



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20191217

प्रशिक्षण कार्यक्रम

चिकित्सा अधिकारियों के लिए विशेष प्रशिक्षण कार्यक्रम हुआ शुरू (Amar Ujala: 20191217)

नयी दिल्ली। राष्ट्रीय स्वास्थ्य एवं परिवार कल्याण संस्थान में नव नियुक्त चिकित्सा अधिकारियों के लिए आधारभूत प्रशिक्षण कार्यक्रम सोमवार से शुरू हुआ। केंद्रीय स्वास्थ्य सचिव प्रीति सूदन ने कार्यक्रम का उद्घाटन किया। अपर सचिव एवं वित्तीय सलाहकार डॉ डी एस गंगवार ने कहा की जहाँ एक ओर चिकित्सक रोगियों की सेवा कर अपने चिकित्सकीय धर्म को निभाता है. वहीं लोक कल्याणकारी नीतियों का निर्माण कर असंख्य लोगों के जीवन को सुलभ सुखद और सक्षम बनता है। संयुक्त सचिव गायत्री मिश्रा ने सभी चिकित्साधिकारियों की सराहना करते हुए उन्हें अपने उत्तरदायित्यों का कुशलतापूर्वक निर्वहन करने के लिए शुभकामनाये दी। संस्थान के निदेशक प्रोफेसर हर्षद ठाकुर ने नव नियुक्त चिकित्साधिकारियों के लिए आधार प्रशिक्षण कार्यक्रम की रुपरेखा व महत्व के बारे में विचार व्यक्त किये।

हार्ट अटैक

सर्दियों में बढ़ जाता है हार्ट अटैक का खतरा, मॉर्निंग वॉक पर जाना हो सकता है घातक (Dainik Jagran: 20191217)

<https://www.jagran.com/delhi/new-delhi-city-all-you-need-to-know-more-about-cold-weather-and-your-heart-jagran-special-19851799.html>

हार्ट केयर फाउंडेशन ऑफ इंडिया के अध्यक्ष डॉ. केके अग्रवाल ने कहा कि तापमान काफी कम हो जाने पर धमनियां सिकुड़ने लगती हैं और हार्ट अटैक का खतरा रहता है।

नई दिल्ली [जागरण स्पेशल]। मौसम का पारा गिरते ही दिल्ली में ठिठुरन बढ़ गई है। ऐसे में डॉक्टरों ने लोगों को स्वास्थ्य के प्रति सचेत रहने की सलाह दी है। डॉक्टर कहते हैं कि यह देखा गया है कि सर्दियों के मौसम में हार्ट अटैक अधिक होता है, इसलिए इस मौसम में हार्ट अटैक का खतरा अधिक है। खासतौर पर पहले से हृदय की बीमारी व अन्य पुरानी बीमारियों से पीड़ित लोगों को अधिक सतर्क रहने की जरूरत है। साथ ही अभी सुबह में सैर न करें।

हार्ट केयर फाउंडेशन ऑफ इंडिया के अध्यक्ष डॉ. केके अग्रवाल ने कहा कि तापमान काफी कम हो जाने पर धमनियां सिकुड़ने लगती हैं। इस वजह से रक्त संचार प्रभावित होता है और हार्ट अटैक का खतरा रहता है। इसके अलावा अस्थमा के मरीजों की परेशानी बढ़ सकती है, इसलिए इन दिनों खानपान में ठंडी चीजों का इस्तेमाल नहीं करना चाहिए। ब्लड प्रेशर, अस्थमा व मधुमेह के मरीजों को डॉक्टर की सलाह लेकर जरूरत के मुताबिक दवा की खुराक बढ़ा लेनी चाहिए। इसके अलावा सुबह सैर करना दिल के लिए नुकसानदायक साबित हो सकता है, इसलिए अभी सुबह की जगह दिन में धूप निकलने पर ही सैर करें।

फोर्टिस अस्पताल के पल्मोनरी विभाग के डॉ. विकास मौर्य ने कहा कि सर्दियों में लोगों के सामने दोहरी चुनौती होती है। एक तो तापमान काफी कम हो गया है। दूसरी बात यह कि ठंड के मौसम में धूलकण वातावरण में ज्यादा ऊपर नहीं उठ पाते। इस वजह से ठंड के मौसम में प्रदूषण का स्तर अधिक होता है। इस वजह से सर्दियों के मौसम में वायरल संक्रमण होने की आशंका रहती है। इससे गले व फेफड़े में संक्रमण होने के साथ ही निमोनिया का खतरा बढ़ जाता है। अस्पताल में ऐसे मरीज बढ़ भी गए हैं। बच्चों, बुजुर्गों, पुरानी बीमारियों से पीड़ित, किडनी या अन्य अंग प्रत्यारोपण वाले मरीजों को संक्रमण होने पर नुकसान का खतरा अधिक होता है। इसलिए उन्हें अधिक संभलकर रहना चाहिए। यह देखा

गया है कि ठंड अधिक होने पर लोग पानी पीना कम कर देते हैं। इससे ब्लड गाढ़ा होने लगता है, इसलिए ठंड में हार्ट अटैक होने का खतरा बढ़ जाता है। इसलिए 40 से 50 साल की उम्र वाले लोगों को भी सतर्क रहना चाहिए और प्रतिदिन छह से आठ ग्लास गुनगुना पानी पीना चाहिए। यदि किसी को डॉक्टर ने कम पानी पीने की सलाह दी है, उसे डॉक्टर की सलाह का ही पालन करना चाहिए।

नए साल के जश्न के दौरान सतर्कता बरतें दिल्ली-एनसीआर के लोग, खतरनाक होगा वायु प्रदूषण

