



DAILY NEWS BULLETIN

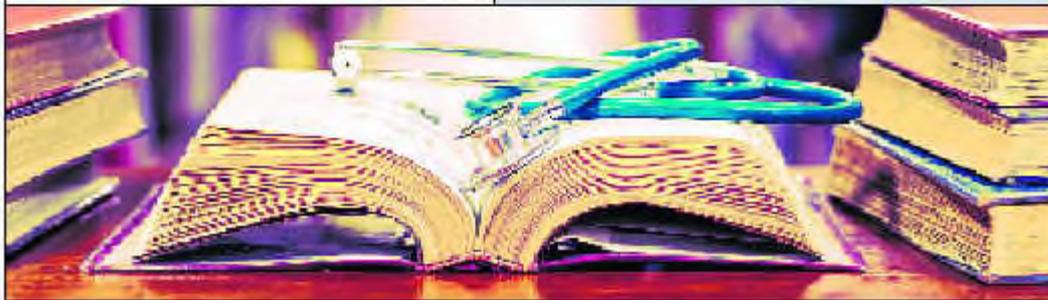
LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20190717

Private medical education

Private medical education to get cheaper, govt readies Bill (The Tribune: 20190717)

<https://www.tribuneindia.com/news/nation/private-medical-education-to-get-cheaper-govt-readies-bill/803060.html>

11,59,309 Total allopathic doctors registered with MCI/state medical councils	DOCTORS' COUNT	
9.27 lakh Docs available for service at any time	State	Max docs
Final-year MBBS exam to serve as entrance for PG	Maharashtra	1.73 lakh
Mid-level health cadre to address doc shortage	Tamil Nadu	1.35 lakh
	Karnataka	1.22 lakh
	Punjab	48,351
	J&K	15,038
	Uttarakhand	8,617
	Haryana	5,717
	Himachal	3,054



The government has finalised a draft legislation to reduce the cost of private medical education, ease the burden of entrance exams on students and create a mid-level health cadre with limited rights to prescribe drugs.

The National Medical Commission (NMC) Bill, 2019, which began its journey in 2016 with Niti Aayog presenting the first draft, is learnt to have been finalised by the Health Ministry and is expected to be tabled for Cabinet approval soon.

The Bill, which broadly seeks to replace the Medical Council of India with a new medical education sector regulator — the NMC, for the first time, proposes a legal cap on fees charged by private medical education providers

It's learnt that there's a provision to regulate fees on 50 per cent seats in private medical institutions and deemed universities.

The Bill also proposes to use the final year MBBS exam — to be conducted uniformly across all medical colleges — for three purposes: as the licensiate exam for MBBS pass outs to issue them a licence to practise medicine; as an entrance exam for postgraduate medical education; and as an entrance exam for foreign medical graduates.

Called National Exit Test, this final year MBBS exam the NMC Bill proposes will replace the existing National Eligibility-cum-Entrance Test for PG and Foreign Medical Graduates Test. At present, the National Board of Examinations conducts both NEET-PG and FMG test.

The amended Bill reflects the concerns of the Parliamentary Standing Committee on Health, which had submitted its report on the Bill last year after the Bill was introduced in Lok Sabha. With the dissolution of the 16th LS, the old Bill has lapsed and it needs to be revived.

It's learnt that the new NMC Bill also proposes to create a new cadre of non-MBBS, mid-level health service providers like nursing practitioners and pharmacists with limited rights to dispense medicines.

A source says: "The mid-level medical practitioners are proposed to get limited licence to practise specified medicines in primary and preventive healthcare settings and other settings under the supervision of a medical doctor. A separate register is proposed to be maintained for this new cadre with limited drug prescription rights. The register will be maintained by the Board of Ethics under the NMC which will replace the MCI once the law is passed by Parliament and assented to by the President."

Currently under Indian laws, only MCI-licensed and registered allopathic doctors can practise and prescribe medicine. The new NMC Bill does not have the provision for AYUSH doctors but speaks of a new mid-level health cadre to balance the gap between demand and availability of allopathic doctors.

AIDS

Tapping the potential of communities to end AIDS (The Tribune: 20190717)

<https://www.thehindu.com/opinion/op-ed/tapping-the-potential-of-communities-to-end-aids/article28491414.ece>



Success is achieved where policies and programmes focus on people, not diseases

The UN Sustainable Development Goals include ensuring good health and well-being for all by 2030. This includes the commitment to end the AIDS epidemic. In many countries, continued access to HIV treatment and prevention options are reducing AIDS-related deaths and new HIV infections. But there are still too many countries where AIDS-related deaths and new infections are not decreasing fast. In fact, they are rising in some cases, though we know how to stop the virus. Why are some countries doing much better than others?

The road to success

Success is being achieved where policies and programmes focus on people, not diseases, and where communities are fully engaged from the outset in designing, shaping and implementing health policies. This is how real and lasting change is achieved and this is what will reduce the devastating impact of AIDS. Adopting the latest scientific research and medical knowledge, strong political leadership, and proactively fighting and reducing stigma and discrimination are all crucial. But without sustained investment in community responses led by people living with HIV and those most affected, countries will not gain the traction necessary to reach the most vulnerable. And only by doing that can we end the AIDS epidemic. Community services play varying roles depending on the context. They often support fragile public health systems by filling critical gaps. They come from — and connect effectively with — key populations such as gay men, sex workers, people who use drugs, and transgenders. They provide services that

bolster clinic-based care and they extend the reach of health services to the community at large. They also hold decision-makers to account.

Miles to go: self-care medical interventions

By signing the 2016 UN Political Declaration on Ending AIDS, countries affirmed the critical role that communities play in advocacy, coordination of AIDS responses and service delivery. Moreover, they recognised that community responses to HIV must be scaled up. They committed to at least 30% of services being community-led by 2030. However, most countries are nowhere near reaching that commitment. And where investment in communities is most lacking, there is often weaker progress being made against HIV and other health threats.

Reliable partners

All over the world, communities are demonstrating time and again that they can, and do, deliver results. Since the beginning of the epidemic in India until now, communities have been the most trusted and reliable partners for the National AIDS Control Organization and the Joint UN Programme on HIV/AIDS. They are fully engaged in many aspects of the National AIDS Response, including prevention, care, support and treatment programmes. There are over 1,500 community-based organisations reaching out to key populations. In India, there are around 300 district-level networks of people living with HIV which are supporting treatment programmes through psychosocial support, treatment literacy and adherence counselling.

Scoring on health: on Health Index 2019

Our communities present us with a lot of untapped potential. Unleashing this is the key to gaining the momentum we need to make faster progress towards reaching UNAIDS Fast-Track targets. The more we invest in communities, the closer we get to ending the AIDS epidemic.

