



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20190715

India's population

Number of older Indians to grow, younger to slow by 2035(The Tribune: 20190715)

<https://www.tribuneindia.com/news/health/number-of-older-indians-to-grow-younger-to-slow-by-2035/801978.html>

India's population is likely to grow by 26 per cent in 2036 from the last census year of 2011 and the percentage of population above 60 years of age will almost double while there will be a decline in the number in the younger age groups, according to the initial findings of the government's technical group on population projections.

Findings of the technical group, constituted by the National Commission on Population, were shared in Parliament recently in reply to a question.

"This is the initial draft with initial projections. When all the figures are gathered, another draft shall be prepared. Committees are working on it," a senior officer from the committee, which met in May, told IANS.

The meeting was chaired by Vivek Joshi, Registrar General and Census Commissioner of India, and inaugurated by Manoj Jhalani, Additional Secretary and mission director National Health Mission.

According to the findings, India's population will grow from 1,211 million in 2011 to 1,536 million in 2035, a jump of 26.8 per cent.

Another set of findings said the percentage of population in the age group of above 60 will grow from 8.6 to 15.4 per cent.

The percentage of population in the age group of 25-29 years will come down from 19.0 to 15.0 per cent. The sharpest fall will be in the percentage of population below 15 years from 30.9 to 17 per cent.

The percentage of population in productive age group of 15 to 59 years will increase marginally from 60.5 to 66.7.

The total fertility rate of 2.4 in 2011-15 will come down to 1.65 in 2031-35. The infant mortality rate is also expected to come down from 43 in 2011-15 to 30.

The crude birth rate is predicted to come down to 12.0 from 19.8.

The urban population is projected to grow by 25 per cent. — IANS



Poverty and reduced deprivations - The Global Multidimensional Poverty Index (MPI) 2019 report,

The real cure (The Indian Express: 20190715)

A new report confirms that poverty declined in India most rapidly in high growth years. There's a lesson in that.

<https://indianexpress.com/article/opinion/editorials/poverty-india-undp-oxford-multidimensional-poverty-index-5829245/>



The Global Multidimensional Poverty Index (MPI) 2019 report, an initiative of the Oxford Poverty and Human Development Initiative and the United Nations Development Programme, released last week, says that India has recorded the fastest absolute reduction in the Index value among 10 countries across every developing region. According to this report, between 2005-06 and 2015-16, India lifted 271 million out of poverty and reduced deprivations in many of its 10 indicators, particularly in assets, cooking fuel, sanitation and nutrition. It also says that Jharkhand, among the poorest regions in the world, reduced the incidence of multi-dimensional poverty — captured in indicators such as nutrition, sanitation, child mortality, housing, cooking fuel, years of schooling and electricity — the fastest.

The greatest period of poverty decline between 2005 to 2015-16 in India's recorded history was possible because of high growth averaging over 8 per cent or close to it. That pace of economic growth over a sustained period helped create the fiscal space for welfare programmes both by the Centre and the states, ensuring better access to food, nutrition, health and cooking

fuel. The knock-on impact has been felt by states, too, with poverty levels declining faster in better managed states which had invested hugely in the social sector. Such high growth helped the government launch schemes such as MGNREGA, which threw up work opportunities. The Modi government, too, can be credited for schemes or programmes designed to provide pucca housing, toilets, cooking gas, power, roads and healthcare or the public provision of private goods with a lot of positive externalities.

But all these programmes need resources which can come only from growth with its trickle-down effect. So the focus has to be on growth to further reduce and eliminate poverty and to ensure economic convergence among states. A couple of percentage points' increase or decrease in growth can make a big difference to a nation's destiny.

Poverty index

Poverty index: how Jharkhand reduced its poor the fastest (The Indian Express: 20190715)

Jharkhand reduced the incidence of multidimensional poverty from 74.9 per cent to 46.5 per cent between 2005-06 and 2015-16.

<https://indianexpress.com/article/explained/poverty-index-how-jharkhand-reduced-its-poor-the-fastest-5829279/>

Bihar, Jharkhand, Uttar Pradesh, and Madhya Pradesh together accounted for 196 million MPI poor people — more than half of all multidimensionally poor in India. (Representational Image)

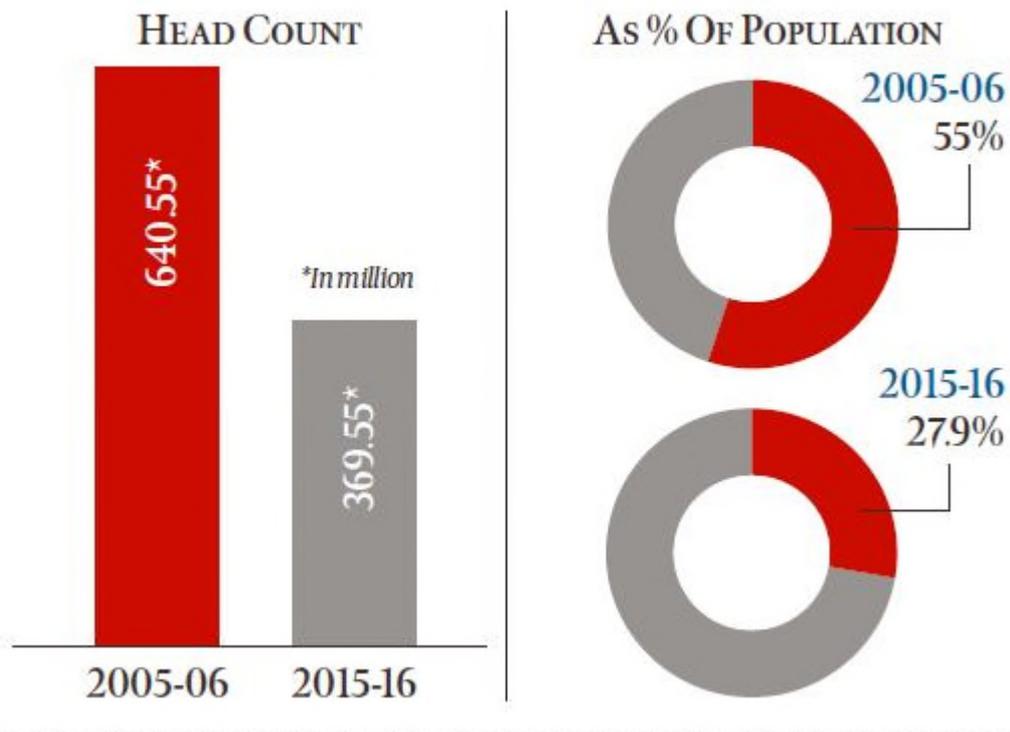
LAST WEEK, the UN Development Programme and the Oxford Poverty and Human Development Initiative released the global Multidimensional Poverty Index (MPI) report for 2019, which found that Jharkhand has made the fastest improvement among Indian states in reducing poverty (The Indian Express, July 13). Across India, the number of people living in multidimensional poverty has gone down from 690.55 million in 2005-06 to 369.55 million in 2015-16 — a reduction of 271 million people in a decade.

