



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 2020828

Mental health

Covid-19 pandemic affecting mental health of millions: WHO (The Tribune: 2020828)

<https://www.tribuneindia.com/news/health/covid-19-pandemic-affecting-mental-health-of-millions-who-132638>

Yet relatively few people have access to quality mental health services

Tedros Adhanom Ghebreyesus, the Director-General of the World Health Organization (WHO), said that the ongoing global Covid-19 pandemic has affected the mental health of millions of people.

"For many people, the lack of social interaction caused by the pandemic has had a profound effect on their mental health," Tedros said at a virtual press briefing from Geneva on Thursday.

The WHO chief said that people in long-term facilities such as care homes and psychiatric institutions are at an increased risk of infection, Xinhua news agency reported.

He added that mental health professionals have themselves been infected with the virus, and some mental health facilities have been closed to be converted into treatment facilities for people with Covid-19.

He recalled that mental health was already "a neglected health issue" globally before the pandemic, with close to one billion people living with a mental disorder.

Yet relatively few people have access to quality mental health services.

"In low- and middle-income countries, more than 75 per cent of people with mental, neurological and substance use disorders receive no treatment for their condition at all," Tedros noted.

He declared that for this year's World Mental Health Day, which falls on October 10, the WHO, together with its partner organizations, United for Global Mental Health and the World

Federation for Mental Health, would call for a massive scale-up in investments in mental health. IANS

21-Day Immunity Plan' to fight COVID-19

Indian-origin doctor in UK creates '21-Day Immunity Plan' to fight COVID-19(The Tribune: 2020828)

<https://www.tribuneindia.com/news/health/indian-origin-doctor-in-uk-creates-21-day-immunity-plan-to-fight-covid-19-132274>

Indian-origin doctor in UK creates '21-Day Immunity Plan' to fight COVID-19
Photo for representation.

A UK-based Indian-origin doctor, who has been championing an anti-obesity drive as a means to combat the severe effects of COVID-19, on Thursday released a new book that offers a “simple, evidence-based” plan to help improve health parameters.

Dr Aseem Malhotra's 'The 21-Day Immunity Plan: How to Rapidly Improve Your Metabolic Health and Resilience to Fight Infection' is pegged as a tried and tested method of how in just 21 days people can prevent, improve and even potentially reverse many of the underlying risk factors that exacerbate how infections, including coronavirus, affect humans and improve their ability to recover.

“Poor metabolic health equals poor immune health. The good news is that within weeks of making simple changes to what we eat, how we move and reducing stress through meditation, we can rapidly improve – both making us healthier and more resilient to infection,” said Malhotra, a National Health Service (NHS) trained cardiologist.

The medic says he wrote the book, which will hit the shelves in India in the coming weeks, in just six weeks because he and his publishers wanted it out as soon as possible to help readers build resilience to infection, given the current coronavirus pandemic. UK Health Secretary Matt Hancock had also consulted him, seeking evidence linking COVID-19 and obesity.

“I informed him, as I make the case in the book, that obesity is just the tip of the diet related disease iceberg. In other words, we're all vulnerable,” said Malhotra, who is also a visiting Professor of Evidence Based Medicine at Salvador's Bahiana School of Medicine and Public Health in Brazil.

The '21-Day Immunity Plan', published by Hodder & Stoughton, lays out the benefits to global health of highly effective lifestyle changes, which the author himself has been following and prescribing to many of his patients.

“I follow my own advice and I prescribe this to my patients who see rapid improvements in their health. My metabolic parameters are all normal despite having a strong family history of

high blood pressure and type 2 diabetes and a recent body composition scan revealed my metabolic age is 29 even though my actual age is 42,” he said.

Among the many followers of this health routine is British-Indian filmmaker Gurinder Chadha, who is on course to reverse her type 2 diabetes.

“When lockdown happened, I was very worried about catching COVID-19. Being a type 2 diabetic with not great glucose control I knew I was at high risk for severe infection,” said Chadha, the maker of box-office hits like ‘Bend It Like Beckham’ and ‘Bride and Prejudice’.

“I finally decided to do something about my obesity and T2 [diabetes]. I immediately took Aseem’s lifestyle advice, specifically cutting out all sugar and refined carbs and within weeks I’ve come close to reversing my type 2 diabetes. The best part is I was still able to enjoy my food and felt mentally and physically better as my body became healthier. Read this book and follow the plan, it may well save your life,” says Chadha, in her endorsement for the new book.