डॉक्टरों ने लोगों को सचेत रहने की दी सलाह

सुबह में न करें सैर, धूप निकलने का करें इंतजार

सर्दी से बचाव के तरीके

गर्म कपड़ों का इस्तेमाल करें

सुबह जल्दी बाहर न निकलें

खानपान में ठंडी चीजों का इस्तेमाल न करें

खूब पानी पीयें

बच्चे, बुजुर्ग व पुरानी बीमारियों से पीड़ित लोग घर में रहें

घर में ठंड से बचाव के लिए ऐसे ब्लोअर का इस्तेमाल कर सकते हैं, जिससे कमरे में ऑक्सीजन बर्न न हो

फेफड़ों के रोग

ई-सिगरेट पीने वालों में तीन गुना ज्यादा पाया गया फेफड़ों के रोगों के होने का खतरा (Dainik Jagran: 20191217)

<https://www.jagran.com/world/america-vaping-may-increase-chronic-lung-disease-risk-19852039.html>

अमेरिका की कैलिफोर्निया यूनिवर्सिटी के शोधकर्ताओं के अनुसार ई-सिगरेट का इस्तेमाल करने वालों में फेफड़ों के रोग का खतरा करीब तीन गुना ज्यादा पाया।

लॉस एंजिल्स, पीटीआइ। पारंपरिक सिगरेट के सुरक्षित विकल्प के दावे के साथ पेश की गई ई-सिगरेट से होने वाले नुकसान को लेकर एक नया अध्ययन किया गया है। इसमें पाया गया कि ई-सिगरेट के इस्तेमाल से अस्थमा और ब्रोंकाइटिस (श्वसन नली में संक्रमण) जैसी फेफड़ों की बीमारियों का खतरा बढ़ सकता है। अमेरिका की कैलिफोर्निया यूनिवर्सिटी के शोधकर्ताओं के अनुसार, यह निष्कर्ष ई-सिगरेट और तंबाकू सेवन को लेकर करीब 32 हजार लोगों पर तीन साल तक किए गए एक अध्ययन के आधार पर निकाला गया है।

इस अध्ययन से जुड़े प्रोफेसर स्टैंटन ग्लेंट्ज ने कहा, 'तंबाकू सेवन को नियंत्रित करने के बाद भी ई-सिगरेट का इस्तेमाल करने वालों में फेफड़ों के रोग का खतरा करीब तीन गुना ज्यादा पाया। इस आधार पर हम इस निष्कर्ष पर पहुंचे हैं कि ई-सिगरेट भी नुकसानदेह है।' पूर्व में किए गए अध्ययन में भी ई-सिगरेट और फेफड़ों के रोग के बीच संबंध पाया गया था।

https://epaper.livehindustan.com/imageview_445987_90076298_4_1_17-12-2019_24_i_1_sf.html

वर्तमान में जांच के लिए दर्दनाक बायोप्सी करानी पड़ती है

थूक की जांच से गले के कैंसर की पहचान होगी



संदेश

लंदन | एजेसी

एचपीवी वायरस की वजह से होने वाले मुंह और गले के कैंसर की पहचान अब थूक की जांच से हो सकेगी। इस नए परीक्षण से हर साल हजारों लोगों की जान बचाई जा सकती है। एक हालिया शोध में यह खुलासा हुआ है। उत्तरी कैरोलिना की ड्यूक यूनिवर्सिटी के वैज्ञानिकों के अनुसार थूक की यह जांच बीमारी की पहचान 80 फीसदी सटीकता के साथ कर सकती है।

सस्ती है जांच की प्रक्रिया : डॉक्टरों का कहना है कि यह जांच कैंसर का जल्द पता लगाने में सक्षम है और यह मरीजों को कैंसर के खिलाफ अपनी लड़ाई लड़ने में मदद कर सकती है। दुनियाभर के अस्पतालों में इस जांच का इस्तेमाल किया जा सके इसके लिए और क्लिनिकल ट्रायल करने की जरूरत है। लेकिन, शोधकर्ताओं को पूरी उम्मीद है की यह जांच बीमारी की पहचान करने में पूरी तरह सक्षम है। यह प्रक्रिया सस्ती है और सिर्फ 10 मिनट में परिणाम बता सकती है।

पश्चिमी देशों में मुंह और गले के कैंसर के मामले में तेजी से बढ़ोतरी हो रही है। एक दशक में यूके में इस बीमारी के



80 फीसदी सटीकता के साथ कैंसर की पहचान कर सकती है थूक की जांच

10 मिनट में परिणाम बता देती है यह जांच

08 घंटे लगते हैं बायोप्सी करने में वर्तमान में

कैंसर कणों की पहचान करेगी चिप

नई जांच में एक चिप थूक में मौजूद एक्सोजोम नामक सूक्ष्म कणों को अलग कर देती है। यह कण कैंसर के पनपने पर शरीर में पैदा होते हैं। एक्सोजोम कैंसर और विभिन्न कोशिकाओं के बीच अणुओं का आदान-प्रदान करने के लिए जाने जाते हैं। नई जांच में इस एक्सोजोम को अलग कर इनमें ट्यूमर के डीएनए की खोज की जाती है। यह लार में मौजूद एचपीवी-16 वायरस की भी पहचान करती है जिससे गले के कोष में कैंसर होता है। इस जांच में पांच मिनट का समय लगता है।

मरीजों की संख्या दोगुनी हो गई है। यह बीमारी ह्यूमन पापिलोमा वायरस से होती है। यह वायरस यौन संबंध बनाने के दौरान एक से दूसरे शरीर में प्रवेश करता है और संक्रमण को बढ़ावा देता है। जोखिम के दूसरे कारकों में अत्यधिक मात्रा में शराब का सेवन और लंबे समय तक धूम्रपान करना शामिल है।