Gunilla Carlsson is Executive Director, a.i. of UNAIDS

Spine surgery

A robotic boost to spine surgery tech in India (Hindustan Times: 20190717)

<http://paper.hindustantimes.com/epaper/viewer.aspx>

India's leading spinal treatment facility Indian Spinal Injuries Centre

Mazor X Stealth Edition

(ISIC) has revolutionised the spine surgery field in India with the introduction of a highly advanced Robotics Guidance Technology that brings game-changing improvements in spinal surgery. ISIC has acquired the most advanced Spine Robotics System that provides a high degree of precision, control, and accuracy to surgeons, thereby, ushering in better results and much faster recovery for patients.

Interestingly, ISIC is the first hospital in the world outside the US to acquire this path-breaking technology that

offers immense hope for patients of spinal diseases or injuries. Serious medical complications such as complex cases of scoliosis and kyphosis, degenerative disc diseases, herniated discs and spondylolisthesis can be successfully treated using this technology. Similarly, patients seeking a spinal fusion or revision surgery from a failed prior surgery may also seek robot-guided assistance for better results.

In fact, the first few patients who have undergone spinal surgeries with the help of this technology at ISIC have shown much better outcomes and a remarkably fast recovery as compared to traditional surgery.

The age of robotics

A healthy spine is critical to the overall well-being of a body. Given the extreme importance of the spine, any kind of spinal surgery requires high degree of precision and accuracy. Hence, spine surgeons have to be extra careful about the methods they choose and are more than likely to opt for a technology that enhances their precision and ensures a better outcome.

The recent advancement in spine surgery has come in the form of robotics, a specialised approach to a complex procedure that allows planning a surgery and facilitates highly accurate and predictable execution of the plan. Robotics is particularly helpful in inserting implants in the spine and is a boon for spine surgeons. It marks the beginning of a new era in spine surgery. Mazor X™ Stealth Edition, acquired by ISIC, is the most developed Spine Robotics System till date and has the potential to revolutionise spinal surgery.

Faster recovery

The team of surgeons at ISIC has already used the advanced Robotic System to

perform several surgeries and the results have been highly encouraging with high degree of precision and accuracy. The patients who have undergone surgery using this technology have been able to get back on their feet much faster as compared to traditional surgery.

Planning is the foundation of surgical robotics; the ability to plan a surgery in an advanced 3D visual environment allows a surgeon to factor any unique anatomy or challenges associated with the patient much ahead of the surgery. This vastly improves decision making ability of the surgeon and enables a more well-rounded and comprehensive surgical strategy.

The benefits include: Smaller incisions and better surgical accuracy

Less risk for surgical complications

Less radiation exposure Shorter hospital stays for the patient

The author of this article is Dr HS Chhabra, medical director and chief of spine services. Visit: Indian Spinal Injuries Centre, Sector C, Vasant Kunj; Call: 7303255225



Stay healthy

Stay healthy this monsoon with a few precautions (Hindustan Times: 20190717)

<http://paper.hindustantimes.com/epaper/viewer.aspx>

Monsoon is a relief from the scorching summer sun. But with all the fun, are a variety of diseases that only come around during the monsoon. We have your basic monsoonrelated queries cleared in this week's column.

PHOTO: ISTOCK; FOR REPRESENTATIONAL PURPOSE ONLY

Are there a list of nutritionrelated dos and don'ts that we must follow during the monsoons at home?

Yes. We need to be very careful about the food we eat and the water we drink during the monsoon. Around this time of the year, our digestion gets weakened and the Dosha, which is most likely to go out of balance is Vaata. Vaata aggravation leads to gas formation and indigestion. Hence, following these few dos and don'ts will help us enjoy the rains without worrying about diseases.

- Wash all fruits and vegetables thoroughly, particularly leafy ones, which not only contain larvae and worms but also collect dirt from the streets

- Eat moderate quantities of food as the body finds it harder to digest food during the monsoon ink warm verages; add nt or ginger or

ginger powder to tea ■ Moong dal is easy to digest and should be the dal of choice for the season

■ Non-vegetarians should go in for lighter meat preparations like soups and stews rather than heavy curries

■ Avoid eating food straight out of the fridge

■ Drink only boiled and filtered water

How can I protect myself from monsoon-related ailments like malaria, jaundice, etc.?

Monsoons are famous for malaria and jaundice due to stagnant water and contaminated food. Make sure you use mosquito repellents, creams and nets, if you stay in mosquito prone sites. Wash vegetables with clean water and steam them well to kill germs. Avoid eating uncooked food like salads, unless it is organic and cleaned well. Dry your feet and between the toes with a soft dry cloth whenever they are wet.

A few precautions coupled with care will really help you enjoy the rain and have a healthy and safe monsoon.

Natural Foods (The Asian Age: 20190717)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=13394616>

■ Hyderabad based nutritionist's special diet plan cures many serious patients

Natural food way to healthy life

A. ARUL PALANI
CHENNAI, JULY 16

Deepam Chaudhary, 24, a businessman from Jaipur, is a happy man. His mother, who was suffering from cancer, was cured after following a diet plan suggested by Hyderabad based nutritionist Nikhil Chaudhary.

"My mother was suffering from cancer. She was almost in the last stage of her life in September 2013. Only because of the treatment she survived much more than expected," Deepam Chaudhary said.

A 65-year old bedridden, diabetic from Bengaluru, who had last stage cancer of the liver (12 x 10 cm lesion in 15 cm size liver), survived with the food plan schedule prepared by the nutritionist.

Another 52-year-old man from Bengaluru was diagnosed with Glioblastoma multiforme grade IV, the deadliest cancer, and due to its critical location, the tumour could not be completely removed by surgery. Two years ago, doctors had given him only six months to live. After going on the special diet plan, he is alive and kicking now.

Sneha Sharma of Ujjain in Madhya Pradesh recalled that for seven years she battled chronic ailments including hypothyroid, acute gastritis, low blood pressure, water retention, acne and baldness. "After trying several treatments, I followed this strict diet chart and now I have solved all the unresolved problems," she said.

Dr Neeru Gupta, an ophthalmologist in Chandigarh, says, "I lost my appetite and I was also mentally affected. After following naturopathy and diet I recovered fast. My appetite and energy levels improved. My friends and my family all were happy that my body has started recovering and respiratory problems also cured."

These are among the thousands of people who have followed this novel treatment. Lifestyle diseases are growing at a very fast pace and almost everyone is affected. These diseases could be reversed in most cases by just making some simple changes in diet and lifestyle, says Nikhil Chaudhary, the young Hyderabad based nutritionist and public speaker.