As the co-author of ‘The Pioppi Diet’, Malhotra is considered a pioneer of the lifestyle medicine movement in the UK and in 2018, was ranked by software company Analytica as the No. 1 doctor in the world influencing obesity thinking. During the peak of the COVID-19 pandemic earlier this year, he had issued a warning for Indians to urgently cut out ultra-processed foods from their diet to build resilience.

“India is particularly vulnerable, having a very high prevalence of lifestyle-related diseases,” he said.

“Specifically, conditions such as type 2 diabetes, high blood pressure, heart disease are three of the major risk factors for death from COVID-19. This is rooted in excess body fat, a cluster of conditions known as a metabolic syndrome,” he added.

Malhotra warns that the medications that are used for type 2 diabetes and many of the other conditions have “very, very marginal effects” in terms of improving lifespan or reducing risk of death and they also come with side effects. Now his new book hopes to further highlight the importance of lifestyle changes in fighting against some of these conditions. PTI

Pune vaccine

Pasteur, Jenner inspired me: Pune vaccine trial volunteer (The Tribune: 2020828)

<https://www.tribuneindia.com/news/health/pasteur-jenner-inspired-me-pune-vaccine-trial-volunteer-132205>

The volunteer said he had also volunteered 10 years ago for clinical trials for a vaccine against the H1N1 (swine flu) virus.

Pasteur, Jenner inspired me: Pune vaccine trial volunteer

The volunteer said he had also volunteered 10 years ago for clinical trials for a vaccine against the H1N1 (swine flu) virus. Image only for representational purposes.

A 48-year-old doctor who was administered the Oxford COVID-19 vaccine candidate, says he was inspired by immunology greats Louis Pasteur and Edward Jenner to volunteer for the second phase trial in Pune.

The man, who was administered the vaccine candidate dose on Wednesday, said his vital signs are normal and he has resumed routine work.

"As I work in the healthcare sector, I know vaccines have made a huge difference in the quality of human life. When I read the history of vaccination, I got inspired by pioneers Louis Pasteur and Edward Jenner who performed the trials on themselves. They inspired me to volunteer," he told PTI.

Louis Pasteur (1822-1895) was a French chemist who proved that germs cause disease, and developed vaccines for anthrax and rabies, while Edward Jenner (1749-1823) was an English doctor and discoverer of vaccination for smallpox.

The volunteer said he had also volunteered 10 years ago for clinical trials for a vaccine against the H1N1 (swine flu) virus.

The phase-II clinical trial of the COVID-19 vaccine developed by Oxford University and being manufactured by Pune-based Serum Institute of India, started at the Bharati Vidyapeeth Medical College and Hospital here on Wednesday, with two volunteers being administered the Covishield vaccine.

Hospital authorities said the identity of the volunteers cannot be revealed.

The doctor said his 21-year-old daughter had also volunteered herself during the trial of a vaccine on cervical cancer in 2014.

"My daughter, who is pursuing a B Tech degree, has volunteered and become eligible for the (Covishield) trial as her reports COVID-19 and antibody came negative," he said.

He said he is feeling good that he and his daughter could become a small part in the fight against the COVID-19 pandemic by volunteering for the trial. This is a noble and global effort for mankind, he added.

"Since yesterday, my vital signs are normal and I have started my routine work," he said.

He said he has worked as a teacher at the medical college and tried to create awareness among the medical students about the vaccination trials. "To lead by an example, I volunteered myself for the H1N1 vaccine trial," he said.

The volunteer said as per the ICMR panel norms, he is entitled to get travelling allowance for the hospital visits.

"If the volunteer has some health issues during the trial period, the treatment is free," he said.

The second volunteer, a 32-year-old man, who is a PhD holder in statistics and works in a private firm, said he was excited to become a part of the trial.

"When I came to know about the trials through social media, I approached the hospital and enrolled myself for the voluntary vaccination trial," said the person, who hails from Aurangabad in Maharashtra. PTI

COVID-19 can affect almost all organs

COVID-19 can affect almost all organs, symptoms may be unrelated to lungs: experts (The Tribune: 2020828)

<https://www.tribuneindia.com/news/health/covid-19-can-affect-almost-all-organs-symptoms-may-be-unrelated-to-lungs-experts-132169>

COVID-19 can affect almost all organs besides the lungs and the initial symptoms may be unrelated to chest complaints

COVID-19 can affect almost all organs, symptoms may be unrelated to lungs: experts
COVID-19 can affect almost all organs besides the lungs and the initial symptoms may be unrelated to chest complaints

COVID-19 can affect almost all organs besides the lungs and the initial symptoms may be unrelated to chest complaints, according to experts at AIIMS here.

