation compared to many other inflammatory diseases where it is rarely known when and where disease-specific immunity may be triggered and how it may gradually evolve towards targeting of the end organ," commented Lars Klareskog of Karolinska University Hospital.

"Research and solutions proposed in this issue may also serve as a demonstration example for many other chronic immune-mediated diseases," added Klareskog.

Editor-in-Chief Richard Shader commented, "The efforts of this team of experts to raise awareness of RA and to explore methods for early detection and intervention should catalyse the medical and scientific communities to increase their efforts to find better ways to treat and perhaps even prevent RA and its complications."

"Treating RA very early may allow for cheaper, safer therapies to work because once full-blown RA has developed, typically very powerful medications are needed to control the disease. This is like stopping a fire when it is still at the stage of a candle - pretty easy. However, stopping a fire once a full-blown forest fire has developed is very hard!" concluded the guest editors.

Type-1 diabetes

Drug found to delay Type-1 diabetes by 2 years (New Kerala: 20190611)

In a first, researchers have found that a treatment affecting the immune system effectively slowed the progression to clinical Type-1 diabetes in high risk individuals by two years or more.

"The results have important implications for people, particularly youth, who have relatives with the disease, as these individuals may be at high risk and benefit from early screening and treatment," said Lisa Spain, Project Scientist from US National Institutes of Health's National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

The study, involving treatment with an anti-CD3 monoclonal antibody (teplizumab), was conducted by Type 1 Diabetes TrialNet, an international collaboration aimed at discovering ways to delay or prevent Type-1 diabetes.

Researchers enrolled 76 participants aged 8-49 years who were relatives of people with Type-1 diabetes, had at least two types of diabetes-related autoantibodies (proteins made by the immune system), and abnormal glucose (sugar) tolerance.

Participants were randomly assigned to either the treatment group, which received a 14-day course of teplizumab, or the control group, which received a placebo.

All participants received glucose tolerance tests regularly until the study was completed, or until they developed clinical Type-1 diabetes - whichever came first.

During the trial, 72 per cent of the people in the control group developed clinical diabetes, compared to only 43 per cent of the teplizumab group.

The median time for people in the control group to develop clinical diabetes was just over 24 months, while those who developed clinical diabetes in the treatment group had a median time of 48 months before progressing to diagnosis.

"The difference in outcomes was striking. This discovery is the first evidence we've seen that clinical Type-1 diabetes can be delayed with early preventive treatment," Spain added.

Type-1 diabetes develops when the immune system's T cells mistakenly destroy the body's own insulin-producing beta cells.

Insulin is needed to convert glucose into energy. Teplizumab targets T cells to lessen the destruction of beta cells.

The effects of the drug were greatest in the first year after it was given, said the study published online in The New England Journal of Medicine.

Blood Donation – HIV/ AIDS (Navbharat Times: 20190611)

<http://epaper.navbharattimes.com/details/38744-67130-1.html>

जान बचाने वाला खून ही दे रहा है HIV का वायरस!

दिल्ली देश में तीसरे नंबर पर, पिछले साल 172 लोग आए चपेट में

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■ **नई दिल्ली :** ब्लड और ब्लड प्रोडक्ट्स के जरिए दिल्ली सहित पूरे देश में एचआईवी पॉजिटिव होने के मामले बढ़ रहे हैं। राजधानी में पिछले साल 172 लोग ब्लड ट्रांसफ्यूजन की वजह से एचआईवी एचआईवी के शिकार हुए हुए हैं। यूपी और बंगाल के बाद सबसे ज्यादा दिल्ली में इस वजह से लोग एचआईवी के शिकार पाए गए हैं। एक्सपर्ट्स का कहना है कि ब्लड बैंक की लापरवाही और डोनर की ठीक से जांच की कमी की वजह से यह खतरनाक बीमारी फैल रही है। चिंता की बात यह है कि इसे रोक पाने के लिए अभी तक कोई कारगर कदम नहीं उठाए गए।

एक सामाजिक कार्यकर्ता चेतन कोठारी द्वारा आरटीआई के तहत पूछे गए सवाल पर नेशनल एड्स कंट्रोल ऑर्गेनाइजेशन (NACO) की तरफ से दिए गए जवाब में इसका खुलासा हुआ है। 2001-02 से नाको ने यह डेटा जुटाना शुरू किया था, उस समय पूरे साल में केवल 234 मामले सामने आए थे। जो अगले ही साल 2002-03 में बढ़कर 1475 तक पहुंच गया। इसके बाद लगातार यह मामला बढ़ता गया। 2008-09 में पूरे देश में इस वजह से कुल 2856 लोग शिकार हुए, जबकि इसके अगले साल इसकी संख्या

2862 मामले पाए गए। पिछले तीन सालों के आंकड़ों पर गौर करें तो 2015-16 में 1532 मामले आए, इसके बाद 2016-17 में 1514, 2017-18 में 1406 और 2018-19 में