He says nutrition and lifestyle play a major role in



prevention as well as reversal of most diseases. Diseases such as diabetes, hypertension, acidity, PCOS, high cholesterol (Dyslipidemia), fatty liver, and cancer are either reversible or impacted deeply by diet and lifestyle.

Mr Nikhil Chaudhary, a graduate in Biotechnology and a postgraduate in Dietetic and Food Service Management, read several thousands of research papers and 600 books on the subject. In the past nine



Reducing modifiable dietary and lifestyle risk factors could prevent most cases of CAD, stroke, diabetes, and cancer.

—NIKHIL CHAUDHARY



years he has conducted a number of workshops for corporations and seminars organised by corporations, schools, defence forces, and spoken at scientific conferences and other forums.

He has been engaged in creating awareness about the significance of natural food in combating lifestyle diseases. His clients are from the corporate sector, working men and women, IAS and IPS officers, defence personnel, aged men and women, employees in private companies. He has more than 1.4 million views on social media and answers questions through Quora.

Mr Chaudhary has cured deadly lifestyle diseases such as cancer, diabetes, blood pressure, cholesterol,

liver disease. NRIs from 25 countries including Sri Lanka, US, Canada, UK, Iceland, Dubai, Honk Kong, China and Brazil, are in touch with him regularly through WhatsApp and other social media for consultations.

Primary determinants of coronary artery disease (CAD), diabetes, and cancer are not genetic but environmental factors, including diet and lifestyle. Thus, considerable research has been done in identifying modifiable determinants of chronic diseases.

Good nutrition has the power to cure and reverse life style diseases, Mr Chaudhary said. "After completing B Tech course I consulted thousands of research papers and found that reducing modifiable dietary and lifestyle risk factors could prevent most cases of CAD, stroke, diabetes, and cancer. Dietary and lifestyle changes would reduce the incidence of chronic disease," he said.

Maintaining a healthy weight and regular physical activity reduces the risk of CAD, stroke, type 2 diabetes, colon and breast cancer, osteoporotic fractures, osteoarthritis and depression, he said.

AIDS Death Down (The Asian Age: 20190717)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=13394965>

AIDS DEATHS DOWN: UN

- 770,000 HIV-related deaths in 2018, which is 33 % lower than in 2010
- UN warned that global efforts to eradicate AIDS were stalling as funding dries up
- 37.9 million people estimated to now live with HIV
- AIDS-related deaths in Africa have plummeted
- 29% and 10% rise year-on-year, those same regions
- 23.3 million of those with HIV have access to some antiretroviral therapy (ART)
- 800,000 people had died of AIDS in 2017
- 1.2 million AIDS-related deaths in 2010
- 5% rise in death toll in Eastern Europe and 9 per cent rise in Middle East and North Africa



We urgently need increased political leadership to end AIDS. Ending AIDS is possible if we focus on people not diseases... and take a human rights-based approach to reaching people most affected by HIV.

— Gunilla Carlsson,
UNAIDS executive director

Environmental Health ((The Asian Age: 20190717)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=13395024>

Naturalist puts environment back on curriculum, grooms eco-warriors



Restoring the joys of the natural world to children is naturalist and filmmaker Rakesh Khatri, who set up Eco Roots Foundation in 2012 with his wife Monica and son Animesh. Khatri has spent three decades building awareness on sustainable futures.

Hooked on to their iPads and mobile phones, children today are missing the joys of nature, wildlife and birds. In the fast changing urban milieu many children have never seen fireflies or juncus, the shimmering, sparkling torch carrying insects of the night that fascinated us as children. You ask a group of school kids to name five birds they have seen or know about and after crows and pigeons many are stuck for options. Even the croaking frogs that herald the monsoons are a rarity for them.

Bringing back the joys of the



natural world to children is Rakesh Khatri, who set up Eco Roots Foundation (ERF) in 2012 with his wife Monica and son Animesh. A naturalist and a filmmaker, he has spent three decades spreading awareness on building a sustainable future. Passionate about saving birds, conserving water and understanding climate change, he has inspired people across the country, especially children through workshops, nature walks and theatre.

In 2013, Rakesh was honoured with the International Green Apple Award in the House of Commons in London for his work on saving sparrows, whose population was shrinking drastically not just in India but across the world because modern, multi-storied buildings made it difficult for the common house sparrow to build its nests. To counter the decrease in nesting areas for sparrows he started designing eco-friendly sparrow nests that children and adults can make and place around their homes.

ERF conducted more than 1500 workshops and built 52,000 sparrow nests, made of jute, wood and other recyclable material, and established them in major cities including Delhi, Lucknow, Bangalore, Mumbai, Hyderabad, Jaipur etc. He has even taught widows how to

make birds' nests so that they stay engaged and earn some pocket money.

"I love the enthusiasm of school children and this has helped me to develop new concepts on active learning and promoting Education for Sustainable Development (ESD)," says Rakesh. He has trained teachers of 135 schools in ESD. "Who am I?" is an interesting game where an animal picture is strung on the back of a student and with promoting from the rest of the students who have seen the picture, the animal has to be guessed. In the course of the game a lot of interesting facts of the animal are shared with the class. So if it's a camel, the facts shared are:

- There are two types of camels house sparrow to build its nests. — the one hump dromedary camels and the two humped Bactrian camels.
- Camels have three sets of eyelids and two rows of eyelashes to keep sand out of their eyes.
- Camels can completely shut their nostrils during a sandstorm.
- Camels have thick lips that enable them to forage for thorny plants that other animals can't eat.
- Thanks to the thick pads on their chests and knees, camels can sit very comfortably on very

hot sand.

- Camels can travel at 40 miles per hour; the same as a race-horse.
- Some camels are born completely white but turn brown on becoming adults.
- Or about frogs.
- There are over 500 species of frogs.
- Frogs don't need to drink water as they absorb it through their skin.
- A frog's call is unique to its species and some frog calls can be heard a mile away.
- Some frogs can jump over 20 times their length—that is like a human jumping 30 m.
- Due to their permeable skin, typically biphasic life (aquatic larvae and terrestrial adults) and mid-position in the food web, frogs are excellent biological indicators of the health of eco-systems.
- In Egypt, the frog is a symbol of fertility and Heget is the frog goddess of fertility.
- To enable children to remember birds, their distinguishing characteristics are brought out often through mimicking their walk or call. So a mintha walks like a dinosaur and then he regales them about the various species of minthas. The drongo, black like a crow, is smaller and has a forked tail. In Hindi it is called a koral or policeman. Many of the birds build their

nests from the thin twigs that fall from the neem tree.

In the beginning, even as he was honing his skills as a teacher on environment issues, he took children on a nature trail in the home of former chief minister Sheila Dikshit.