They stressed that classification of cases into mild, moderate and severe categories based just on respiratory symptoms should be relooked to include other organ involvement.

Experts from the institute, including its director Dr Randeep Guleria, Dr MV Padma Srivastava, head of the Department of Neurology, Dr Ambuj Roy, Professor of Cardiology and Dr Neeraj Nischal, Associate Professor in the Department of Medicine during their weekly 'National Clinical Grand Rounds' organised in collaboration with NITI Aayog discussed various possible extra-pulmonary complications of COVID-19.

Dr Guleria said eight months into COVID-19, a lot has been learnt and accordingly strategies are being changed from time to time. From what we thought of as viral pneumonia has a lot of other manifestations which are beyond the lungs, he said.

"As we have known more and more about COVID-19, we have realised it causes many extrapulmonary manifestations. This is basically of the fact that this virus enters into the cell through ACE2 receptors which although are present abundantly in upper airways and lungs, they are also present in many organs and thus other organs are also affected.

"We have seen many patients who presented with features which are not been predominantly pulmonary but extrapulmonary manifestations," Dr Guleria said.

He said though pulmonary manifestations continue to dominate as far as the majority of COVID-19 cases are concerned, there is a significant number of patients who would present with manifestations which may be along with pulmonary manifestations or maybe without pulmonary manifestations. "We as clinicians need to have a high index of suspicion during this pandemic -- when to suspect, treat and isolate these patients so that we can provide them good quality care," he stressed.

The experts in the programme presented several cases in which the patients were labelled as asymptomatic or mild COVID but had serious life-threatening extra-pulmonary manifestations like stroke and heart blocks. "What started off as viral pneumonia is now a multi-systemic disease. However, the jury is out whether SARS-COV2 is the culprit in these extrapulmonary manifestations or just an innocent bystander which happens to be at the wrong place at a wrong time," Dr Nischal said.

"So the classification of COVID-19 into mild, moderate and severe cases based only on respiratory symptoms should be relooked into to incorporate other organ involvement," he said.

Dr Nischal further underlined that management of such patients with other organ involvement should be as per existing guidelines of that particular complication.

The doctor from the Medicine Department also highlighted the case of a 35-year old man who had a headache and was vomiting but was found to have life-threatening cortical vein thrombosis. When tested, he was found positive for COVID-19. He was asymptomatic for COVID-19 as per existing severity guidelines, Dr Nischal said.

"There is a big spectrum of neurological manifestations which have been linked to COVID-19. In some patients, the brain is involved and it may lead to clotting, resulting in a stroke or can cause infection and lead to encephalitis or other complications which have nothing to do with lungs," Dr Padma said.

Dr Ambuj's team presented the case of a patient who came with a very low pulse rate, detected COVID-19 positive and required initial support with some medicines to improve heart rate. "Normally pacemaker is put in such patients to improve their heart rate but based on experiences documented in the literature, we realised some of these could be due to COVID-19, so a pacemaker was not put and her heart rate gradually improved with supportive treatment.

"Sometimes, the electrical pulse system of the heart which gives rise to heartbeat can be affected in COVID-19 and it is self-limiting and improves with time. So these patients who would otherwise normally require pacemaker may not ever need it. "However, more evidence is needed to be definitive about this as it is a new disease and limited information and experience regarding it is available as of now," Dr Roy said. PTI

Covid-19: What you need to know today (Hindustan Times: 2020828)

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

Scientists have found the answers (or the beginning of answers) to two important questions about Covid-19.

The first: why are men who contract the coronavirus disease at greater risk than women?

The answer — like many others where Covid-19 is concerned — lies in the immune response to the virus.

According to research by Akiko Iwasaki and others at the Yale School of Medicine, the male immune response is largely built around cytokines and chemokines, both signalling proteins that are part of the body's immune response. The female response, the research, published in *Nature* says, is driven by T-cells, a major (and stronger) component of the immune system. The research offers the first plausible answer on why the mortality rate among infected men, especially those over the age of 60, is higher than that among infected women. As an aside, those interested in the more scientific aspects of Covid-19 would do well to follow Iwasaki's work — she is among the clearest thinkers on many aspects of the disease.

The second question: can someone cured of Covid-19 be re-infected?