दिल्ली में 2015-16 में सबसे अधिक 188 मामले आए थे। इसके बाद लगातार 181, 154 और पिछले साल 172 मामले दर्ज किए गए हैं। दिल्ली, यूपी और बंगाल के बाद सबसे ज्यादा इसका शिकार हो रहा है। 2017-18 में यूपी में अबतक के सबसे अधिक 342 मामले आए थे। बंगाल में भी 176 मामले पिछले साल आए थे।

डॉक्टर का कहना है कि ब्लड डोनेशन से जमा किए गए ब्लड की जांच एलेजा तकनीक से होती है। इस तकनीक से एचआईवी की जांच का विंडो पीरियड तीन से छह महीने का होता है। मतलब कि अगर तीन महीने पहले किसी डोनर को एचआईवी हुआ होगा तो उसका पता यह

मशीन नहीं लगा पाती। फिर जब उस ब्लड को दूसरे में ट्रांसफ्यूज कर दिया जाता है उसे भी एचआईवी का खतरा बढ़ जाता है। आमतौर पर पूरे देश में इसी से जांच होती है। हालांकि इसके अलावा एक नैट टेस्ट है, जो एचआईवी को सात दिन के विंडो पीरियड में भी पकड़ लेता है, लेकिन यह महंगा टेस्ट है। इसलिए सरकार ने इसे मेंडेटरी नहीं किया है, क्योंकि इससे ब्लड महंगा हो जाएगा और गरीबों के लिए मुश्किल हो जाएगी।

वॉलेंट्री डोनर की कमी

लैब चलाने वाले डॉक्टर अनिल बंसल का कहना है कि डिमांड बहुत ज्यादा है और वॉलेंट्री डोनर नाममात्र के हैं। अधिकतर लोग अपने रिश्तेदार के बीमार होने पर ही डोनेशन करते हैं, इच्छा से नहीं करते। ज्यादातर प्रोफेशनल डोनर होते हैं जो डोनेशन के दौरान अपनी बीमारी छिपा लेते हैं और यह खतरनाक हो जाता है।

Tyfried Jondice (Hindustan: 20190611)

http://epaper.livehindustan.com/imageview_63870_67033644_4_1_11-06-2019_i_3.pagezoomsinwindows.php

पीलिया-टायफाइड के रोगी 40 फीसदी तक बढ़े

नई दिल्ली | वरिष्ठ संवाददाता

भीषण गर्मी में पीलिया, टायफाइड और चिकनपॉक्स के मरीजों की संख्या अस्पतालों में 20 से 40 फीसदी तक बढ़ गई है। सरकारी अस्पतालों में ऐसे मरीजों के प्रति खास सावधानी बरती जा रही है।

एम्स के मेडिसिन विभाग के प्रोफेसर आशुतोष बिश्वास का कहना है कि गर्मी में पीलिया और टायफाइड का खतरा बढ़ जाता है। इस मौसम में खान-पान की वजह से ये बीमारियां अधिक होती हैं। बाहर के खान-पान से परहेज करें और साफ पानी ही पिएं।

गर्मी में पीलिया का खतरा अधिक होता है। यह गंदे और दूषित पानी पीने या खाने से हो सकता है। पीलिया में रोगी की आंखें व नाखून पीले हो जाते हैं और पेशाब भी पीले रंग की होती है।

बचाव: बाहर के खाने-पीने से परहेज

करें। दूध-पानी उबालकर पीएं। गर्मी कुछ लोग बर्फ डालकर पानी पीते हैं तो ध्यान रखें कि बर्फ घर में ही जमाई गई हो।

जांच: इस रोग का पता रक्त की जांच, मल की जांच तथा लीवर की कार्यशक्ति की जांच कर के लगाया जा सकता है।

टायफाइड: इसमें लगातार बुखार रहना, भूख कम लगना, उल्टी होना और खांसी-जुकाम हो जाता है। यह बुखार साल्मोनेला बैक्टीरिया के संपर्क में आने से होता है। इसके कारण शरीर का तापमान 102 डिग्री सेल्सियस से ऊपर चला जाता है।

बचाव: पानी उबाल कर पीएं। अधिक पानी पीने से शरीर का जहर पेशाब और पसीने के रूप में बाहर निकल जाता है। साल्मोनेला टायफी बैक्टीरिया गंदे पानी और संक्रमित भोजन से फैलता है।

Six Finger (Hindustan: 20190611)

http://epaper.livehindustan.com/imageview_63889_47933442_4_1_11-06-2019_i_18.pagezoomsinwindows.php

छह उंगलियों वाले व्यक्ति का दिमाग चलता है तेज

दावा

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जिन लोगों के हाथों और पैरों में छह उंगलियाँ होती हैं, वह पाँच उंगलियों वाले की अपेक्षा अपने काम को ज्यादा बेहतर तरीके से अंजाम देते हैं। उनका दिमाग पाँच उंगलियों वाले से ज्यादा तेज गति से काम करता है। साथ ही वह हर काम में बेहतर संतुलन बनाए रखते हैं।