Jharkhand reduced the incidence of multidimensional poverty from 74.9 per cent to 46.5 per cent between 2005-06 and 2015-16. The accompanying graph shows how its index, second only to Bihar's in 2005-06, has shown the steepest decline among the poorest states. Jharkhand, however, remains one of the poorest states in the country. Bihar, Jharkhand, Uttar Pradesh, and Madhya Pradesh together accounted for 196 million MPI poor people — more than half of all multidimensionally poor in India.

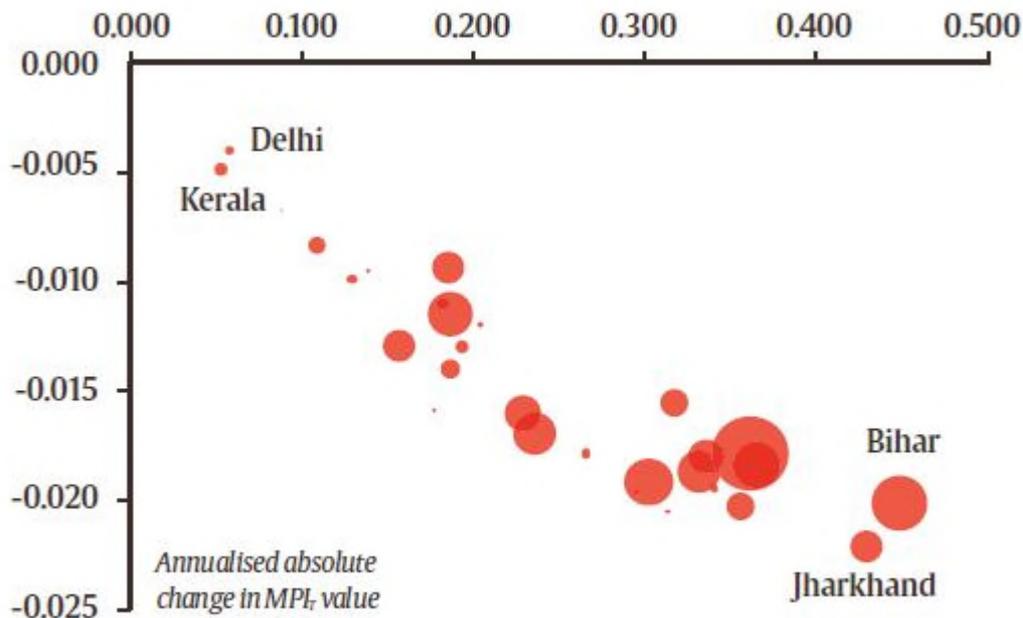
The global MPI factors in a person's deprivations across 10 indicators in health, education, and standard of living — nutrition, child mortality, years of schooling, school attendance; access to cooking fuel, sanitation, drinking water; electricity and housing; and assets. For India, the MPI has reduced from 0.283 to 0.123 in a decade. Of 10 selected countries, India and Cambodia reduced their MPI values the fastest. While the proportion of the population living in

multidimensional poverty in India has halved from 55.1 per cent to 27.9 per cent in a decade, the intensity of deprivation has fallen less sharply, from 51.1 per cent to 43.9 per cent, the report said.

MULTIDIMENSIONALLY POOR IN INDIA



INDIA, 2005/2006-2015/16 MPI_T VALUE, 2005/06



MPI_T is MPI value based on harmonised data. Horizontally, regions are placed according to their initial MPI_T value, with the poorest region on the farthest right. Vertically, the regions with the fastest absolute rate of reduction appear at the bottom.

Source: Global MPI report, INDP & OPHI

Govt medical colleges

With dearth of govt medical colleges, pvt players rule the roost (The Tribune: 20190715)

<https://www.tribuneindia.com/news/punjab/with-dearth-of-govt-medical-colleges-pvt-players-rule-the-roost/802091.html>

Private players are ruling the roost in medical education as of the total eight medical colleges in the state, five are private.

In effect, private colleges have already staked their share of around 60 per cent of the total MBBS seats across the state in the ongoing counselling by Baba Farid University of Health Sciences (BFUHS) for the upcoming academic session.

Private colleges have 625 of the total 1,135 seats in the state.

The fee of these seats at private colleges ranges from Rs 13.5 lakh to Rs 80 lakh, thus leaving no room for the poor to take admission.

Experts alleged that the indifferent attitude of the successive governments had led to the current situation as no new government college had come up since long.

Owing to tacit nexus among the oligarchs, no new government medical college has been started in the last 46 years. Guru Gobind Singh Medical College in Faridkot was the last medical college set up by the government in 1973.

The government in June had approved the creation of 994 posts of teaching faculty, paramedical staff and multi-task workers for the upcoming government medical college in Mohali. But given the way things are moving, the promise of new colleges seem to be a lip service only.

The state should learn from Himachal and Haryana as both of them have set up new government medical colleges in the last five years. Himachal is among the top state which has already improved medical education by establishing four new government colleges in two years, while Haryana established two government colleges in the last four years.

Public Health Centre (PHC)

Budhal health centre sans MBBS doctor (The Tribune: 20190715)

<https://www.tribuneindia.com/news/jammu-kashmir/budhal-health-centre-sans-mbbs-doctor/802110.html>

It sounds incredible, but it's true that the Public Health Centre (PHC) at Budhal in the Kandi health block in Rajouri district is without any MBBS doctor at present.