There have been many false starts to this answer, including some local ones, but according to a paper published on August 25 in the journal *Clinical Infectious Diseases*, the answer is yes.

The paper is based on research by doctors and scientists at the University of Hong Kong and speaks of a 33-year old man who recovered from Covid-19 in April, and was re-infected in August. The viral genome from the first and the second infections were sequenced, studied and, found to be genetically distinct. This wasn't simply a residual infection — it was a new one. Interestingly, the second time the man was infected, he remained asymptomatic, and his immune system kicked in, producing new antibodies.

HT reported the Hong Kong incident soon after it happened, but there is a larger (and a related) learning in the two studies for vaccine developers. The first study (the one on gender differences) shows that they will have to factor in gender while developing vaccines to ensure that these are effective across the population. The second study shows that being infected once does not always rule out a re-infection — more research is needed, but, in general, it still could in many cases. This isn't necessarily a blow for administrators and health care workers in regions hit hard by Sars-Cov-2, the virus that causes the coronavirus disease, who were hoping that the high prevalence of the disease, as measured by antibody surveys, bestowed some level of immunity on the population. That could still be the case — but it cannot be taken for granted. Typically, this is also one of the things vaccines are tested for — not just whether they can provoke an immune response against the disease, but whether they can prevent a re-infection.

The need to answer questions such as these is why vaccine development usually takes years. The global health and economic crisis caused by the Covid-19 pandemic has meant that vaccine developers have tried to shorten the development cycle — something that could have a bearing on the efficacy of the vaccines or the length of the protection they offer (but that's another story).

Nature's website recently published a telling story (and graphic) on the extent to which the world is counting on the vaccines under development. Based on data from Airfinity, a research firm, the article said countries have struck deals or announced commitments for almost 4.5 billion doses of vaccines from nine vaccine developers. The UK, the article points out, has committed to buying 340 million doses. Its population is a little less than 70 million. The US, the European Union, and Japan have also committed to buying enough to vaccinate every one of their residents at least once, according to the article. India recently set up a committee to discuss various aspects of its vaccine strategy, from funding and sourcing to storage and delivery, but the global rush for vaccines only highlights the need to finalise this soon.

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Delhi tally hits 48-day high,

Delhi tally hits 48-day high, 76k+ new cases across India (Hindustan Times: 2020828)

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

New Delhi : The national capital reported 1,840 new cases of the coronavirus disease (Covid-19) on Thursday — the highest single-day increase in 48 days — as the daily infection rate in the city continued to rise again, a trend that had prompted chief minister Arvind Kejriwal to hold an emergency meeting a day ago to address the issue.

India, meanwhile, set a new record for daily cases for the second day in a row with 76,870 new infections on Thursday taking the national tally to 3,382,047. On Wednesday, India lodged 75,826 new cases, which was the second-highest number of single-day infections seen anywhere in the world. The world record for single-day case increase was set on July 24 when the United States reported 78,586 new infections.

In the last seven days, Delhi has seen an average of 1,464 new cases every day – the highest this number has touched since July 19. The seven-day average of daily cases in the Capital, which peaked at 3,446 on June 26 before falling to 983 on August 4, has now increased for the 11th consecutive day.

Thursday's new cases take the total number of infections in the Capital to 167,604, and 22 new deaths take the total fatalities due to Covid-19 to 4,369.

On Wednesday, Kejriwal acknowledged that Covid-19 cases in Delhi were increasing again, and announced that the city government would double the number of daily tests from current levels to around 40,000 per day in an effort to catch and isolate more infections. “For nearly one-and-a-half months now, the Covid-19 situation in Delhi is under control. But, since August 17, cases have been increasing again,” the chief minister had said on Wednesday. “We have all brought coronavirus under control with great difficulty. It cannot be allowed to increase.”

At an average, the city has conducted 17,960 tests every day in the past week, a significant drop from the highest it has touched so far — 21,660 daily tests for the week ending July 9.

According to Kejriwal, tests will be increased from “around 20,000 tests per day being conducted currently to 40,000 tests per day” in five to seven days. He urged city residents to get themselves tested on feeling the slightest of influenza-like symptoms.

The seven-day average positivity rate has also started rising again, with 8% of all tests conducted in the last week coming back positive, the highest in 41 days. Positivity rate — the fraction of tests that return positive — had dropped from a peak of 31.4% in mid-June to 5.7% at the end of July, but are now consistently rising again. In terms of the single-day positivity rate, 8.7% of samples tested on Thursday came back positive.