ओरोफरीनक्स में होता है कैंसर : शोधकर्ता प्रोफेसर टोनी जुन हाउंग ने कहा कि दुनियाभर में हर साल कैंसर के ऐसे 1,15,000 मामले सामने आते

हैं। उन्होंने कहा कि युवाओं में एचपीवी वायरस के बढ़ते संक्रमण के कारण इस कैंसर के मामलों में तेजी से बढ़ोतरी हो रही है। यह कैंसर ओरोफरीनक्स में होता है। यह गले के पीछे जीभ और टॉसिल के पास स्थित होता है। इस कैंसर की जल्द पहचान होने से इस बचाव की उम्मीद 50 से 90 फीसदी तक बढ़ जाती है। लेकिन, एडवांस स्टेज से पहले इस कैंसर की पहचान नहीं हो पाती है। इन्हें रूटीन चेकअप में देख पाना मुश्किल होता है।

सर्वाङ्कल स्पांडलाइटिस

सर्वाङ्कल स्पांडलाइटिस से हैं परेशान तो आयुर्वेदिक औषधियों से बना यह तेल रामबाण साबित होगा
(Dainik Jagran: 20191217)

<https://www.jagran.com/uttar-pradesh/meerut-city-cervical-spondylitis-treatment-with-oil-19851388.html>

एलोपैथ के लिए चुनौती बन चुकी बीमारी सर्वाङ्कल स्पांडलाइटिस के इलाज में 20 से ज्यादा आयुर्वेदिक औषधियों से बना तेल रामबाण साबित हुआ। मरीजों को इससे फायदा हुआ है।

मेरठ, [संतोष शुक्ल]। Cervical spondylitis एलोपैथ के लिए चुनौती बन चुकी बीमारी सर्वाङ्कल स्पांडलाइटिस के इलाज में 20 से ज्यादा आयुर्वेदिक औषधियों से बना तेल रामबाण साबित हुआ। मेरठ की डा. निधि शर्मा ने स्पांडलाइटिस के सौ से ज्यादा मरीजों पर शोध किया, जिसमें चोंकाने वाले परिणाम मिले। शोध को इंटरनेशनल जर्नल आफ रिसर्च इन आयुर्वेदिक साइंस में छापा गया है। मरीजों को दर्द निवारक और स्टेरायड से भी निजात मिली। शोध को देशभर में कई कार्यशालाओं में प्रस्तुत किया गया।

महावीर आयुर्वेदिक मेडिकल कालेज की पंचकर्म विभाग की असिस्टेंट प्रोफेसर डा. निधि शर्मा ने बताया कि सर्वाङ्कल स्पांडलाइटिस के मरीजों पर नस्य, पोटली, स्वेद और अभ्यंग-मालिश की चिकित्सा बेहद कारगर मिली। चरक संहिता और चक्रदत्त के वातरोग अधिकार खंड में इस तेल का जिक्र है, जो दशमूल, उड़द की जड़, रासना, अरंड मूल, निर्गुन्डी समेत करीब 20 जड़ी-बूटियों से बनाया गया। इस तेल की दो-दो बूंद मरीज की नाक में डाली जाती हैं। साथ ही तिल के तेल और घी का पाक बनाकर इसमें सेंधा नमक मिलाते हुए सर्वाङ्कल स्पांडलाइटिस के मरीजों पर लेप किया गया। मेडिकल जर्नल में छपी रिपोर्ट के मुताबिक 15 दिन में मरीजों का न सिर्फ दर्द दूर हुआ, बल्कि उनके बैठने की स्थिति भी सुधर गई। दक्षिण भारत में इस पद्धति से कारगर इलाज किया जा रहा है।

सर्द मौसम में दर्द से परेशान मरीज

कंप्यूटर पर देर तक बैठने, आफिस वर्क करने वालों और उठने-बैठने के गलत तरीकों से रीढ़ की हड्डी के अंदर से गुजरती नसों पर दबाव बनता है। हाथ-पैर में झनझनाहट, सिर दर्द, गर्दन दर्द व चक्कर के

रूप में सर्वाइकल स्पांडलाइटिस उभरता है। हेमंत और शिशिर ऋतु में वातविकार बढ़ने से मरीज परेशान होते हैं। डा. निधि ने बताया कि पंचकर्म के इलाज से मरीजों में बीमारी दोबारा नहीं उभरी।

इनका कहना है

चरक के सूत्र पर बना तेल सर्वाइकल स्पांडलाइटिस के मरीजों के लिए पूरी तरह कारगर मिला। उन्हें दर्द निवारक और स्टेरायड के सेवन से निजात मिल गई। नाक में दो बूंद डालने, पोटली से सिकाई व मालिश से मरीज ठीक हो गए। यह शोध देशभर में कई वर्कशाप में प्रस्तुत कर चुकी हूं।

<http://epaper.navbharattimes.com/details/81363-58739-1.html>

अल्जाइमर का रक्षक दिमाग में ही है मौजूद

■ आईएनएस, टोरंटो : भूलने की बीमारी अल्जाइमर का बचाव दिमाग में ही मौजूद है। एक शोध में पाया गया कि मस्तिष्क में मौजूद एक प्रोटीन इस रोग से सुरक्षा कर सकता है। इस प्रोटीन का नाम सीडी33 है और यह दिमाग की सफेद रक्त कोशिकाओं में पाया जाता है।



ये रक्त कोशिकाएं बीमारियों के खिलाफ सुरक्षा देती हैं। शोधकर्ताओं ने बताया कि इन कोशिकाओं को माइक्रोग्लिया कहते हैं। ये अल्जाइमर रोग में अहम भूमिका निभा सकती हैं। माइक्रोग्लिया को नुकसानदायक से रक्षात्मक बनाना बीमारी के इलाज में महत्वपूर्ण हो सकता है।

Malnutrition and Obesity

Twin dangers of malnutrition and obesity affecting health and food security: WHO (Hindustan Times: 20191217)

<https://epaper.hindustantimes.com/Home/ArticleView>

New Delhi : The world is facing a new nutrition reality with at least one in three countries facing the twin burdens of malnutrition and obesity in the same communities and even within the same families, said a new report published in The Lancet.