Recently, residents of the area had held a protest demonstration over the poor condition of the health centre.

The centre is presently run by one ISM doctor and one woman health worker.

All three sanctioned permanent posts of MBBS doctors have remained vacant for many years.

The posts of X-ray technician, dental surgeon and pharmacist are also vacant.

Two posts of MBBS doctors on a contractual basis were sanctioned under the National Health Mission.

Dr Shahzad was initially looking after the healthcare of a large number of people from the area while another doctor Jabeen Qammar was attached at the Swari Health Centre under the Kandi health block.

After detachments ordered by the government, Dr Jabeen had joined the PHC, Budhal, on May 24 and proceeded on medical leave till July 1.

“Even on Sunday, she didn't turn up to join her duties while Dr Shahzad had resigned from the post and left Budhal. The PHC, Budhal, has become a victim of official apathy and poor people have been left at the mercy of God,” said W Lone, a social activist.

Health department sources said Dr Jabeen had extended her medical leave till first week of August.

Tumour-specific anti-cancer therapy

Scientists develop tumour-specific anti-cancer therapy (The Tribune: 20190715)

<https://www.tribuneindia.com/news/health/scientists-develop-tumour-specific-anti-cancer-therapy/801571.html>

Chinese scientists developed a combined tumour-killing therapy that can be activated specifically at tumour sites in mouse models of cancer, which is more effective than previous similar therapies.

The study published on Friday in the journal *Science Immunology* described the new cancer immunotherapy that can prevent the immune system from becoming tolerant of tumours, which occurs in 30 per cent of all cancer patients, the Xinhua news agency reported.

A team led by Wang Dange from Shanghai Institute of Materia Medica under the Chinese Academy of Sciences and Fudan University developed a common immune checkpoint inhibitor in a nanoparticle formulation, which is highly tumour-specific.

The checkpoint inhibitor is a kind of increasingly popular anti-tumour drug. It can block proteins that keep immune T cells from killing cancer. But the checkpoint inhibitor used to target those immune system-suppressing proteins like PD-1 and PD-L1 often fails to reach deep-seated or metastatic tumors.

Wang's team combined the nanoparticles carrying PD-L1-targeting antibodies with a light-activated molecule. The molecule called photosensitiser can produce tumour-killing reactive oxygen species after encountering a protein abundant in tumours, according to the study.

In mouse models, a local near-infrared radiation that activated the photosensitiser, along with the administration of antibodies-carrying nanoparticles, promoted the infiltration of cancer cell-killing T cells into the tumour site and made the tumours more sensitive to the checkpoint blockade.

This combination also helped the nanoparticles effectively suppress tumor growth and metastasis to the lung and lymph nodes, resulting in approximately 80 per cent mouse survival over 70 days, compared to complete mouse death in 45 days in the group treated with only PD-L1 antibodies, according to the study. — IANS

Depression

AI can spot depression via sound of your voice (The Tribune: 20190715)

<https://www.tribuneindia.com/news/health/ai-can-spot-depression-via-sound-of-your-voice/801556.html>

India -- the sixth most depressed country in the world -- has an estimated 56 million people suffering from depression and 38 million from anxiety disorders, according to a recent report by the World Health Organisation (WHO).

To help identify depression early, scientists have now enhanced a technology that uses Artificial Intelligence (AI) to sift through sound of your voice to gauge whether you are depressed or not.

Computing science researchers from University of Alberta in Canada have improved technology for identifying depression through vocal cues.

The study, conducted by Mashrura Tasnim and Professor Eleni Stroulia, builds on past research that suggests that the timbre of our voice contains information about our mood.

Using standard benchmark data sets, Tasnim and Stroulia developed a methodology that combines several Machine Learning (ML) algorithms to recognize depression more accurately using acoustic cues.

A realistic scenario is to have people use an app that will collect voice samples as they speak naturally.

"The app, running on the user's phone, will recognize and track indicators of mood, such as depression, over time. Much like you have a step counter on your phone, you could have a depression indicator based on your voice as you use the phone," said Stroulia.

Depression is ranked by WHO as the single largest contributor to global disability. It is also the major contributor to suicide deaths.

The ultimate goal, said researchers, is to develop meaningful applications from this technology.

Such a tool could prove useful to support work with care providers or to help individuals reflect on their own moods over time.

"This work, developing more accurate detection in standard benchmark data sets, is the first step," added Stroulia while presenting the paper at the Canadian Conference on Artificial Intelligence recently. IANS

Breastfeeding

More breastfeeding could save the world \$1 billion every day (The Tribune: 20190715)

<https://www.tribuneindia.com/news/health/more-breastfeeding-could-save-the-world-1-billion-every-day/801051.html>



Not enough breastfeeding costs the global economy almost \$1 billion each day due to lost productivity and healthcare costs, researchers said on Friday, as health experts urged more support for nursing mothers.

A new website developed by researchers in Canada and Asia showed that the world could have saved \$341 billion each year if mothers breastfeed their children for longer, helping prevent early deaths and various diseases.

Known as the "Cost of Not Breastfeeding", the online tool used data from a six-year study supported by the U.S.-based maternal and child nutrition initiative, Alive & Thrive.

"It is a human right, it saves lives and improves the prosperity of economies," Canada-based health economics expert Dylan Walters said about the importance of breastfeeding.

Walters, who led the study of more than 100 countries, said the website was the first of its kind and aimed to help policymakers to measure economic losses in individual countries when they do not support breastfeeding.

The United Nations' World Health Organization (WHO) recommends that babies be breastfed exclusively at least their first six months, then have a diet of breast milk and other food until they are two years old.

Breastfeeding can help prevent diarrhea and pneumonia, two major causes of infant death, and protect mothers against ovarian and breast cancer, according to the U.N. agency.

But only 40% of infants under the age of six months are exclusively breastfed globally, while 820,000 child deaths could be avoided each year if the recommendation is followed, it said.

Obstacles to breastfeeding range from a lack of facilities and break times at places of work, aggressive marketing of baby formula, and harassment or stigma if women nurse in public.