Positivity is a crucial metric because global health agencies like the World Health Organization say it shows how widespread the virus is in the community, and when coupled with an increase in new cases, it indicates that the virus is spreading fast. Test positive rate can rise if there are fewer tests, but also if the outbreak is growing.

Covid Test (The Asian Age: 2020828)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15068202>

■ Centre: Never put pressure on AAP to reduce testing 'MHA putting pressure to not increase Covid test'

AGE CORRESPONDENT
NEW DELHI, AUG. 27

Delhi health minister Satyendar Jain on Thursday alleged that union home ministry pressurising officers in the national capital to not increase the Covid testing as directed by the chief minister Arvind Kejriwal. The allegation was denied by the Union home ministry.

As many as 1,840 new cases and 22 deaths were reported in the last 24 hours. Of the total 1,67,604 cases in the city, 13,208 are active and 1,50,027 patients have recovered. The virus-related fatalities have gone up to 4,369.

The Union home ministry on Thursday termed as baseless the allegation that it is putting pressure on the Delhi government not to increase Covid tests to 40,000 in Delhi. A Home ministry spokesperson said the marked improvement in the Covid situation in Delhi has been possible due to enhanced testing and other containment measures.

"The allegation raised in the letter of the health minister of Delhi Govt dated August 27, 2020, which is

Closely monitoring Delhi's virus situation, says Centre

AGE CORRESPONDENT
NEW DELHI, AUG. 27

A concerned home ministry is closely monitoring the corona situation in Delhi as there has been a sharp rise in Covid cases in the national capital over the last few days with 1,544 cases — the biggest single day spike in August — being reported on Tuesday.

Corona cases have been rising sharply in Delhi since August 17. The home ministry has asked the Delhi government to go in for "more aggressive test-

ing and isolation" by increasing the tests from 20,000 to 40,000 daily.

addressed to Union Home Secretary, to the effect that MHA is putting pressure on Delhi Govt officers not to increase testing in Delhi is false and baseless," the spokesperson tweeted.

The Home Ministry said it was after the intervention of Union Home Minister Amit Shah that the daily tests in Delhi, which were averaging around 4,000 per day till

mid June, 2020, went up to around 18-20,000 per day in a calibrated manner.

According to sources in the Delhi government, Mr Jain has written a letter to Union home secretary Ajay Bhalla and said, "I am shocked to know that Union home ministry officials pressurising Delhi officials not to increase the number of tests".

The AAP government in

the national capital on Wednesday decided to double the number of daily corona virus tests being conducted following a surge in the virus cases over the last 10 days. The decision was taken at a review meeting chaired by chief minister Mr Kejriwal that also had Mr Jain and various other officials in attendance.

Mr Jain pointed that in view of increase in Covid cases in Delhi, CM Mr Kejriwal had held an emergency meeting and ordered officers to double the number of tests within a week to 40,000 from current 20,000.

"Why does the union home ministry interfere in the working of Delhi government and when there is an elected government capable of taking decisions? Secondly, why is the Delhi government stopped from increasing the test? When testing was globally termed the best way to fight pandemic and it also helped in controlling the infection in the national capital," wrote Mr Jain demanding city's officers are not pressurised and Centre must not interfere when Delhi government is going to increase the test.

New Cases (The Asian Age: 2020828)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15068283>

■ Overall cases cross 33.10L, total deaths go up to 60,472 Highest 1-day spike of 75,760 Covid cases

AGE CORRESPONDENT
NEW DELHI, AUG. 27

With 75,760 fresh cases and 1,023 deaths, India recorded the highest single day jump in the novel coronavirus cases on Thursday as overall cases crossed 33.10 lakhs while total deaths in the country so far reached 60,472, as per Union health ministry.

However, the number of recoveries too are improving and till Thursday, India's total Covid-19 recoveries surpassed 25.23 lakhs out of which 56,013 persons were discharged

from medical supervision in the last 24 hours. India's Recovery Rate now is 76.24 per cent. The Recovery Rate is best in Delhi (90%), followed by Tamil Nadu (85%), Bihar (83.80%). The country as of now has 7.26 lakh cases under active medical care.

"The sustained high recoveries have ensured that the actual caseload of the country viz active cases comprise 21.93% of the total positive cases," said health ministry officials.