Twice a week for five years, some 50 children interested in nature would walk through a trail and discover birds, insects, plants and trees. He still continues to take children on bird watching and nature trips to kindle their love for birds and nature and then nurtures it. For him, environment education is not a lecture but a discussion. He talks of plastic and electronic waste and the damage they cause. Even a dust heap on the road can set off a discussion on how to remove it. The good old bioscope and gramophone, two traditional ways of entertaining and communication, are also used extensively for bringing nature under the child's lens. In fact his "Green Cinema



► **Ek Kahani Pattha Boley (A Story by Leaves)** is a book which is a compilation of 45 stories about wildlife which is disappearing written by children inspired by Rakesh

► **Bioscope**, designed by him, has been showcased at the department of science and technology as a tool to spread awareness on water conservation. Rakesh makes short films on water, biodiversity, climate change and five children can see simultaneously the story being told on a big screen inside the 2.5 foot by 1.5 foot bioscope. Many children got their first glimpse of fireflies (Jugni) through a film shown through the bioscope.

In the ICSK syllabus for Class 4 students on environment, there is a chapter on sparrows and saving them by creating nests based on Rakesh's work.

Ek Kahani Pattha Boley (A Story by Leaves) is a book which is a compilation of 45 stories about wildlife which is disappearing written by children inspired by Rakesh. Another book in the offing, also in Hindi by children, is about looking for the chirping birds that are disappearing.

While sparrow revival continues to be a passion for Rakesh, Eco Roots Foundation was asked by the Department of Science and Technology to organise theatre workshops on water conservation with students. Called Neer, Naari aur Vigyan, they were held in collaboration with children from 170 schools in 17 cities. The children produced small skits relat-

ed to conservation of a depleting resource and the importance of water for women and children who spend long hours in accessing it. Water harvesting and other issues related to water were conveyed through theatre. Hopefully some of these children will grow up to be water warriors. The longest theatre on water conservation with children from June 2016 to March 2017 made it to the Linca Book of Records.

ERF has also held theatre on climate change and global warming with 240 schools from 24 cities in 12 languages. Called Prithvi Vandana, the programme reached out to 1,12,000 students, teachers and parents.

In a CSR (corporate social responsibility) initiative called Green Saviours by VCOM network, ERF was the knowledge partner for environment activity at workshops in 26 locations with 3960 teachers over three months. As new environmental concerns appear, like loss of biodiversity, energy issues, plastic and E-waste, Rakesh Khatri is working on these issues with 200 schools in Delhi/NCR.

Simultaneously he is starting his theatre workshops on environmental issues with children called Aard Kudrat.

The writer is a veteran journalist based in New Delhi

Chikungunya and dengue

In battle against spread of chikungunya and dengue, ICMR finds unlikely ally — bacteria (The Indian Express: 20190717)

<https://indianexpress.com/article/india/in-battle-against-spread-of-chikungunya-and-dengue-icmr-finds-unlikely-ally-bacteria-5833061/>

In a project under process over the last year, ICMR researchers have developed a strain of the *Aedes aegypti* mosquito — the main vector that transmits the viruses that cause dengue — into which *Wolbachia*, a naturally occurring bacteria, is introduced.

ICMR scientists confirm canine distemper virus in 21 Gir lions

Pilot project to track hidden dengue cases

ICMR ties up with Sun Pharma to fight malaria

In battle against spread of chikungunya and dengue, ICMR finds unlikely ally — bacteria

In 2017, India inked a partnership with Monash University to conduct laboratory trials on a global vector-control method. (Illustration by Suvajit Dey)

To control the spread of dengue and chikungunya, scientists at the Indian Council of Medical Research have turned to an unlikely new ally — bacteria.

In a project under process over the last year, ICMR researchers have developed a strain of the *Aedes aegypti* mosquito — the main vector that transmits the viruses that cause dengue — into which *Wolbachia*, a naturally occurring bacteria, is introduced.

Wolbachia “inhibits” viral infection, which means, “people will feel the mosquito bite but they will not be infected. The bacteria will not allow the virus to replicate in the mosquito and so, the virus won’t be transmitted through a bite,” according to Dr Manju Rahi, Scientist-E, ICMR.

The mosquito variant has been named the Puducherry strain since it was developed at the Vector Control Research Centre (VCRC), Puducherry in collaboration with Monash University in Australia.

The mosquitoes are being reared in the laboratory and will be released into the open during field trials by the end of October.

ICMR Director-General Dr Balram Bhargava told *The Indian Express*, “The strain in Puducherry is ready and we will begin the field trials in the next few months. This strain will specifically help in reducing the number of dengue cases across the country.”

Dengue is transmitted by several species of mosquito within the genus *Aedes*. Symptoms include fever, headache, muscle and joint pains, and a characteristic skin rash that is similar to measles. There are four strains and Type-II and IV are considered more severe and normally require hospitalisation.

“The eggs of a mosquito carrying *Wolbachia* bacteria were brought to VCRC in India. They hatched and then mated with Indian mosquitoes. The process is called backcrossing and it has been done 12 times. From the process, we have derived the Puducherry strain and now the mosquitoes are being reared at the laboratory in VCRC. Few approvals are pending and after that, the mosquitoes will be released for field trials,” said Dr Rahi.

“This is a population replacement strategy. With the introduction of the new strain, there will be a gradual decline in the number of dengue cases. The mosquitoes in India will be replaced with those carrying *Wolbachia* bacteria.” According to Health Ministry data, in reply to a question in Lok Sabha, the country has reported 6,210 cases and six deaths from dengue until June 9 this year.

Karnataka crisis: Speaker to decide on resignations, rebel MLAs can skip assembly, says SC

NRC deadline approaching, families stranded in Assam floods stay home

In undecided Congress, first open call for Priyanka: She should be party chief

In 2017, India inked a partnership with Monash University to conduct laboratory trials on a global vector-control method. The university had come up with this method a few years ago and trials were conducted in Cairns in Australia, and the results were promising.

As a part of the Memorandum of Understanding (MoU), an *Aedes aegypti* strain carrying Wolbachia bacteria was imported to India from Monash University

Malaria - ASHA soldiers on ground

How Odisha took bite out of malaria: strategy and ASHA soldiers on ground (The Indian Express: 20190717)

<https://indianexpress.com/article/india/how-odisha-took-bite-out-of-malaria-strategy-and-asha-soldiers-on-ground-5833049/>

Surveying the period between March 2015 and March 2019, this year's Economic Survey also stated that "malaria cases improved significantly...after implementation of Swachh Bharat Mission (SBM)".