Ahead of the World Breastfeeding Week from August 1, researchers said they hoped more nations would now implement policies promoting breastfeeding, push employers to provide more support, and clamp down on baby-formula marketing.

"Economic evidence resonates well with policymakers. Not investing in breastfeeding has a cost," Alive & Thrive's Southeast Asia director Roger Mathisen told the Thomson Reuters Foundation by phone from Hanoi.

"This tool is really making the argument that it is a good investment to expand policies such as paid maternity leave," he said, adding that it would help keep women in the workforce and boost the country's economy.

A U.N.-backed study in 2017 found that no country does enough to help mothers breastfeed their babies for the recommended six months, despite the potential economic benefits.— Thomson Reuters Foundation

5 common diseases in monsoon

5 common diseases in monsoon (The Tribune: 20190715)

<https://www.tribuneindia.com/news/health/5-common-diseases-in-monsoon/801092.html>

Monsoon brings relief from the heat but it also is a perfect environment for the growth of various viruses and bacteria giving rise to a number of air and water-borne diseases. Accumulated rain water and the moisture present in the air provides a suitable ambience for mosquito breeding which may lead to various life-threatening ailments.

Due to lowered immunity, fever is a common occurrence during this season. There are some fevers which are easily treatable while some require proper medical tests as some of these can turn fatal in near future.

Here are some common monsoon diseases and tests to detect these ailments.

Malaria

One of the most common diseases during monsoon; malaria is caused by the bite of female anopheles mosquito which breeds in stagnant water. For malaria fever, symptoms include bouts

of shivering, body aches and sweating and it generally occurs in cycles. This is due to the nature of malarial parasite as these develop and reproduce in the human body. The best way to prevent malaria fever is to prevent collection of stagnant water and keep the surroundings clean.

The tests for detection of malarial fever as recommended by the World Health Organisation (WHO) are malarial parasite detection test by microscopy and rapid antigen detection test. Ideally, this should be done well before anti-malarial treatment is started.

Typhoid

A water-borne disease, typhoid is commonly caused due to poor sanitation, consumption of food and/or water, cooked or kept in unhygienic conditions. *S.typhi* is a bacteria which causes typhoid fever. The fever increases slowly over a period of time and drops subsequently in the morning. This fluctuating fever can be accompanied by severe abdominal pain, diarrhoea, fatigue and headaches. Keep a hand sanitiser; avoid street foods, drink plenty of fluids. These preventive measures may help prevent typhoid fever.

The test for typhoid fever is blood culture. Rapid Typhi IGM and Widal agglutination are some other common tests to detect typhoid fever.

Dengue

It is a viral infection caused by the bite of female *Aedes Aegypti* mosquito. Sudden high-grade fever, severe headaches, severe and muscle pain, skin rashes, loss of appetite and tiredness are some common symptoms of dengue fever. It can be fatal if not treated in time. Sudden spread of dengue can be attributed to erratic rainfall and high level humidity. Using mosquito repellents and growing insect repellent plants like citronella can be a good way to prevent dengue fever.

There are various tests which are conducted for dengue fever. Dropping of platelets is the first indication of dengue fever. Therefore regular platelet monitoring is necessary. Commonly tests conducted are CBC (complete blood count, dengue IgM and NS1 dengue antigen).

Chikungunya

It is caused by mosquitoes born in stagnant water found in air conditioners, coolers, plants, utensils and water pipes. This disease is transmitted by the bite of infected *Aedes Albopictus* mosquitoes. This mosquito can bite not only at night but during day as well. This fever has multiple symptoms like vomiting, rashes, nausea and joint pains. Clean surroundings and using insect repellents can help in preventing chikungunya.

The virus isolation is the most definitive test although it takes one or two weeks for the completion. Chikungunya IgM test can also be done.

Hepatitis A

It derives from an infection with the hepatitis A virus (HAV). This type of hepatitis is most commonly transmitted by consuming food or water that has been contaminated by faeces. The symptoms include low-grade fever, nausea, vomiting, abdominal pain and loss of appetite. Wash your hands thoroughly after using restroom and when you come in contact with an infected person's blood, stool or other body fluids. Avoiding unclean food and water can also help in checking hepatitis A infection.

The diagnosis is made by blood tests which detect viral antigen and hepatitis A IgM antibodies. Regular full body health check-ups and/or blood tests can usually help in early diagnosis of any disease at its initial stage.

In order to enjoy monsoon, it is first important to be physically well.

Hepatitis B patients

Nothing hep about it (The Tribune: 20190715)

<https://www.tribuneindia.com/news/health/nothing-hep-about-it/801091.html>

India has over 40 million hepatitis B patients, and the incidence is only rising. Awareness and prevention can go a long way in checking the problem

In India, only after a person is extremely sick would s/he go to a hospital. Preventive healthcare is something which is sidelined not only in our personal priorities but in the national budget as well.

Several factors contribute to this status quo. Similar to the national budget, a financial crunch usually prevents people from spending on prevention. Private healthcare facilities are rendered inaccessible due to their expensive nature, and a trip to public facilities may be taxing due to the substandard facilities and perennially long queues that are the norm there.

While the urban population still has some leverage to access preventive healthcare, the rural masses remain vulnerable to many diseases as they normally have access only to government services.

One such disease on the rise in the Indian population is the hepatitis B virus (HBV) infection.

Causes

One of the most notorious aspects of this virus is its highly contagious nature. Hepatitis is a blood-borne virus which mainly spreads through the blood.

In India, it is mainly caused by transfusion of unscreened blood, unsafe surgical procedures and medical practices like the use of unsterile needles and equipment during a dental examination.

- n Intravenous drug users and even diabetics are at a higher risk because of unsafe needles.

- n Other causes include sharing personal care items like razors and toothbrushes.

- n Unprotected sex with an infected person may also be a cause.

- n Mother to child transfer during pregnancy and/or at the time of delivery is another important cause.

Prevalence in rural India

Due to the population burden, the Indian healthcare system is plagued by substandard, ill-informed and unhygienic medical practices. It is an ideal set-up for blood-borne and highly contagious viruses like hepatitis to thrive and spread.