"A focus on standard of care protocol as described

■ **INDIA'S RECOVERY**
Rate now is 76.24 per cent. The Recovery Rate is best in Delhi (90%), followed by Tamil Nadu (85%), Bihar (83.80%). The country as of now has 7.26 lakh cases under active medical care.

in the clinical management protocol of Ministry of Health Ministry, better skilled doctors in the ICUs and hospitals, improved ambulance services, use of non-invasive oxygen and use of investigational therapies have led to the

national Case Fatality Rate (CFR) maintaining its downward slide. It has further slumped to stand at 1.83% today," officials added.

As per data, 10 States/UTs are faring better in terms of Recovery Rate than the national average. The CFR is lowest in Assam (0.27%), followed by Kerala (0.39%), Bihar (0.42%), Odisha (0.51%), Telangana (0.70%), Tripura (0.87%), Andhra Pradesh (0.93%), Chhattisgarh (0.95%), Goa (1.08%) and Jharkhand (1.09%).

COVID-19 symptoms

Coronavirus | Experts widen list of COVID-19 symptoms (The Times of India: 2020828)

<https://www.thehindu.com/sci-tech/health/coronavirus-doctors-advised-to-screen-patients-with-stroke-irregular-heartbeat-for-covid-19/article32456596.ece>

Involvement of other organs warrants that patients be closely followed up for any long-lasting impact.

COVID-19 which was considered a viral pneumonia when it was first detected eight months ago, is now a multi-systemic disease with many extra-pulmonary manifestations, warn experts and top doctors at the All India Institute of Medical Sciences (AIIMS). The medical experts added that involvement of other organs due to COVID-19 warrants that patients be closely followed up to check for any long lasting sequels, including reproductive health in young patients.

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Coronavirus symptoms:

Coronavirus symptoms: Persistent hiccups and three other uncommon symptoms of COVID-

01/5 Coronavirus symptoms: Persistent hiccups and three other uncommon symptoms of COVID-19 (The Times of India: 2020828)

Initially, people infected with coronavirus only showed symptoms like fever, chills, breathlessness, body ache and headache. But as researchers are getting to know more about the virus, they are reporting new symptoms that some patients may develop.

The coronavirus pandemic has claimed more than 8 lakhs lives and infected around 23 lakhs people worldwide. The most common symptoms seen in people infected with the virus are much like flu symptoms including breathlessness.

Here are the five unusual symptoms of COVID 19 to watch out for:

02/5 Persistent hiccups

Two COVID-19 patients in the US have shown hiccups as their only major symptom. In research, experts say hiccups can be a very rare sign of COVID-19 infection, but it's still very early to say anything concrete about it. A lot more research is required to find the relation between COVID-19 infection and persistent hiccups.

03/5 Hair loss

Hair loss is also an uncommon symptom of COVID-19 infection. A new study highlighted how some people reported hair loss post COVID recovery. In fact there have been multiple researchers that show COVID-19 patients have reported hair loss two months after recovery.

04/5 Purple toe rash

Some teenagers and young adults infected with COVID-19 have experienced painful red and purple rashes on their toes and fingers. This rash is just like frostbite. Experts have named it as the COVID- toe.

05/5 Rash, hives or chicken pox-like lesions

Dermatologist in Italy assessed 88 people who had COVID infection. They found that 20 per cent of these people had some skin related symptoms. These skin symptoms were like red rashes, chickenpox-like lesions and widespread hives. Some of these rashes even looked like superficial clotting

Dengue

5 side-effects of dengue that may last for a while after recovery (The Times of India: 2020828)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/5-side-effects-of-dengue-that-may-last-for-a-while-after-recovery/photostory/77784296.cms?picid=77784315>

Monsoon and mosquito-borne diseases are synonymous to each other. As the rainy season approaches, you will find a sudden rise in the number of mosquitoes in your vicinity. The hot and humid climate is perfect for breeding of blood-sucking insects, who carry deadly diseases like dengue.

02/8Here are some common side-effects

Dengue fever, also known as breakbone fever is a vector-borne disease, caused by four different viruses and spread by female Aedes mosquitoes. The common symptoms include muscle, bone and joint pain, rashes, high fever, throbbing headache, vomiting and feeling nauseous. These symptoms may range from mild to severe. But what if we say that after being infected by the dengue, its implication on your health could last a little longer after your recovery. That is true!

There is no vaccine or specific treatment available to treat dengue. Your doctor may recommend you to take plenty of fluids to avoid dehydration from vomiting and a high fever. But this disease breaks down your immunity and our body has to suffer for a while after the recovery. Here are 5 common side effects of dengue.