ASHA worker Gitanjali Bhakta (left) performs a malaria blood test in Lokapada village of Boudh district. (Express photo by Sampad Patnaik)

From 4,36,850 malaria cases reported in 2015, Odisha had 66,301 cases reported in 2018, an 85-per cent reduction, giving the eastern coastal state the honour of reporting the highest reduction in malaria cases across the country, according to data from the Health Ministry's National Vector Borne Disease Control Programme.¹

Surveying the period between March 2015 and March 2019, this year's Economic Survey also stated that "malaria cases improved significantly...after implementation of Swachh Bharat Mission (SBM)".

The Survey states that Odisha brought about the highest reduction in malaria cases among children below five years but also notes that "major focus of SBM has been on making villages Open Defecation Free (ODF)".

Senior professionals in the state, however, disagree with the analysis. "There is no scientific link between controlling malaria and building toilets," said Dr Pramila Baral, state director, National Vector-Borne Disease Control Programme (NVBDCP).

"It is entirely due to the state government efforts, its political and bureaucratic commitment, and ASHAs on the ground," she emphasised.

How it was achieved

The state government relies on a three-step project to keep malaria in check, executed by 47,147 ASHAs trained in diagnosing and monitoring malaria treatment. In the Early Detection and Complete Treatment (EDCT), an ASHA tests any fever case for malaria — so that treatment begins early and the parasite is killed before mosquitoes spread it.

Odisha also runs a programme called DAMAN — Duragama Anchala Re Malaria Nirakaran (or controlling malaria in remote locations) — as part of which mass screenings are organised

twice a year at 'malaria camps' in these areas: in April-June, and September-October. Under DAMAN, the entire population of these areas undergoes a malaria test, irrespective of whether one has fever or malaria symptoms. Indoor residual spray method is used, in which a residual insecticide is applied to inner walls and ceilings of houses so that malaria vectors come in contact with the insecticide.

While successful test helps an ASHA get Rs 75, just testing, and achieving a negative result, fetches her only Rs 15 per case. As negative cases rise, malaria supervisors in Odisha worry whether the lower pay will demotivate ASHAs to work with equal fervour — or, worse, whether false cases will be reported to game the payment structure. Nine ASHAs in different low-endemic districts admitted that as negative tests keep increasing, the associated lower payment is a disincentive for them to continue testing each case of fever for potential malaria.

Third, the state government has distributed nearly 1.1 crore long-lasting insecticide nets (LLINs) to combat malaria exposure during sleep. ASHA workers go door-to-door to explain nuances of the net's use.

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“For example, LLINs must not be washed with soap water. They should be hung even at day so that mosquitoes that come in contact with the insecticide die throughout the day,” said Swati Kumhari, vector-borne disease consultant for Boudh district, around 200 km to the west of state capital Bhubaneswar.

When The Indian Express visited Lokapada, a village in Harbhanga block of Boudh, ASHA Gitanjali Bhakta, 35, performed a Rapid Diagnostic Kit (RDK) malaria blood test on Arati Dehury, 60, under EDCT programme. Relying on antigen antibody interactions, RDKs are useful in places lacking quality microscopy services.

For a positive test result, Gitanjali has to ensure the patient takes the prescribed medication lasting between three and 14 days, depending whether the detected parasite is plasmodium falciparum or plasmodium vivax. She earns Rs 75 per case for the whole process — from detecting a positive case to completing the course of

India has second highest obese children in world

India has second highest obese children in world: Study (The Indian Express: 20190717)

<https://indianexpress.com/article/lifestyle/health/india-has-second-highest-obese-children-in-world-study-4702274/>

China with 15.3 million and India with 14.4 million had the highest numbers of obese children.

India has the second highest number of obese children in the world after China, according to an alarming study which found that 14.4 million kids in the country have excess weight.

Globally, over two billion children and adults suffer from health problems related to being overweight or obese, and an increasing percentage of people die from these health conditions, researchers said.

They are dying even though they are not technically considered obese, they said.

Of the four million deaths attributed to excess body weight in 2015, nearly 40 per cent occurred among people whose body mass index (BMI) fell below the threshold considered “obese.”

The findings represent “a growing and disturbing global public health crisis,” according to a study published in *The New England Journal of Medicine*.

Among the 20 most populous countries, the highest level of obesity among children and young adults was in the US at nearly 13 per cent; Egypt topped the list for adult obesity at about 35 per cent. Lowest rates were in Bangladesh and Vietnam, respectively, at 1 per cent.

China with 15.3 million and India with 14.4 million had the highest numbers of obese children; the US with 79.4 million and China with 57.3 million had the highest numbers of obese adults in 2015.

“People who shrug off weight gain do so at their own risk – risk of cardiovascular disease, diabetes, cancer, and other life-threatening conditions,” said Christopher Murray, from the University of Washington.

Arjun Kapoor, Varun Dhawan, Jonas Brothers and others give a glimpse of their older self using FaceApp

Shah Rukh Khan, Aryan, Suhana, AbRam and Gauri enjoy dinner outing

Celebrity social media photos: Kareena Kapoor, Varun Dhawan, Nia Sharma and others

“Those half-serious New Year’s resolutions to lose weight should become year-round commitments to lose weight and prevent future weight gain,” Murray said.

The study, which spans 195 countries and territories from 1980 through 2015, includes analyses of other studies on the effects of excess weight and potential links between high BMI and cancers of the oesophagus, colon and rectum, liver, gallbladder and biliary tract, pancreas, breast, uterus, ovary, kidney, and thyroid, as well as leukaemia.

In 2015, excess weight affected 2.2 billion children and adults worldwide, or 30 per cent of all people.

This includes nearly 108 million children and more than 600 million adults with BMI exceeding 30, the threshold for obesity, according to the study.

Explained: Kulbhushan Jadhav case file

The prevalence of obesity has doubled since 1980 in more than 70 countries and has continuously increased in most other nations.

Although the prevalence of obesity among children has been lower than among adults, the rate of increase in childhood obesity in many countries was greater than that of adults.

“Excess body weight is one of the most challenging public health problems of our time, affecting nearly one in every three people,” said Ashkan Afshin, from University of Washington’s Institute for Health Metrics and Evaluation (IHME).

“Over the past decade, numerous interventions have been evaluated, but very little evidence exists about their long-term effectiveness. Over the next 10 years, we will closely with the FAO in monitoring and evaluating the progress of countries in controlling overweight and obesity,” said Afshin.

“Moreover, we will share data and findings with scientists, policymakers, and other stakeholders seeking evidence-based strategies to address this problem,” he said.

32 Healthcare Units

32 Healthcare Units get closure notice over wast disposal (The Times of India: 20190717)

<https://epaper.timesgroup.com/Olive/ODN/TimesOfIndia/#>

Colories

Cut 300 colories/ day to boost health (The Times of India: 20190717)

<https://epaper.timesgroup.com/Olive/ODN/TimesOfIndia/#>

Wearing hearing aid

Wearing hearing aid may help protect brain in later life, researchers suggest (New Kerala: 20190717)

<https://www.newkerala.com/news/read/176110/wearing-hearing-aid-may-help-protect-brain-in-later-life-researchers-suggest.html>

People who wear a hearing aid for age-related hearing problems maintain better brain function over time than those who do not, recent findings suggest.