One in three low and middle-income countries is affected as they adopted unhealthy diets of affluent countries that are high in calories, fat, sugar and salt, particularly in South Asia, Sub-Saharan Africa, East Asia and the Pacific, experts led by the World Health Organisation said.

At least 2.3 billion children and adults are overweight, and more than 150 million children are stunted, according to the WHO, with these issues overlapping in individuals, families, communities and countries, which calls for a new approach to nutrition to improve the food quality and supply to ensure low- and moderate-income countries and households have sustainable, safe, affordable and healthy diets.

“All societies are suffering from the many forms of malnutrition - from undernutrition to overweight- obesity. These are now twin dangers affecting many low and middle income countries. It is not enough for nutrition science to state what healthy diets are. Agriculture and food systems must deliver those diets without distortions that damage health,” said Dr K Srinath Reddy, president of the Public Health Foundation of India and one of the two India authors of the EAT-Lancet Report 2019.

Nationally representative data from India shows there are wide sub-national variations in obesity, which ranges from 0.6% in Bihar to 12.2% in Puducherry among women, and from 0.5% in Bihar to 7.5% in Goa among men.

“Ultra-processed foods in particular pose a great danger. They must be eliminated while promoting healthy foods through policies ranging from crop diversity to price subsidies,” said Reddy. “We can no longer characterise countries as low-income and undernourished, or high-income and only concerned with obesity,” said lead author of the report Dr Francesco Branca.

Gender gap index

India slips to 112th rank on WEF's gender gap index, in bottom 5 on health, economic fronts (Hindustan Times: 20191217)

<https://www.hindustantimes.com/india-news/india-slips-to-112th-rank-on-wef-s-gender-gap-index-in-bottom-5-on-health-economic-fronts/story-3iHYdFLJkQuQvjDkxZnjJI.html>

While Iceland remains the world's most gender-neutral country, India has moved down the ladder from its 108th position last year on the World Economic Forum's Gender Gap Report to rank below countries like China (106th), Sri Lanka (102nd), Nepal (101st), Brazil (92nd), Indonesia (85th) and Bangladesh (50th).

Worldwide, women now hold 25.2 per cent of parliamentary lower-house seats and 21.2 per cent of ministerial positions, compared to 24.1 per cent and 19 per cent, respectively last year.

India has slipped four places to rank 112th globally in terms of gender gap amid widening disparity in terms of women's health and survival and economic participation -- the two areas where the country is now ranked in the bottom-five, an annual survey showed on Tuesday.

While Iceland remains the world's most gender-neutral country, India has moved down the ladder from its 108th position last year on the World Economic Forum's Gender Gap Report to rank below countries like China (106th), Sri Lanka (102nd), Nepal (101st), Brazil (92nd), Indonesia (85th) and Bangladesh (50th).

Yemen is ranked the worst (153rd), while Iraq is 152nd and Pakistan 151st.

"The time it will take to close the gender gap narrowed to 99.5 years in 2019. While an improvement on 2018 -- when the gap was calculated to take 108 years to close -- it still means parity between men and women across health, education, work and politics will take more than a lifetime to achieve," the WEF said.

Geneva-based WEF, an international organisation for public-private cooperation, said this year's improvement can largely be ascribed to a significant increase in the number of women in politics.

The political gender gap will take 95 years to close, compared to 107 years last year. Worldwide, women now hold 25.2 per cent of parliamentary lower-house seats and 21.2 per cent of ministerial positions, compared to 24.1 per cent and 19 per cent, respectively last year.

However, the economic opportunity gap has worsened, widening to 257 years, compared to 202 years last year. The report said one of the greatest challenges to closing this gap is

women's under-representation in emerging roles, such as cloud computing, engineering and data and AI.

The WEF had published its first gender gap report in 2006, when India was ranked relatively higher at 98th place.

Since then, India's rank has worsened on three of four metrics used for the overall ranking. While India has improved to 18th place on political empowerment, it has slipped to 150th on health and survival, to 149th in terms of economic participation and opportunity and to 112th place for educational attainment.

The WEF said economic opportunities for women are extremely limited in India (35.4 per cent), Pakistan (32.7 per cent), Yemen (27.3 per cent), Syria (24.9 per cent) and Iraq (22.7 per cent).

It also named India among countries with very low women representation on company boards (13.8 per cent), while it was even worse in China (9.7 per cent).

On health and survival, four large countries -- Pakistan, India, Viet Nam and China -- fare badly with millions of women there not getting the same access to health as men, the WEF said.

It also flagged abnormally low sex ratios at birth in India (91 girls for every 100 boys) and Pakistan (92/100).

The WEF said India has closed two-thirds of its overall gender gap, but the condition of women in large fringes of India's society is precarious and the economic gender gap runs particularly deep.

Since 2006, the gap has significantly widened and India is the only country among the 153 countries studied where the economic gender gap is larger than the political one.

Only one-quarter of women, compared with 82 per cent of men, engage actively in the labour market -- one of the lowest rates globally (145th).

Furthermore, the female estimated earned income is mere one-fifth of the male income, again among the world's lowest (144th).