READMORE

03/8Stress and Anxiety

Patients with a history of dengue have higher anxiety and stress symptoms as compared to others. They may suffer from psychiatric and psychological conditions which are important to tackle.

Dengue

5 side-effects of dengue that may last for a while after recovery5 side-effects of dengue that may last for a while after recovery

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04/8Hair fall

01/8What you should know about dengue

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Covid-19 infection

Dialysis patients at greater risk of Covid-19 infection: Study (New Kerala: 2020828)

<https://www.newkerala.com/news/2020/151944.htm>

It's widely known fact that Covid-19 can spread rapidly among residents in nursing homes and now, Johns Hopkins study shows people receiving hemodialysis for chronic kidney disease may be at even greater risk for infection from the virus.

For the study, published in the journal Morbidity and Mortality Weekly Report, investigated an outbreak of Covid-19 that occurred in April 2020 in a 200-bed Maryland nursing home with an independently operated, on-site hemodialysis centre.

Based on our results, we believe that nursing home residents undergoing dialysis are more likely than others in a facility to have repeated and prolonged exposures to the SARS-CoV-2 virus," said study lead author Benjamin Bigelow from Johns Hopkins University in the US.

"Therefore, they may be at greater risk of infection and subsequent Covid-19," Bigelow added.

According to the researchers, of the 170 residents at the facility, 32 received dialysis treatment between April 16 and April 30. By the end of the study period, testing for exposure to SARS-CoV-2 was conducted on all but three of the residents (they refused and were counted as negative).

The researchers reported that 15 of the 32 residents (47 per cent) on dialysis tested positive while only 22 of the other 138 residents (16 per cent) did.

"Our study suggests that homes and dialysis centres need to maintain clear and constant communication to improve infection prevention practices throughout the process of transporting residents to dialysis and during the dialysis itself," said researchers.

Residents who undergo dialysis should be carefully monitored, and testing prioritization must account for any contact with dialysis staff who may have been exposed to SARS-CoV-2, the study authors wrote.

"Identifying cases early, along with aggressive infection prevention and control, are the keys to protecting those in nursing homes with chronic kidney disease and who are most at risk during the pandemic," they noted.

Ayurvedic remedy

Ayurvedic remedy for herpes receives patent from US (New Kerala: 2020828)

<https://www.newkerala.com/news/2020/151894.htm>

Biogetica on Thursday announced the results of trials of a herpes medicine, which successfully marks reduced time and early treatment with the use of a combination therapy of the company's hyperisince and reginmune. The Ayurvedic remedy has been granted a patent by the US patent office.

In 2004, Dr. T Vijayan from the JSS School of pharmaceuticals discovered that extracts of Hypericum Mysorensis, a rare plant from the Nilgiri Hills, could completely suppress the herpes virus in-vitro.

Hyperisince has since been licensed by AYUSH for the management of herpes and is gaining popularity amongst both doctors and patients looking for a safe and effective way of dealing with this virus, variants of which are called herpes simplex and herpes zoster.

Clinical trials published in 2017 showed remarkable results for herpes, busting the age-old myth that Ayurveda takes a longer time to show results and that someone with herpes will always have recurrences.

In the trial, it was seen that a herpes outbreak usually lasts 21 days without treatment. The combination therapy of hyperisince and reginmune however brought the average time down to 3 days from nine days.

Furthermore, 76 per cent of patients with genital herpes who took the combination of hyperisince and reginmune did not have a relapse of herpes for the follow-up period of 2 years.

Speaking on the development, Dr. Vijay Kamat, Medical Director, Biogetica, said, "It is amazing to see how nature in its original perfection can outperform and complement synthetic molecules as medicine. This is a reality that both doctors and patients are waking up to globally."

He added that "We are successful, as each study we have conducted has shown groundbreaking results. We are failures as products such as hyperisince still do not sell even one tenth."

Vitamin C

Vitamin C is the key to better muscles in later life: Study (New Kerala: 2020828)

<https://www.newkerala.com/news/2020/151866.htm>

: Older people who eat plenty of vitamin C - commonly found in citrus fruits, berries, and vegetables - have the best skeletal muscle mass, according to new research.

Published in the Journal of Nutrition, the study was led by the University of East Anglia (UEA).

This is important because people tend to lose skeletal muscle mass as they get older - leading to sarcopenia (a condition characterised by loss of skeletal muscle mass and function), frailty, and reduced quality of life.