The research, conducted by the University of Exeter and King's College London, was presented at the Alzheimer's Association International Conference in Los Angeles. The study covered 25,000 people aged 50 or over.

The findings provide early evidence that encouraging people to wear an effective hearing aid may help to protect their brains and reduce their risk of dementia.

Both groups undertook annual cognitive tests over two years. After that, the group who wore hearing aids performed better in measures assessing working memory and aspects of attention than those who did not.

The research was discussed during the meeting of Alzheimer's Association International Conference 2019.

On one attention measure, people who wore hearing aids showed faster reaction time -- in everyday terms, this is a reflection of concentration, for example, 'straining to hear a sound', 'peering closely at an object of great interest', 'listening intently to someone speaking'.

Previous research has shown that hearing loss is linked to a loss of brain function, memory and an increased risk of dementia.

According to the researchers, their work is one of the largest studies to look at the impact of wearing a hearing aid and suggests that wearing a hearing aid could actually protect the brain. They now need more research and a clinical trial to test this and perhaps feed into policy to help keep people healthy in later life.

"We know that we could reduce dementia risk by a third if we all took action from mid-life. This research is part of an essential body of work to find out what really works to keep our brains healthy. This is an early finding and needs more investigation, yet it has exciting potential. The message here is that if you're advised you need a hearing aid, find one that works for you. At the very least it will improve your hearing and it could help keep your brain sharp too," said Clive Ballard, lead author of the study.

Flu vaccination

Women's immunity to flu vaccination decreases with age (New Kerala: 20190717)

<https://www.newkerala.com/news/read/175894/womens-immunity-to-flu-vaccination-decreases-with-age.html>

Generally women have a greater immune response to flu vaccinations as compared to men. However, their immunity weakens as they age and their estrogen decline, suggests a study.

The study was published in the journal of 'npj Vaccines'.

"We need to consider tailoring vaccine formulations and dosages based on the sex of the vaccine recipient as well as their age," said Sabra Klein, the study's senior author.

First, the researchers evaluated immune responses to the 2009 H1N1 influenza vaccine among 145 human volunteers -- one group age 18-45 years, the other of 65 and the older.

Analysing key markers of the immune response, the researchers found that, on average, women in the younger group had a stronger response as compared to both the men and the older women.

The younger women had, for example, a jump in their levels of the important immune protein -- IL-6 -- that was almost three times greater than that seen in the younger men, and almost double seen in the older women

Measures of the anti-flu antibody response also were higher for the younger women as compared to the men and the older women, though the greatest differences were between the younger and the older women.

The team conducted a similar set of experiments in adult and aged mice and observed similar results.

In the mice and in the human volunteers, the younger females, as expected, had higher bloodstream levels of estradiol, one of the important estrogens, as compared to the older, post-menopausal females.

Similarly, the younger males had higher bloodstream levels of testosterone compared to older males. Stronger vaccine response was linked to higher estradiol among the females and, more weakly, to lower testosterone among the younger males.

Klein and her colleagues found evidence that this association with sex hormone levels was causal.

"What we show here is that the decline in estrogen that occurs with menopause impacts women's immunity," said Klein.

"Until now, this hasn't been considered in the context of a vaccine. These findings suggest that for vaccines, one size doesn't fit all. Perhaps men should get larger doses, for example," Klein added.

Cancer tissue-freezing

Cancer tissue-freezing may help patients cut treatment cost (New Kerala: 20190717)

<https://www.newkerala.com/news/read/175374/cancer-tissue-freezing-may-help-patients-cut-treatment-cost.html>

Researchers have developed a new reusable device which can help women with breast cancer in lower-income countries by using carbon dioxide, a widely available and affordable gas, to power a cancer tissue-freezing probe instead of industry-standard argon.

According to the study published in the journal PLOS One, the research team wanted to create a tissue-freezing tool that uses carbon dioxide, which is already widely available in most rural areas thanks to the popularity of carbonated drinks.

"Innovation in cancer care doesn't always mean that you have to create an entirely new treatment. Sometimes it means radically innovating on proven therapies such that they're redesigned to be accessible to the majority of the world's population," said the study's first author Bailey Surtees from the Johns Hopkins University.

For the study, the research team tested their tool in three experiments to ensure it could remain cold enough in conditions similar to the human breast and successfully kill tumour tissues.

In the first experiment, the team used the tool on jars of ultrasound gel, which thermodynamically mimics human breast tissue, to determine whether it could successfully reach standard freezing temperatures killing tissues and form consistent iceballs.

In all the trials, the device formed large enough iceballs and reached temperatures below -40 degrees Celsius, which meets standard freezing temperatures for tissue death for similar devices in the United States.

For the second experiment, the team treated 9 rats with 10 mammary tumours. Afterwards, they looked at the tissues under a microscope and confirmed that the tool successfully killed 85 per cent or more tissues for all tumours.

Finally, the team tested the tool's ability to reach temperatures cold enough for tissue destruction in the normal liver of a pig, which has a temperature similar to a human breast.

The device was successfully able to stay cold enough during the entire experiment to kill the target tissue.

Pregnancy

Surgery before pregnancy leads to increased risk of opioid withdrawal in babies. Study (New Kerala: 20190717)

<https://www.newkerala.com/news/read/175101/surgery-before-pregnancy-leads-to-increased-risk-of-opioid-withdrawal-in-babies-study.html>

In a study, it has been found that babies whose mothers underwent surgery before pregnancy have an increased risk of opioid withdrawal symptoms at birth.

The study was published in the journal, 'Canadian Medical Association Journal'

Dr Nathalie Auger, lead author of the study said "Use of opioids for pain control after surgery may increase the risk of opioid dependence in women and withdrawal in their newborns."

"We found mothers who had surgery before pregnancy had 1.6 times the risk of neonatal abstinence syndrome; that is, opioid withdrawal symptoms in their future newborns, perhaps because opioid use continues after surgery," Auger added.

The study included data on almost 2.2 million births in Quebec between 1989 and 2016. Of the total, 2346 newborns had neonatal abstinence syndrome and, of these, 1052 had mothers who underwent pre-pregnancy surgery (14.9 per 10 000 babies) compared with 1294 babies (8.8 per 10 000) born to mothers who did not have surgery.

Multiple surgeries; younger age at surgery; the longer time between surgery and pregnancy; and cardiovascular, thoracic, urologic, or neurosurgery were associated with the largest risk of neonatal abstinence syndrome. There was also a strong association with general anaesthesia, perhaps because this type of anaesthesia is used in more complex surgeries, which can require longer use and higher dosage of pain relievers.