According to WHO, the country has over 40 million hepatitis B patients, second only to China, and importantly, most of them are unaware of it. The National Center for Biotechnology Information(NCBI) found in a study that the prevalence is especially high among the tribal population in India, with almost 65 per cent of the population infected. Inter-caste marriages, cramped living conditions, illiteracy and poor health-care resources available to them contribute to this burden. The scenario is similar in the rural areas as well due to the similarity in their lifestyles, but there is a lack of formal study on the subject, therefore no solid data claims can be made so far.

Prevention

The infection rate is on the rise. Many preventive measures are being undertaken by the government to stop this epidemic from claiming further lives. The National Action Plan-Viral Hepatitis B is one such programme. Today in India, hepatitis B Vaccine is available at the lowest price in the world. This vaccine is an important resource that, if tapped into, can prevent millions of annual deaths. Universal vaccination of all newborns with this vaccine, thus, is an important prevention strategy.

We must realise that health check-ups are not a luxury, but a necessity. A regular check-up can help in timely identification of the problem and prevent time and energy spent on cure at a later stage or prevent it from becoming chronic.

All medical institutions and practitioners will have to practice more caution. More awareness is needed to make people know of the issue. Clean and sterilised medical equipment, needles, syringes, healthy blood for transfusion are some of the basics that should be made available to all citizens. India already holds a major cut in the global burden of diseases, medical problems like hepatitis that can be potentially avoided should be dealt with preventive care measures.

—The writer is head of the Department of Gastroenterology, SPS Hospital, Ludhiana

What is Hepatitis B?

HBV is an extremely transmissible blood-borne virus, and if not identified in time, avenues for a cure are limited in this condition. It can be identified by several symptoms in most cases:

The virus continues to spread silently across the liver and damaging it. In the worst cases (as much as 85 per cent) especially if infection is acquired at birth or in early childhood, it eventually develops into liver cirrhosis, a condition where the liver is permanently scarred. It is also capable of turning into liver cancer. While HBV itself is not fatal most of the time, its chronic potential makes it fatal and the fact that it grows silently without detection in some cases. But once contracted, the virus has no absolute cure. If you are infected, you can only take measures to keep it under control and prevent it from spreading to others. Also, to prevent hepatitis D, it becomes more important to treat hepatitis B at the right time since HDV infection occurs only simultaneously or as a super-infection with HBV.

Healthy lifestyle

A healthy lifestyle may offset genetic risk for Alzheimer's (A P News: 20190715)

<https://www.apnews.com/ef75176684e140c3b7fc220014fc6105>

A healthy lifestyle can cut your risk of developing Alzheimer's or other forms of dementia even if you have genes that raise your risk for these mind-destroying diseases, a large study has found.

People with high genetic risk and poor health habits were about three times more likely to develop dementia versus those with low genetic risk and good habits, researchers reported Sunday. Regardless of how much genetic risk someone had, a good diet, adequate exercise, limiting alcohol and not smoking made dementia less likely.

"I consider that good news," said John Haaga of the U.S. National Institute on Aging, one of the study's many sponsors. "No one can guarantee you'll escape this awful disease" but you can tip the odds in your favor with clean living, he said.

Results were discussed at the Alzheimer's Association International Conference in Los Angeles and published online by the Journal of the American Medical Association.

About 50 million people have dementia, and Alzheimer's disease is the most common type. Genes and lifestyle contribute to many diseases, but researchers only recently have had the tools and information to do large studies to see how much each factor matters.

One such study a few years ago found that healthy living could help overcome genetic risk for heart disease. Now researchers have shown the same to be true for dementia.

Dr. Elzbieta Kuzma and colleagues at the University of Exeter Medical School in England used the UK Biobank to study nearly 200,000 people 60 or older with no signs or symptoms of dementia at the start. Their genetic risk was classified as high, medium or low based on dozens of mutations known to affect dementia. They also were grouped by lifestyle factors.

After about eight years of study, 1.8% of those with high genetic risk and poor lifestyles had developed dementia versus 0.6% of folks with low genetic risk and healthy habits.

Among those with the highest genetic risk, just over 1% of those with favorable lifestyles developed dementia compared to nearly 2% of those with poor lifestyles.

One limitation: Researchers only had information on mutations affecting people of European ancestry, so it's not known whether the same is true for other racial or ethnic groups.

The results should give encouragement to people who fear that gene mutations alone determine their destiny, said Dr. Rudy Tanzi, a genetics expert at Massachusetts General Hospital. Less than 5% of the ones tied to Alzheimer's are "fully penetrant," meaning that they guarantee you'll get the disease, he said.

"That means that with 95% of the mutations, your lifestyle will make a difference," Tanzi said. "Don't be too worried about your genetics. Spend more time being mindful of living a healthy life."

One previous study in Sweden and Finland rigorously tested the effect of a healthy lifestyle by assigning one group to follow one and included a comparison group that did not. It concluded that healthy habits could help prevent mental decline. The Alzheimer's Association is sponsoring a similar study underway now in the United States.

Healthy living also is the focus of new dementia prevention guidelines that the World Health Organization released in February.

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Dementia

Healthy lifestyle may offset genetic risk of dementia (Science Daily: 20190715)

<https://www.sciencedaily.com/releases/2019/07/190714142509.htm>

Living a healthy lifestyle may help offset a person's genetic risk of dementia, according to new research.

The study was led by the University of Exeter -- simultaneously published today in JAMA and presented at the Alzheimer's Association International Conference 2019 in Los Angeles. The research found that the risk of dementia was 32 per cent lower in people with a high genetic risk if they had followed a healthy lifestyle, compared to those who had an unhealthy lifestyle.

Participants with high genetic risk and an unfavourable lifestyle were almost three times more likely to develop dementia compared to those with a low genetic risk and favourable lifestyle.

Joint lead author Dr El?bieta Ku?ma, at the University of Exeter Medical School, said: "This is the first study to analyse the extent to which you may offset your genetic risk of dementia by living a healthy lifestyle. Our findings are exciting as they show that we can take action to try to offset our genetic risk for dementia. Sticking to a healthy lifestyle was associated with a reduced risk of dementia, regardless of the genetic risk."