Women account for only 14 per cent of leadership roles (136th) and 30 per cent of professional and technical workers.

"Violence, forced marriage and discrimination in access to health remain pervasive. The situation and the trend are more positive in terms of gender gaps in education... But a large difference persists for literacy rate; only two-thirds of women are literate compared with 82 per cent of men," WEF said.

India ranks high on the political empowerment sub-index, largely because the country was headed by a woman for 20 of the past 50 years. But, female political representation today is

low as women make up only 14.4 per cent of Parliament (122nd rank globally) and 23 per cent of the cabinet (69th), the report said.

Nordic countries continue to lead the way to gender parity and Iceland is followed by Norway, Finland and Sweden in the top-four. In the top-10, they are followed by Nicaragua, New Zealand, Ireland, Spain, Rwanda and Germany.

The WEF said one positive development is the possibility that a 'role model effect' may be starting to have an impact in terms of leadership and possibly also wages.

“For example, in eight of the top-10 countries this year, high political empowerment corresponds with high numbers of women in senior roles. Comparing changes in political empowerment from 2006 to 2019 shows that improvements in political representation occurred simultaneously with improvements in women in senior roles in the labour market,” the report said.

WEF's Founder and Executive Chairman Klaus Schwab said, “Supporting gender parity is critical to ensuring strong, cohesive and resilient societies around the world. For business, too, diversity will be an essential element to demonstrate that stakeholder capitalism is the guiding principle.” The issue of gender gap is likely to be among key focus areas for discussion next month at the annual meeting of the WEF in Davos, Switzerland.

The WEF said it is has committed to at least double the current percentage of women participants at the Davos summit by 2030.

Breast and Cervical cancer

Telling Numbers: Recent incidence of breast and cervical cancer in India (The Indian Express: 20191217)

<https://indianexpress.com/article/india/telling-numbers-recent-incidence-of-breast-and-cervical-cancer-in-india-6170798/>

From 2016 to 2018, the estimated number of cases of cervical cancer increased from 99,000 to 1 lakh to 1.01 lakh, the government said,

The estimated incidence of breast cancer in India rose 6% from 1.42 lakh in 2016 to 1.51 lakh in 2017. (Representational Image)

The estimated incidence of breast cancer in India rose 6% from 1.42 lakh in 2016 to 1.51 lakh in 2017, and another 6% to 1.6 lakh in 2018, the government informed Lok Sabha last week.

Telling Numbers: Recent incidence of breast and cervical cancer in India The estimated incidence of breast cancer in India rose 6% from 1.42 lakh in 2016 to 1.51 lakh in 2017, and another 6% to 1.6 lakh in 2018.

Over the same three years, the estimated number of cases of cervical cancer increased from 99,000 to 1 lakh to 1.01 lakh, the government said, quoting data from the National Cancer Registry Program of the Indian Council of Medical Research (ICMR).

Note: Figures are for the top 10 states in 2018 only, with corresponding figures for 2017 and 2016. However, totals of all three years are for all states and Union Territories. Projected cases were computed using projected incidence rates and the population (person-years).

MOST CASES OF BREAST CANCER			
State	2016	2017	2018
Uttar Pradesh	21,376	22,737	24,181
Maharashtra	14,726	15,522	16,358
West Bengal	10,902	11,550	12,234
Tamil Nadu	9,486	9,870	10,269
Madhya Pradesh	8,334	8,858	9,414
Karnataka	8,029	8,527	9,055
Gujarat	8,001	8,504	9,039
Rajasthan	7,536	7,996	8,483
Kerala	5,682	6,189	6,748
Andhra Pradesh	5,901	6,251	6,620
TOTAL	1,42,283	1,50,842	1,59,924

Source: Government response to Lok Sabha question on December 13, quoting data from the National Cancer Registry Program of ICMR.

MOST CASES OF CERVICAL CANCER

State	2016	2017	2018
Uttar Pradesh	17,156	17,420	17,687
Bihar	9,454	9,638	9,824
Maharashtra	8,741	8,811	8,882
West Bengal	7,450	7,509	7,568
Madhya Pradesh	6,222	6,322	6,423
Rajasthan	5,791	5,861	5,933
Tamil Nadu	5,452	5,443	5,432
Karnataka	5,020	5,074	5,130
Gujarat	4,810	4,868	4,928
Andhra Pradesh	4,124	4,149	4,173
TOTAL	99,099	1,00,306	1,01,536

Pneumonia vaccine

Pneumonia vaccine out of stock in Karnal civil hospital (The Tribune: 20191217)

<https://m.tribuneindia.com/news/pneumonia-vaccine-out-of-stock-in-karnal-civil-hospital-13034>

Families forced to procure it from market for Rs 3,600- Rs3,800

Amid claims of the state government of sufficient supply of medicines and vaccines in government hospitals, the civil hospital here is running short of pneumococcal conjugate vaccine — pneumonia vaccine for children — for the last month and a half.

It is injected to children under five years of age to protect them from pneumonia. It is given in three doses — two primary and one booster dose — in the sixth week, 14th week and ninth month after birth. Parents now have to procure it from the market for between Rs 3,600 and Rs 3,800.

“I visited the government vaccination centre twice to get my daughter vaccinated against pneumonia. I have been told that the vaccine, free of cost at the civil hospital, is out of stock. I got her vaccinated at a private hospital on payment,” said Naresh Kumar, a local resident.

Naveen Thakur, another local resident, narrated the same story. He said he visited the centre thrice, but could not get the vaccine for his niece.

“I request the government to ensure regular government supply of this costly and important vaccine. It is a costly affair as it is priced at between Rs 3,600 and Rs 3,800 in the market,” he said.