"Physicians have the potential to prevent neonatal abstinence syndrome with careful postoperative pain management in young women," said Dr Auger.

"Opioids continue to be overprescribed, despite calls to optimize postsurgical pain control through improvement of surgical guidelines and use of multipronged approaches with non-opioid painkillers or local anaesthesia," she concluded.

Health Guideline (Navbharat Times: 20190717)

<http://epaper.navbharattimes.com/details/46769-70261-1.html>

कटे होंठ के इलाज के लिए बनेंगी गाइडलाइंस

■ प्रमुख संवाददाता, नई दिल्ली

कटे होंठ (क्लेफ्ट लिप) जन्मजात बीमारी है। इसे जन्म से लेकर 18 साल की उम्र के बीच तीन-चार चरणों में सर्जरी कर ठीक किया जाता है।

मल्टीपल ऑपरेशन की वजह से मरीज को लंबे समय तक अस्पताल में रहना पड़ता है। एम्स और दिल्ली के चार सेंट्रों में की गई स्टडी में पाया गया

है कि इसके इलाज का तरीका सही नहीं है। डॉक्टर अपने-अपने तरीके से इलाज करते हैं। अब इसके इलाज के तरीके को बेहतर बनाने, परेशानियों को कम करने और सही गाइडलाइन बनाने के लिए आईसीएमआर की पहल पर पूरे देश के 8 सेंट्रों पर स्टडी की जा रही है। इसके आधार पर एक एक जैसा ट्रीटमेंट तैयार किया जाएगा।

एम्स के डेंटल सेंटर के एचओडी डॉक्टर ओपी खरबंदा इस स्टडी की अगुवाई कर रहे हैं और प्लास्टिक सर्जरी विभाग के एचओडी डॉक्टर

मनीष सिंघल सर्जरी करते हैं। इसके लिए एम्स के कई और डिपार्टमेंट को शामिल किया गया है। इस बारे में डॉक्टर मनीष सिंघल ने कहा कि हर 500 में एक बच्चे को यह बीमारी होती है, जो बहुत बड़ी संख्या है। दिक्कत

स्टडी में चला पता, देश में इसके इलाज का तरीका सही नहीं

यह है कि इसमें कई चरणों में सर्जरी होती है और अक्सर बच्चे एक या दो सर्जरी के बाद इलाज नहीं कराते हैं। पूरी तरह से ठीक होने में 3 से 4

सर्जरी करनी होती है। उन्होंने बताया कि पहले एम्स में स्टडी की और फिर दिल्ली के चार सेंट्रों पर इस पर स्टडी की। पता चला कि बीमारी के इलाज में कई स्तर पर काम करने की जरूरत है और इसके लिए बड़ी स्टडी करने की भी जरूरत है। इसी मकसद से अब देश के कई सेंट्रों को मिलाकर इस पर स्टडी की जा रही है। डॉक्टर सिंघल ने बताया कि शुरुआती स्टडी में यह पता चला है कि इलाज तो हो रहा है, लेकिन मरीजों को परेशानी भी हो रही है। सही इलाज की कोई गाइडलाइन नहीं है।

Malnutrition ((Navbharat Times: 20190717)

<http://epaper.navbharattimes.com/details/46936-54520-1.html>

‘भारतीयों में कुपोषण तो घट रहा, लेकिन मोटापा बढ़ने लगा’

■ आईएनएस, संयुक्त राष्ट्र

भारत में ज्यादा से ज्यादा लोग मोटापे का शिकार हो रहे हैं, लेकिन कुपोषण का शिकार होने वालों की संख्या कमतर हो रही है। एक रिपोर्ट में कहा गया है कि अब देश में भूख के संकट का असर कम हो रहा है, लेकिन मोटापा सेहत के लिए नए मुद्दे के रूप में उभर रहा है। विश्व में 2019 में खाद्य सुरक्षा की स्थिति और पोषण पर सोमवार को जारी हुई रिपोर्ट के अनुसार भारत में मोटापे के शिकार लोगों की संख्या 2012 में 24.1 मिलियन थी, जो अब 2016 में बढ़कर 32.8 मिलियन हो गई है।

एफएओ की रिपोर्ट के अनुसार कुपोषण के शिकार भारतीयों की संख्या में गिरावट आई है। 2004-06 तक की अवधि में भारत में कुपोषित लोगों की संख्या 253.9 मिलियन थी। 2010-12 के बीच यह संख्या 217 मिलियन हो गई, जबकि 2016 से 18 के बीच कुपोषण से जूझ रहे लोगों की संख्या केवल 194.4 मिलियन रह गई। रिपोर्ट के अनुसार पिछले साल पांच साल से कम उम्र के मोटापे के शिकार भारतीय बच्चों की संख्या 2 करोड़ 40 लाख थी, जबकि 5 साल से कम उम्र के 4 करोड़ 60 लाख बच्चों का कद छोटा रह गया। रिपोर्ट में बताया गया कि दुनिया भर में ज्यादा वजन के वयस्क लोगों की संख्या 2012 में 563.7 मिलियन से

UN की रिपोर्ट



■ 2019 में दुनियाभर में खाद्य सुरक्षा की स्थिति और पोषण पर सामने आए आंकड़े

बढ़कर 2016 में 672.3 मिलियन हो गई। एफएओ के महानिदेशक जोस ग्रेजियानो डा सिल्वा ने रिपोर्ट जारी करते हुए कहा, 'दुनिया भर में मोटापे की समस्या तेज रफ्तार से बढ़ रही है। खासतौर से बच्चों में मोटापा महामारी की तरह उभर रहा है। विभिन्न देशों को मोटापे पर अंकुश लगाना होगा और सुनिश्चित करना होगा कि फूड प्रॉडक्ट्स के बारे में सही जानकारी मिले। बच्चों को स्वस्थ रखने और मोटापे से बचाने के लिए हाई शुगर कंटेंट वाले खाद्य पदार्थों की जगह ताजा खाना और स्वास्थ्यवर्धक नाश्ता देना चाहिए।'

Dengue (Hindustan: 20190717)

http://epaper.livehindustan.com/imageview_138391_71064238_4_1_17-07-2019_i_2.pagezoomsinwindows.php

डेंगू के खिलाफ आज से अभियान

नई दिल्ली | प्रमुख संवाददाता

मच्छरजनित बीमारियों के खिलाफ तीन दिन का महाअभियान बुधवार से शुरू होगा। इसके तहत स्थानीय नेता और अफसर 17 से 19 जुलाई तक डेंगू लार्वा की तलाश करने के लिए स्कूल, अस्पताल, सरकारी इमारत और पार्क आदि जगहों पर जाएंगे।