The study analysed data from 196,383 adults of European ancestry aged 60 and older from UK Biobank. The researchers identified 1,769 cases of dementia over a follow-up period of eight years. The team grouped the participants into those with high, intermediate and low genetic risk for dementia.

To assess genetic risk, the researchers looked at previously published data and identified all known genetic risk factors for Alzheimer's disease. Each genetic risk factor was weighted according to the strength of its association with Alzheimer's disease.

To assess lifestyle, researchers grouped participants into favourable, intermediate and unfavourable categories based on their self-reported diet, physical activity, smoking and alcohol consumption. The researchers considered no current smoking, regular physical activity, healthy diet and moderate alcohol consumption as healthy behaviours. The team found that living a healthy lifestyle was associated with a reduced dementia risk across all genetic risk groups.

Joint lead author Dr David Llewellyn, from the University of Exeter Medical School and the Alan Turing Institute, said: "This research delivers a really important message that undermines a fatalistic view of dementia. Some people believe it's inevitable they'll develop dementia because of their genetics. However it appears that you may be able to substantially reduce your dementia risk by living a healthy lifestyle."

The study was led by the University of Exeter in collaboration with researchers from the University of Michigan, the University of Oxford, and the University of South Australia.

Anxiety, OCD

Anxiety, OCD in kids may lead to suicidal thoughts (The Tribune: 20190715)

<https://www.tribuneindia.com/news/health/anxiety-ocd-in-kids-may-lead-to-suicidal-thoughts/801058.html>

Parents, take note. Depression, anxiety and obsessive compulsive disorder (OCD) are the main reasons why children think about suicide, warn researchers.

The study, published in the journal Archives of Suicide Research, reveals the factors that can trigger ideas of suicide in pre-adolescent age group.

"In boys it is previous depressive symptoms, which determine subsequent suicidal ideation, while in girls it is a combination of anxiety symptoms, OCD and the family's socioeconomic situation," said Nuria Voltas from Rovira I Virgili University in Spain.

The researchers studied a group of 720 boys and 794 girls who studied in 13 schools in Reus. They were monitored during three developmental periods according to age groups of 10 years, 11 years and 13 years.

At the beginning of the study, the students answered a series of psychological tests that were used to detect which of them presented emotional symptoms related to depression, anxiety and obsessive compulsive disorder (OCD).

From their responses, two groups were created: one group at risk of emotional problems and a control group.

According to the researchers, the figures were quite stable. During the first period, 16 per cent of the students stated that they had thought about suicide, of whom 33 per cent stated the same one year later. In both the second and the third period, ideas of suicide were expressed by 18 per cent of the students surveyed.

The risk of suicide was determined in a personal interview and was present in 12.2 per cent of the children with an average age of 11 years old. Although there were no differences between the sexes, the severity of the suicidal behaviour was greater in boys.

"Our results will enable us to have greater control over this particular aspect and take preventive measures in pre-adolescents, who are going through a period of considerable vulnerability," she concluded.

Air quality

No improvement in Delhi air quality for next two days (The Tribune: 20190715)

<https://indianexpress.com/article/cities/delhi/no-improvement-in-delhi-air-quality-for-next-two-days-5829346/>

The lack of rain was also contributing to the poor air quality. Delhi, where monsoons rains were delayed by a week, has seen only 13.8 mm of rain since June 1, against a normal of 147.2 mm

1,048 violations seen in February: Pollution watchdog

Delhi air pollution today: Despite rain in January, AQI touches 'very poor' range

Air quality oscillates between 'very poor' and 'severe' on New Year's Day

delhi air quality, delhi pollution, delhi air pollution, delhi aqi, delhi monsoons, delhi dust storm, delhi news

Air quality is expected to improve only by Wednesday (File Photo)

Air quality in Delhi remained in the 'poor' category Sunday as the effects of a dust storm originating in Rajasthan continued to be felt in the city. According to officials at the System of Air Quality and Weather Forecasting and Research (SAFAR), air quality is expected to improve only by Wednesday.

"Delhi and its surrounding areas continue to remain under the influence of a dust storm... The overall air quality of Delhi, which was 'very poor' is now in the 'poor' category with PM 10 as lead pollutant... We can expect slight improvement till tomorrow morning but air will remain in 'poor' category until Tuesday because dust parcels continue to move towards Delhi," an official forecast from the agency said.

delhi air quality, delhi pollution, delhi air pollution, delhi aqi, delhi aqi worse, delhi air, monsoon delhi, delhi weather, delhi rains

The lack of rain, officials at the India Meteorological Department said, was also contributing to the poor air quality. Delhi, where monsoons rains were delayed by a week, has seen only 13.8 mm of rain since June 1, against a normal of 147.2 mm — a deficit of 91%. Rain helps wash out dust particles but the past week has been mostly dry.

On Sunday, the city did not receive any rain and the maximum temperature was recorded at 37.7 degrees Celsius, three degrees above normal. At 30.2 degrees Celsius, the minimum was also three degrees above normal. Humidity was recorded between 54% and 64%.

According to IMD officials, very light rain is expected on Monday and Tuesday.

"Monsoons in Delhi will continue to be weak, at least for another week. Wednesday and Thursday might see some rain but it will still be much below normal. The weekend will be mostly dry," an IMD official said.

Monday's maximum temperature is expected to be 37 degrees Celsius while the minimum is expected to be 29 degrees Celsius.

Dementia

Healthy lifestyle can cut dementia risk by 32% (The Times of India: 20190715)

Read more at:

http://timesofindia.indiatimes.com/articleshow/70221514.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cppst

<https://timesofindia.indiatimes.com/home/science/healthy-lifestyle-can-cut-dementia-risk-by-32/articleshow/70221514.cms>

Waterborn Diseases (The Asian Age: 20190715)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=13380282>

RAINING DISEASES

Monsoons is time for a cup of hot tea with spicy savouries. Sadly, it is also time for waterborne diseases. Here's how to keep yourself safe from illnesses and more this upcoming season

KANIZA GARARI

THE ASIAN AGE

 The monsoons are here. And in most parts of the country, it's lashing down flood-like rains. Of course, this part of the subcontinent has seen a delayed onset of monsoon, but while it rains heavily some days, it is dry on other. Once again, it is that time of the year flipping between sudden changes in the temperature from very hot to very cold, when waterborne diseases are on free flight.