Dr Neelam, Deputy Civil Surgeon, confirmed shortage of the vaccine. She said they had supply in October, but had not received supply of the vaccine since November.

“We are noting down the names of those visiting the centre for this vaccine. We will vaccinate them as and when the vaccine is received,” she added.

The National Health Mission does not have the vaccine either. Dr VK Bansal, Director, Maternal and Child Health, National Health Mission, said they had sent a requisition to the government for supply of the vaccine.

Dr Ashwani Ahuja, Civil Surgeon-cum-Principal Medical Officer, said the demand for regular supply of the vaccine had already been made to the authorities concerned. “We are hopeful that the supply will arrive soon, after which we will cover all beneficiaries,” he said.

As per the authorities, the Union government introduced this vaccine in its immunisation programme in 2017 to protect children against diseases such as pneumonia, following which the state government included it in its universal immunisation programme for newborns last year.

Climate Change

Climate of inaction: On UN climate change conference (The Hindu: 20191217)

<https://www.thehindu.com/opinion/editorial/climate-of-inaction-on-un-climate-change-conference/article30323331.ece>

India should not take comfort from its status as a low per capita carbon emitter

If climate change is the defining issue of the century, the UN conference in Madrid failed miserably in galvanising action to address it. This year’s outcome is all the more depressing because nearly 200 delegates representing rich and poor countries had the benefit of new scientific reports from the Intergovernmental Panel on Climate Change warning of near-certain catastrophic consequences of inaction, and an analysis from the UN Environment

Programme on the gap between current greenhouse gas emissions and the limit over the coming decade. Eventually, in Spain, the Conference of the Parties to the Paris Agreement, degenerated into an unproductive wrangle over establishing a market system to trade in carbon credits earned through reductions in emissions, with some countries eager to cash in on poorly audited emissions savings from the Clean Development Mechanism of the Kyoto Protocol that preceded the Paris pact. Such horse trading stands in contrast to the real losses from extreme weather events that climate-vulnerable countries, India included, are facing with frightening regularity: even insured losses worldwide during 2017 and 2018 together stood at a record \$225 billion, while the bulk of destruction had no such risk cover. These dire data should have imbued the climate negotiations with urgency and purpose, but the final declaration was desultory, merely expressing serious concern at the emissions gap in seeking to limit temperature increase to 1.5° C.

Climate negotiators might have tossed the more intractable questions — raising \$100 billion a year from 2020 for developing countries, creating a strong framework to address loss and damage from climate events and transferring technology to poorer countries on reasonable terms — to the next conference a year later, but they cannot avoid rising pressure from civil society in several countries for concrete action. One of the models that will be closely studied is the Green Deal that has been announced by the European Commission, with binding targets for member nations to cut emissions by at least 50% by 2030 and go net zero by 2050. This approach could potentially make the EU the leader in global climate action, a position that the U.S. never adopted, and China will take longer to aspire for. India's own status as a low per capita carbon emitter offers little comfort as its overall emissions are bound to grow. With a low base compared to other major nations, it may well achieve its initial voluntary targets under the Paris Agreement, but a shift away from fossil fuels is inevitable in the longer term. As it prepares to face calls for higher ambition in 2020 and beyond, India has to involve its States in mitigation and adaptation efforts. Death and destruction by frequent storms, floods and droughts should lead to urgent cohesive action.

Cardiovascular

How fish oil might reduce inflammation (Medical News Today: 20191217)

<https://www.medicalnewstoday.com/articles/327322.php#5>

Recent research has revealed a mechanism through which fish oil, which contains omega-3 fatty acids, might reduce inflammation. A study that tested an enriched fish oil supplement found that it increased blood levels of certain anti-inflammatory molecules.

A new study sheds light on the inflammation-reducing properties of fish oil supplements.

The anti-inflammatory molecules are called specialized pro-resolving mediators (SPMs), and they have a powerful effect on white blood cells, as well as controlling blood vessel inflammation.

Scientists already knew that the body makes SPMs by breaking down essential fatty acids, including some omega-3 fatty acids. However, the relationship between supplement intake and circulating levels of SPMs remained unclear.

So, a team of researchers from the William Harvey Research Institute at Queen Mary University of London in the United Kingdom set out to clarify the relationship by testing the effect of an enriched fish oil supplement in 22 healthy volunteers whose ages ranged from 19 to 37 years.

The team conducted the Circulation Research study as a double-blind, placebo-controlled trial. Therefore, neither the participants nor those who gave them the doses and monitored them knew who received fish oil supplements and who received the placebo.

"We used the molecules as our biomarkers to show how omega-3 fatty acids are used by our body and to determine if the production of these molecules has a beneficial effect on white blood cells," says senior study author Jesmond Dalli, who is a professor of molecular pharmacology at the William Harvey Institute.

Enriched fish oil increased blood markers

The trial tested three doses of enriched fish oil supplement against the placebo. The researchers took samples of the participants' blood to test.

Each participant gave five samples over 24 hours — at baseline and then 2, 4, 6, and 24 hours after taking their dose of supplement or placebo.

The researchers found that taking the enriched fish oil supplement raised blood levels of SPMs. The results showed a "time and dose-dependent" increase in circulating blood levels of SPMs.

The tests also revealed that supplementation led to a dose-dependent increase in immune cell attacks against bacteria and a decrease in cell activity that promotes blood clotting.

Inflammation is a defense response by the immune system that is essential to health. Various factors can trigger the response, including damaged cells, toxins, and pathogens such as bacteria.

Some of the immune cells that are active during inflammation can also damage tissue, so it is important, once the threat is over, for inflammation to subside to allow healing. Putting a stop to inflammation is where anti-inflammatory agents, such as SPMs, have a role.