जर्मनी की यूनिवर्सिटी ऑफ फ्रीबर्ग एंड इंपीरियल कॉलेज की हालिया रिसर्च में इस बात का खुलासा

हूँ आ है। शोधकर्ताओं का कहना है कि हाथ या पैर में अतिरिक्त उंगलियाँ होना कोई बीमारी नहीं होती। इसे विज्ञान की भाषा में 'पॉलिडेक्टिली' कहते हैं। ऐसा 800 में से एक व्यक्ति को होता है।

औसतन 500 में से एक व्यक्ति सर्जरी कर इसे निकलवा भी देता है। शोधकर्ताओं का कहना है कि भविष्य में बनाए जाने वाले रोबोट में भी छह उंगलियों का विस्तार होना चाहिए, जिससे वह तेजी से काम कर सकें।

नेचर कम्युनिकेशन में प्रकाशित शोध के मुताबिक, छह उंगली वाले लोगों में ज्यादातर लोगों की छठवीं

जर्मनी में शोध हुआ

- जर्मनी की यूनिवर्सिटी ऑफ फ्रीबर्ग एंड इंपीरियल कॉलेज के शोधकर्ताओं ने शोध किया
- शोधकर्ताओं के मुताबिक छह उंगलियाँ होना बीमारी नहीं, बल्कि यह काम में तेजी लाता है

उंगली अंगूठे और तर्जनी के बीच होती है। इससे वह अपना काम पाँच उंगलियों वाले की तुलना में ज्यादा आसानी से कर पाते हैं। ऐसे लोग जूते के फीते



बांधने से लेकर टाइपिंग करने, पुस्तक के पेज पलटने और मोबाइल या वीडियो गेम खेलने में ज्यादा गति से काम करते हैं। हालाँकि, उन्हें हाथों में

दस्ताने और पैरों में जूते पहनने में परेशानी होती है। यूनिवर्सिटी के बायोइंजीनियरिंग विभाग के प्रोफेसर एटोने बर्डेट का कहना है कि

माना जाता है भाग्यशाली

भारत में छह उंगलियों वाले इंसानों के लिए एक मिथक प्रचलित है। उनको भाग्यशाली भी माना जाता है। जानी-मानी एक्टरों में स्वप्ना बर्मन ने इस मिथक को सही साबित भी किया है। स्वप्ना बर्मन ने पैरों में छह उंगलियाँ होने के बावजूद 2018 में जकार्ता एशियन गेम्स के हेल्थरॉल में पहली बार भारत को गोल्ड दिलाया। उनकी 'पॉलिडेक्टिली' तीसरे प्रकार की है।

ऐसा अमूमन जन्मजात होता है, लेकिन किसी ने इस बात पर शोध नहीं किया कि यह कितना उपयोगी हो सकता है।

Fraziel Aex Syndrom

http://epaper.livehindustan.com/imageview_63889_47802074_4_1_11-06-2019_i_18.pagezoomsinwindows.php

नई दवा से सुधरेगी बच्चों के सीखने की क्षमता

नई दिल्ली | हिटी

वैज्ञानिकों ने पता लगाया है कि स्टैटिन नाम की दवा फ्रेजाइल एक्स सिंड्रोम के इलाज में इस्तेमाल की जा सकती है। फ्रेजाइल एक्स सिंड्रोम एक ऐसी समस्या है जो बच्चों के सीखने, व्यवहार करने, दिखने और उनके स्वास्थ्य को प्रभावित करती है। यह समस्या लड़कियों की अपेक्षा लड़कों में ज्यादा गंभीर होती है।

एडिनबर्ग यूनिवर्सिटी के शोधकर्ताओं ने पता लगाया कि दवा लोवास्टैटिन चूहों में फ्रेजाइल एक्स सिंड्रोम की वजह से हुई सीखने और याददाश्त से जुड़ी समस्या को ठीक कर सकती है। चूहों पर शैशव अवस्था में 4 हफ्तों तक परीक्षण किया गया और इसका फायदा 3 महीने से ज्यादा तक

शोध

- फ्रेजाइल एक्स सिंड्रोम समस्या लड़कों में ज्यादा गंभीर होती है
- यह सिंड्रोम बौद्धिक विकलांगता का कारण बनता है

देखा गया। वैज्ञानिकों को उम्मीद है कि इंसान के बच्चों पर भी इस दवा का ऐसा ही असर दिखेगा। बता दें कि इंसानों में फ्रेजाइल एक्स सिंड्रोम से जुड़ी समस्या 3 साल की उम्र तक पता चल जाती है।

फ्रेजाइल एक्स सिंड्रोम बौद्धिक विकलांगता के सबसे आम आनुवांशिक कारणों में से एक है। फ्रेजाइल एक्स सिंड्रोम वाले बच्चों का आमतौर पर तीन साल की उम्र के आसपास निदान किया जाता है क्योंकि पीड़ित बच्चे देरी से बोलना सीखते हैं।