Dr G. Navodaya, consultant, general medicine diseases, explains the dangers of the weather change and suggests ways to exercise caution in these circumstances and stay despite it.

Q How does the switch from extreme heat to sudden rain and then no rain affect the human body?

The sudden drop in temperature from extreme hot to extreme cold can produce ill effects in the human body, leaving serious effects especially on those with a history of cold-related disorders. The sudden and extreme variance between the outside and inside temperatures can adversely affect a person as the body undergoes stress when it's forced to adjust to a changing environment.

For one, it dries off your skin, the mucus membrane and the eyes, causing eye infections, respiratory infections and muscular spasms. And it can exacerbate coronary heart diseases. Vascular cardiac, vascular brain diseases and peripheral

vascular (artery and vein) diseases are also caused by this change in temperature.

The temperature change could also lead to asthma attacks, runny noses, muscular pain, flu, pharyngitis, sinusitis, cold, sore throat, muscular aches and severe pains, all of which are mostly the result of the use of air conditioning during hot weathers. For this reason, the recommended air-conditioning temperature is between 23°C and 25°C. This will prevent one's susceptibility to ailments and ensure healthy living. In fact, it is better to switch off the air conditioners when possible and avoid being exposed to low temperatures.

Q The onset of monsoon this year has been very late and in some of the southern regions, there have not been any rains? How does the climate change affect people?

Extreme weather events cause a shift in vector-borne diseases, which affects human health. These effects could include the onset of infectious diseases such as malaria, chikungunya and other waterborne illnesses. So also, monitoring the spread



Dr G. Navodaya,
Consultant General
Medicine Diseases, CARE
Hospitals, Banjara Hills

of infectious diseases is important. The occurrence of dengue, for instance, can be reduced by making changes in household water-storage practices and surface-water pooling.

Flooding and high levels of water during rains also cause rodent-borne diseases, including leptospirosis, tularaemia and some viral haemorrhagic diseases. Other diseases associated with rodents and ticks, which show associations with climatic variability, include Lyme disease, tick-borne encephalitis and Hantavirus pulmonary syndrome.

Rains in the tropics also cause a peak in diarrhoeal diseases. And though diarrhoeal diseases vary seasonally, suggesting sensitivity to climate, the risk of contracting these diseases are high during both floods and droughts. Major causes of diarrhoea linked to heavy rainfall and contaminated water supplies are cholera, cryptosporidium, E.coli infection, giardia, the shigella infection, typhoid and viruses such as hepatitis A.

Q Are diseases caused owing to the sudden changes in climate in areas that have seen

too much rainfall?

Climate change does influence the start of diseases. In part, the abundance of dengue vectors depends on the availability of breeding sites, primarily containers such as drums, discarded tires and leaf axils that are filled with water either manually or because of the rainfall.

Q What precautions do people who frequently travel to different parts of the country from one weather condition to another need to take?

Such people have to work towards reducing their chances of falling sick or getting injured while traveling. They can follow these tips:

- Prevent mosquito and other bug bites
- Wear long-sleeved shirts and long pants when outdoors at night in areas vulnerable to the spread of malaria
- For greater protection, spray their clothing with repellent containing permethrin or any other registered repellent
- Be careful about the food and water they take
- Wash hands often with soap and water, especially before eating or preparing food and after coughing, sneezing or using the bathroom
- Avoid tap water, fountain drinks and ice cubes
- Limit intake of alcohol



Cancer (Navbharat Times: 20190715)

<http://epaper.navbharattimes.com/details/46463-69472-1.html>

5 साल कैंसर का इलाज, फिर बनीं मां

■ प्रमुख संवाददाता, नई दिल्ली

शादी के कुछ सालों बाद जब रूपाली मां बनने की सोच रही थीं तब उन्हें कैंसर हो गया। लेकिन रूपाली (बदला हुआ नाम) ने उम्मीद नहीं खोई और कैंसर के इलाज से पहले अपने अंडाशय से अंडा निकालवा कर फ्रिज करवा दिया और पांच साल के लंबे इलाज और कीमोथेरेपी के डोज झेलने के बाद जब रूपाली(40) कैंसर से बाहर निकली तो उसी अंडे का इस्तेमाल कर मां बन पाईं। हालांकि, इसके बावजूद भी मां बनने की राह में कई अड़चनें थीं। इंदिरा आईवीएफ सेंटर की डॉक्टर मांडवी राय ने बताया कि जब कीमोथेरेपी का डोज दिया जाता है तो उसका असर शरीर के सभी अंगों पर भी होता है। जब रूपाली आई तो उनके ओवरी में अंडे बहुत कम बन रहे थे, ऐसे में गर्भ ठहरना मुश्किल था। लेकिन अच्छी बात

स्वस्थ बच्चे को जन्म दिया

- कैंसर के इलाज से पहले अपने अंडाशय से अंडा निकालवा कर फ्रिज करवा दिया
- पांच साल तक कीमोथेरेपी के डोज झेलने के बाद रूपाली उसी अंडे का इस्तेमाल कर मां बन पाईं
- कीमोथेरेपी की वजह से एंडोमेट्रियम की मोटाई कम हो गई थी, जिससे गर्भ ठहरना मुश्किल था
- आधुनिक तकनीक पीआरपी थेरेपी का इस्तेमाल किया, जिससे एंडोमेट्रियम की मोटाई में सुधार हुआ

यह थी कि उन्होंने कैंसर के इलाज से पहले अपना हेल्दी अंडा निकाल कर फ्रिज करवा लिया था। डॉक्टर राय ने बताया कि कीमोथेरेपी की वजह से