However, if inflammation persists and becomes chronic, then, instead of protecting health, it undermines it. Studies have linked inflammation to heart disease, rheumatoid arthritis, and other serious health conditions.

Although it remains unclear whether those molecules reduce cardiovascular disease, a press release on the study notes that they do "supercharge macrophages, specialized cells that destroy bacteria and eliminate dead cells," as well as making "platelets less sticky, potentially reducing the formation of blood clots."

Research has also shown the molecules to play a role in tissue regeneration. As Prof. Dalli notes, "These molecules have multiple targets."

Beware of unregulated supplements

An earlier 2019 study in NEJM showed that a prescription formula containing eicosapentaenoic acid (EPA) could reduce heart attacks and strokes — and deaths relating to these events — in people who are at high risk of cardiovascular disease or already have it. EPA is an omega-3 fatty acid that is present in fish oil.

However, Dr. Deepak L. Bhatt, who is a cardiologist at Brigham and Women's Hospital and professor of medicine at Harvard Medical School, both in Boston, MA, and who led that study, says that there is no reliable evidence that over-the-counter supplements can have the same effect.

In the United States, federal regulators have approved two formulations: one containing EPA and a second that combines EPA with another omega-3 fatty acid called docosahexaenoic acid (DHA).

The American Heart Association (AHA) recently issued a scientific advisory that cautions consumers to avoid unregulated omega-3 supplements.

An earlier AHA advisory had stated that while such supplements may slightly lessen the risk of death following a heart attack or heart failure, there is no evidence that they prevent heart disease in the first place.

Prof. Dalli says that there is a need for further studies to establish whether people over the age of 45 years would experience the same results from enriched fish oil supplements that they saw in the younger volunteers.

Compared with healthy people, those living with chronic inflammation have lower levels of SPMs, he remarks, noting that the enzymes that produce them do not work as well in these individuals.

He suggests that this is the kind of information that developers will need to consider when formulating supplements for treating disease. It will also be important to check that the body is breaking down the supplements into protective molecules.

"We're still far away from having the magic formula. Each person will need a specific formulation or at least a specific dosing, and that's something we need to learn more about."

Prof. Jesmond Dalli

Air Pollution

Study reveals air pollution affects human, marine health in similar ways (New Kerala: 20191217)

<https://www.newkerala.com/news/read/266084/study-reveals-air-pollution-affects-human-marine-health-in-similar-ways.html>

Washington D.C. , Dec 16 : Air pollution is associated with detrimental effects on human health, including increased risk of heart disease and stroke.

A new research shows that the knowledge gained from the marine ecosystem might help protect the climate and health of our planet, whilst also helping human health.

The research was published in the Journal of Physiology.

The University of Manchester shows that around 11,000 coronary heart disease and stroke deaths in the UK each year are attributable to air pollution, specifically due to particulate matter (PM), or small particles in the air that cause health problems. PM2.5 is one of the most dangerous types of PM, a compound for which the UK has failed to meet EU limits.

Researchers of this study looked across all vertebrates and particularly focussed on a set of compounds that bind to the surface of PM, called polycyclic aromatic hydrocarbons (PAH) as the amount of PAH on PM is associated with the detrimental effect air pollution has on the heart.

While air pollution is known to be dangerous to humans, it actually only became a widely-researched topic in the past five years or so. In marine species, however, the mechanism of how PAH pollution causes heart problems is well understood.

Studies after the 1999 Exxon Valdez oil spill showed that the ecosystem still has not recovered 20 years on. In 2010, research on fish after the Deepwater Horizon oil spill, which released large quantities of PAHs into the marine environment, showed that the heart's ability to contract was impaired.

Dr Holly Shiels, a senior author on the study, from The University of Manchester, said "Pollution affects all of us living on planet Earth. Due to the conserved nature of cardiac function amongst animals, fish exposed to PAH from oil spills can serve as indicators, providing significant insights into the human health impacts of PAHs and PM air pollution."

Dr Jeremy Pearson, Associate Medical Director at the British Heart Foundation, which partly funded the research presented in this review, commented "We know that air pollution can have a hugely damaging effect on the heart and circulatory health, and this review summarises mechanisms potentially contributing to impaired heart function. Reducing air pollution is crucial to protecting our heart health, which is why the BHF is calling on the next Government to commit to reducing air pollution within WHO limits."

Head and neck cancer

Good diet may avert nutritional problems in cancer patients (New Kerala: 20191217)

<https://www.newkerala.com/news/read/266080/good-diet-may-avert-nutritional-problems-in-cancer-patients.html>

Chicago, Dec 17: Head and neck cancer patients who eat foods high in antioxidants and other micronutrients prior to diagnosis may reduce their risks of developing chronic nutrition impact symptoms up to one year after being diagnosed with head or neck cancer.

According to a study posted on the website of the University of Illinois (UI) on Monday, the study was conducted with 336 adult patients of the University of Michigan Head and Neck Specialized Program of Excellence, the Xinhua news agency reported.

Data on patients' tumor sites, stages and treatment were obtained from their medical records. More than half of these patients had stage 4 tumors at diagnosis.

Prior to starting cancer treatment and again one year post-diagnosis, the patients completed a questionnaire on their diet, tobacco and alcohol use, and quality of life. Patients reported whether they experienced any of seven nutrition impact symptoms, such as pain or difficulty chewing, tasting or swallowing foods and liquids, and rated on a five-point scale how bothersome each symptom was.

In analyzing the patients' eating habits, the researchers found that they followed either of two major dietary patterns the Western pattern, which included high amounts of red and processed meats, fried foods and sugar; or the prudent pattern, which included healthier fare such as fruits and vegetables, fish and whole grains.