पिछले साल डेंगू के 2798 मामले सामने आए थे। चार लोगों की डेंगू से मौत हो गई थी। केंद्रीय स्वास्थ्य मंत्री डॉ. हर्षवर्धन ने मंगलवार को कहा कि

डंक का डर

- 17 से 19 जुलाई तक लार्वा की तलाश के लिए अभियान चलेगा
- सुबह 9 बजे से दोपहर 12 बजे तक टीमों तैनात रहेंगी

तीन दिन तक दिल्ली में सुबह 9 से दोपहर 12 बजे तक लार्वा की तलाश की जाएगी। करीब 286 टीमों दिल्ली के कोने कोने में तलाशी अभियान चलाने के लिए तैनात की गई हैं। इस दौरान केंद्रीय राज्य स्वास्थ्य मंत्री अश्विनी

कुमार चौबे बुधवार सुबह 9 बजे सरोजनी नगर मार्केट के पास कम्युनिटी हॉल के आसपास महा अभियान में शामिल होंगे।

मच्छरों के लार्वा को खोजकर खत्म करने के लिए दिल्ली सरकार, तीनों निगम, नई दिल्ली नगर पालिका परिषद (एनडीएमसी), रेलवे, आरडब्ल्यूए आदि शामिल होंगे। निगमों के 272 वार्ड और नई दिल्ली नगर पालिका परिषद के 14 इलाकों के लिए 286 टीमों बनाई हैं, जिनमें 15 से 20 सदस्य हर टीम में होंगे।

Ayush Doctor (Hindustan: 20190717)

http://epaper.livehindustan.com/imageview_138398_71381592_4_1_17-07-2019_i_8.pagezoomsinwindows.php

बिहार में आयुष डॉक्टरों की संख्या तीन गुना से ज्यादा, हरियाणा, मध्य प्रदेश में भी संख्या अधिक छह राज्यों में एमबीबीएस से ज्यादा आयुष डॉक्टर

नई दिल्ली | नदन जैड़ा

उत्तर प्रदेश, बिहार समेत छह राज्यों में एलोपैथिक (एमबीबीएस) डॉक्टरों से ज्यादा आयुष चिकित्सा पेशियों के डॉक्टर हो गए हैं। बिहार में तो इनकी संख्या तीन गुना से भी ज्यादा है।

मध्य प्रदेश, हरियाणा, हिमाचल प्रदेश और तेलंगाना में भी एमबीबीएस कम आयुष डॉक्टर ज्यादा हैं। केंद्रीय स्वास्थ्य एवं परिवार कल्याण मंत्री डॉक्टर हर्षवर्धन ने कुछ दिन पूर्व संसद में

राज्य	एमबीबीएस डॉक्टर	आयुष डॉक्टर
उत्तर प्रदेश	77549	85489
बिहार	40849	136470
हरियाणा	5717	14121
हिप्र	3054	11620
मध्य प्रदेश	38780	67048
तेलंगाना	4942	20612

डॉक्टरों से संबंधित आंकड़े रखे थे जिनके विश्लेषण से यह बात सामने आई है। आयुष पेशी के तहत तीन पेशियों आयुर्वेद, यूनानी और होम्योपैथी के पंजीकृत चिकित्सकों के आंकड़े दिए गए हैं। इन आंकड़ों के विश्लेषण से पता

चलता है कि बिहार में एलोपैथी के कुछ पंजीकृत डॉक्टरों की संख्या 40849 है। वहां आयुष डॉक्टर तीन गुना ज्यादा 136470 पंजीकृत हैं।

उत्तर प्रदेश में एलोपैथी के 77549 डॉक्टर हैं जबकि आयुष

सरकार को आयुष चिकित्सकों का बेहतर इस्तेमाल सुनिश्चित करे और आयुष पेशियों से उपचार सेवाओं का विस्तार करना चाहिए। - परमेश्वर अरोड़ा, आयुर्वेद विशेषज्ञ

सरकार के पास आयुष डॉक्टरों को लेकर ठोस नीति नहीं होने के कारण इनमें से 80 फीसदी एलोपैथी में काम कर रहे हैं।
- जयराम रमेश
कांग्रेस सांसद, राज्यसभा

पेशियों के 85489 हैं। डब्ल्यूएचओ मानकों के अनुसार एक हजार आबादी पर एक चिकित्सक होना चाहिए। यदि एलोपैथिक चिकित्सकों की संख्या के आधार मानें तो अभी 1456 लोगों पर एक डॉक्टर है।

Heart – Calories ((Hindustan: 20190717)

http://epaper.livehindustan.com/imageview_138414_99256104_4_1_17-07-2019_i_22.pagezoomsinwindows.php

कैलोरी कम करने से दिल ठीक रहेगा



नई दिल्ली | हिन्दुस्तान टीम

खाने में रोजाना 300 कैलोरी कम लेने से आप 24 फीसदी तक कोलेस्ट्रॉल घटाने के साथ दिल की बीमारी को दूर भगा सकते हैं। नए शोध में यह दावा किया गया है।

अमेरिका के उत्तरी कैरोलीना में डरहम स्थित ड्यूक यूनिवर्सिटी स्कूल ऑफ मेडिसिन के शोधकर्ताओं का कहना है कैलोरी घटाने पर जोर देने से कोलेस्ट्रॉल (एलडीएल) को घटाने में भी मदद मिलती है। पिछले हफ्ते लेंसेंट डायबिटीज एंड इंडोक्रिनोलॉजी नामक जर्नल में यह शोध प्रकाशित हुआ है।

ऐसे हुआ शोध: अध्ययन अमेरिका में वर्ष 2007 से 2010 के बीच हुआ।



इसमें 21 से 50 की उम्र के 218 लोगों को शामिल किया गया। इनमें से 143 लोगों को अचानक 25% कम कैलोरी लेने को कहा गया। जबकि 75 लोगों को पहले की तरह खानपान रखने को कहा गया। दो साल में जिन लोगों ने मानकों

24 फीसदी तक कोलेस्ट्रॉल घटता है 300 कम कैलोरी का सेवन करने से

218 लोगों पर 2007 से 2010 तक किया गया अध्ययन

25 फीसदी तक कैलोरी कम करने को कहा गया प्रतिभागियों से

11.9 फीसदी तक घट गई कैलोरी की मात्रा दो साल बाद प्रतिभागियों में

का पालन किया उनकी कैलोरी 11.9% तक घट गई। यह 25% कम तो नहीं हुई पर 297 कैलोरी घटाने में मदद मिली। शोधकर्ताओं ने पाया कि मानकों का पालन करने वालों में एक साल के भीतर एलडीएल की मात्रा काफी तेजी से घटी।