एंडोमेट्रियम की मोटाई कम हो गई थी, जिससे गर्भ ठहरना मुश्किल था। एंडोमेट्रियम की मोटाई सिर्फ 5.2 एमएम थी, जो 7-12 एमएम होनी चाहिए। इसके लिए पीआरपी थेरेपी का इस्तेमाल किया, जो प्लेटलेट्स पर आधारित है। इसके तीन सेशन दिए गए। और इसकी लाइनिंग 8.2एमएम तक पहुंच गई। फिर उनके पति के स्पर्म और रूपाली के अंडे को मिलाकर लैब में भ्रूण तैयार किया गया। जब भ्रूण तैयार हो गया तो उसे गर्भाशय में डाल दिया गया। चार हफ्ते बाद जांच में साफ हो गया कि महिला गर्भ से है। डॉक्टर ने कहा कि पूरे इलाज के दौरान उन्हें हाई-रिस्क ऑब्स्टेट्रिक केयर उपलब्ध कराई गई और सिजेरियन डिलिवरी करने का विकल्प चुना गया, जो सफल रहा। 40 साल की रूपाली ने एक लड़के को जन्म दिया, जिसका वजन लगभग तीन किलो था और उसमें जन्मजात विकृति नहीं पाई गई, जो इस पूरे इलाज की सबसे बड़ी सफलता थी।

Dental Health (Hindustan: 20190715)

http://epaper.livehindustan.com/imageview_135871_70438426_4_1_15-07-2019_i_7.pagezoomsinwindows.php

दांत के रोगों से लड़ने के लिए देशव्यापी सर्वेक्षण करेगा एम्स

तैयारी

नई दिल्ली | वरिष्ठ संवाददाता

दांत रोगों का पता करने के लिए स्वास्थ्य विभाग पूरे देश में ओरल हेल्थ सर्वेक्षण करने जा रहा है। यह सर्वेक्षण दिल्ली एम्स के दांत एवं अनुसंधान केंद्र (सीडीईआर) के नेतृत्व में किया जाएगा।

सर्वे के बाद जिलावार दांतों की बीमारी व मरीजों की संख्या, एडवांस डेंटल चेयर, उपकरणों की आवश्यकता आदि का डाटा इकट्ठा किया जाएगा। इस सर्वेक्षण का मकसद इन बीमारियों की रोकथाम और इलाज के लिए रणनीति तैयार करना

है। विभिन्न मुख संबंधी अस्पतालों के विशेषज्ञ और स्वास्थ्य मंत्रालय के अधिकारियों ने इसके लिए एम्स में बैठक की और सर्वेक्षण के लिए नमूने चुनने की रणनीति, योजना और उसकी समय-सीमा पर चर्चा की।

एम्स के दांत शिक्षा एवं अनुसंधान (सीडीईआर) के प्रमुख डॉ. ओपी खरबंदा ने बताया कि मुख संबंधी बीमारियों का बोझ भारत में काफी ज्यादा है। अगर इस बीमारी पर समय से ध्यान न दिया जाए तो यह इतना खतरनाक हो सकता है कि इसे ठीक नहीं किया जा सकता। दांतों के खराब होने की वजह से बच्चों के स्कूल में बिताए घंटों में भी कमी आती है और जीवन की गुणवत्ता पर भी गंभीर प्रभाव पड़ता है।

Sugry Drinks ((Hindustan: 20190715)

http://epaper.livehindustan.com/imageview_135884_70418960_4_1_15-07-2019_i_20.pagezoomsinwindows.php

चीनी युक्त पेय पदार्थ से बढ़ता है कैंसर का खतरा



सेहत

लंदन | एजेसी

अधिकतर लोगों को जूस व अन्य किसी भी तरह का मीठा पेय पीना बेहद अच्छा लगता है। वे इनको ऊर्जा का अच्छा स्रोत मानते हैं। लेकिन एक अध्ययन में पता चला है कि जूस और अन्य चीनी युक्त पेय पदार्थ पीने से कैंसर का खतरा होने की आशंका रहती है। एक लाख से अधिक लोगों पर लंबे समय तक किए गए एक अध्ययन के मुताबिक, अधिक चीनी युक्त पेय पदार्थ पीने और उच्च कैंसर दर के बीच सीधा संबंध पाया गया है।

अध्ययन के मुताबिक, मीठे पेय पदार्थ लेना स्वाभाविक रूप से खतरनाक है। शोध में मिले परिणामों से पता चला है कि फलों का रस, सोडा या मीठी कॉफी और चाय कैंसर के विकसित होने के खतरे को बढ़ा सकते हैं। अध्ययन से पता चला है कि आप



18 फीसदी बढ़ जाता है कैंसर का खतरा प्रतिदिन 3.3 ग्राम अतिरिक्त शर्करा के इस्तेमाल से

चाहे जो भी हों और आपकी जीवनशैली कितनी भी स्वस्थ हो, लेकिन अगर आप मीठे पेय (प्राकृतिक व कृत्रिम) पदार्थ पीते हैं तो आपमें किसी ऐसे व्यक्ति, जो पेय पदार्थ का सेवन नहीं करता, की तुलना में कैंसर विकसित होने की अधिक आशंका रहती है।

अध्ययन के प्रमुख लेखक मैथिल्डे तौवीर ने कहा, फलों के रस के बारे में परिणाम हैरान कर सकते हैं, फलों के रस को सेहत के लिहाज से अच्छा माना

मृत्यु भी हो सकती है

यह पहली बार नहीं है जब मीठे पेय पदार्थों को स्वास्थ्य के लिए नुकसानदायक बताया गया है। पिछले शोधों में यह भी सुझाव दिया गया है कि अधिक जूस पीने से व्यक्ति की मृत्यु का खतरा बढ़ जाता है और उन्हें हृदय की समस्याएं, टाइप-2 मधुमेह जैसी परेशानियों का सामना करना पड़ता है या कैंसर से मौत भी हो सकती है।

जाता है। लेकिन, तौवीर ने कहा कि जब आप सोडा को फलों के रस में घुली चीनी की मात्रा से तुलना करते हैं तो ये दोनों ही पेय समान होते हैं। इसलिए ये चौंकाने वाली बात नहीं है कि जूस लंबे समय के लिए हमारे स्वास्थ्य को नुकसान पहुंचा सकता है। उन्होंने आगे कहा, जूस में कुछ विटामिन और थोड़ा आहार फाइबर शामिल होता है। हालांकि, इसमें कोई खाद्य योजक नहीं होता, लेकिन बहुत सारी चीनी मिली होती है।