Patients who ate healthier at diagnosis reported fewer problems with chewing, swallowing and mucositis one year after treatment, the researcher found.

"While the origin and development of nutrition impact symptoms are complex and varied, they generally share one common mechanism - cell damage due to inflammation," said Anna E. Arthur, a professor of food science and human nutrition at UI. "The prudent dietary pattern has the potential to reduce inflammation and affect the biological processes involved in the pathogenesis of these symptoms."

The researchers also found the mitigating effects of a healthy diet were particularly significant in people who had never smoked and in patients who were underweight or normal weight at diagnosis, who often experience the greatest eating and digestive problems during treatment, said Sylvia L. Crowder, the study's first author and a research fellow in the Cancer Scholars for Translational and Applied Research program, a collaborative initiative of UI and Carle Foundation Hospital in Urbana, Illinois.

The researchers hypothesized that some patients may begin eating healthier after being diagnosed with cancer, potentially counteracting the pro-inflammatory effects of their previous dietary habits.

Reverse causation was possible too. Patients' lack of symptoms may have enabled them to consume a broader range of foods, including healthier whole foods, before their cancer was discovered, the researchers hypothesized.

Diet/ Nutrition

Egg intake doesn't up heart disease, stroke risks: Study (New Kerala: 20191217)

<https://www.newkerala.com/news/read/265975/egg-intake-doesnt-up-heart-disease-stroke-risks-study.html>

New York, Dec 16 : Heart-healthy diets are naturally low in dietary cholesterol and can help reduce the risk of heart disease and stroke, say researchers, adding eating one egg a day is not associated with the risk of cardiovascular disease (CVD).

Too much cholesterol in blood contributes to formation of thick, hard deposits in arteries, a process that underlies most heart diseases and strokes.

Reducing dietary cholesterol by focusing on an overall heart-healthy diets that replace saturated fats with polyunsaturated fats remains good advice for keeping artery-clogging LDL (low-density lipoprotein) levels healthy, according to the scientific advisory from the American Heart Association.

"Saturated fats -- mostly found in animal products such as meat and full fat dairy, as well as tropical oils -- should be replaced with polyunsaturated fats like corn, canola or soybean oils," said Jo Ann S. Carson from UT Southwestern Medical Center in the US.

"Foods high in added sugars and sodium (salt) should be limited," Carson said.

The meta-analysis included in the advisory included randomised, controlled, dietary intervention trials designed to prove cause and effect.

According to the study, published in the journal *Circulation*, there is a dose-dependent relation between dietary cholesterol and higher levels of artery-clogging LDL when the range of dietary cholesterol tested was beyond that normally eaten.

This relationship persists after adjustment for dietary fat type. As per the advisory, in general, egg intake was not significantly associated with the risk of cardiovascular disease in the studies that were examined.

According to researchers, it's reasonable to eat one whole egg (or its equivalent such as 3 ounces of shrimp) daily as part of a heart-healthy diet for healthy individuals.

"Consideration of the relationship between dietary cholesterol and CVD risk can't ignore two aspects of diet. First, most foods contributing cholesterol to the US diet are usually high in saturated fat, which is strongly linked to an increased risk of too much LDL," Carson said.

"Second, we know from an enormous body of scientific studies that heart-healthy dietary patterns, such as Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets are inherently low in cholesterol," Carson said.

Drug Addiction

More teenagers vaping nicotine than flavours: Study (New Kerala: 20191217)

<https://www.newkerala.com/news/read/265896/more-teenagers-vaping-nicotine-than-flavours-study.html>

New York, Dec 16 : Most of the teenagers who vape are using addictive or mind-altering substances than previously believed, according to new study.

The data paints a different picture than previous research because of the significantly higher proportion (75 per cent) of teens who vape using nicotine, marijuana, or multiple substances and not just flavouring.

"We found that youth were more likely to report vaping nicotine and marijuana than 'just flavouring' only, and that cigarette smoking intensity was associated with an increasing proportion of students reporting vaping nicotine only," said study researcher Hongying Dai at University of Nebraska in the US.

The study, published in the American Journal of Preventive Medicine, examined patterns of youth vaping nicotine, marijuana, and just flavouring in the past 30 days by analysing data from the 2017 Monitoring the Future (MTF) cross-sectional study.

Of the 14,560 teens participating in that study, 12 per cent reported vaping within the prior 30 days, with 7.4 per cent using nicotine and 3.6 per cent, marijuana.

Of that group, only 24.9 per cent reported vaping just flavouring only, while a majority (75.1 per cent) reported vaping nicotine, marijuana, or multiple substances.

According to the researchers, current cigarette smoking intensity was associated with an increased risk of reporting vaping all three substances.

Compared with 8th graders, more 10th and 12th graders reported vaping nicotine, marijuana, and just flavouring during the study period.

Female students were also less likely to report vaping these three substances than male students.

Fewer non-Hispanic blacks reported vaping nicotine and just flavouring than non-Hispanic whites. Hispanics were also less likely to report vaping nicotine.

The prevalence of e-cigarette use among US youth increased dramatically during 2017-2019, partly due to the rising popularity of products with nicotine salt and pod-based products like JUUL, and a large number of flavours appealing to adolescents.

The nationwide increases in use led the US Surgeon General to issue an advisory about the epidemic in 2018, but much more needs to be done to reverse the upward trend.

According to the researchers, due to the recent spate of vaping-related lung injuries, calls for restrictions on flavoured vaping products and e-cigarette use have become more urgent.

"Continuous surveillance of youth behaviours and strategies and interventions to reduce youth e-cigarette use are needed. The truth is that no form of tobacco is safe," said study co-investigator Mohammad Siahpush.