Lead researcher Prof Ailsa Welch, from UEA's Norwich Medical School said "As people age, they lose skeletal muscle mass and strength. People over 50 lose up to one per cent of their skeletal muscle mass each year, and this loss is thought to affect more than 50 million people worldwide. It's a big problem because it can lead to frailty and other poor outcomes such as sarcopenia, physical disability, type-2 diabetes, reduced quality of life, and death."

The professor added "We know that Vitamin C consumption is linked with skeletal muscle mass. It helps defend the cells and tissues that make up the body from potentially harmful free radical substances. Unopposed these free radicals can contribute to the destruction of muscle, thus speeding up age-related decline. But until now, few studies have investigated the importance of Vitamin C intake for older people. We wanted to find out whether people eating more Vitamin C had more muscle mass than other people."

The research team studied data from more than 13,000 people aged between 42-82 years, who are taking part in the EPIC (European Prospective Investigation into Cancer and Nutrition) Norfolk Study.

They calculated their skeletal muscle mass and analysed their vitamin C intakes from a seven-day food diary. They also examined the amount of vitamin C in their blood.

Dr Richard Hayhoe, also from UEA's Norwich Medical School, said "We studied a large sample of older Norfolk residents and found that people with the highest amounts of vitamin C in their diet or blood had the greatest estimated skeletal muscle mass, compared to those with the lowest amounts.

"We are very excited by our findings as they suggest that dietary vitamin C is important for muscle health in older men and women and may be useful for preventing age-related muscle loss. This is particularly significant as Vitamin C is readily available in fruits and vegetables,

or supplements, so improving intake of this vitamin is relatively straightforward," Dr Hayhoe said.

Adding further, the researcher said "We found that nearly 60 per cent of men and 50 per cent of women participants were not consuming as much Vitamin C as they should, according to the European Food Safety Agency recommendations. We're not talking about people needing mega-doses. Eating citrus fruit, such as orange, each day, and having a vegetable side to a meal will be sufficient for most people."

Nomophobia

Nomophobia' is associated with poor sleep health in college students, study finds (New Kerala: 2020828)

<https://www.newkerala.com/news/2020/151836.htm>

The fear of not being in contact with a mobile phone -- nomophobia -- is extremely common among college students and is associated with poor sleep health, according to a new study.

Preliminary results show that 89 per cent of a sample of college students had moderate or severe nomophobia. Greater nomophobia was significantly related to greater daytime sleepiness and more behaviors associated with poor sleep quality.

"We found that college students who experience more 'nomophobia' were also more likely to experience sleepiness and poorer sleep hygiene such as long naps and inconsistent bed and wake times," said lead author Jennifer Peszka, Ph.D., professor of psychology at Hendrix College in Conway, Arkansas.

While Peszka anticipated that nomophobia would be common among the study participants, she was surprised by its high prevalence.

"Because our study suggests a connection between nomophobia and poorer sleep, it is interesting to consider what the implications will be if nomophobia severity continues to increase," she said.

The study involved 327 university students with a mean age of 20 years. Participants completed several questionnaires, including the Nomophobia Questionnaire, the Epworth Sleepiness Scale, and the Sleep Hygiene Index.

Peszka also noted that one common recommendation for improving sleep habits is to limit phone use before and during bedtime. However, she said that for people who have nomophobia, this recommendation could exacerbate bedtime anxiety and disrupt sleep, rather than improve it.

"The recommendation to curtail bedtime phone use, which is meant to improve sleep and seems rather straightforward, might need adjustment or consideration for these individuals," she said.

The research team included co-investigators David Mastin, Ph.D., and Bruce Moore, Ph.D., from the University of Arkansas at Little Rock, where the other co-authors are undergraduate student researchers Shalonda Michelle, Benjamin T. Collins, Nataly Abu-Halimeh, Monnar Quattom, Maya Henderson, Madison Sanders, and Jeremiah Critton.

The research abstract was published recently in an online supplement of the journal Sleep.

Depressed teens

Depressed teens at heart attack risk in midlife: Study (New Kerala: 2020828)

<https://www.newkerala.com/news/2020/151640.htm>

In a warning for parents, researchers say that depression or anxiety in the teenage years is linked to a 20 per cent greater likelihood of having a heart attack in mid-life.

"Parents need to be vigilant and look for signs of stress, depression or anxiety that is beyond the normal teenage, seek help if there seems to be a persistent problem," said study author Cecilia Bergh of Orebro University in Sweden.

There are indications that mental well-being is declining in young people.

The study investigated whether conditions like depression in adolescence (age 18 or 19) are associated with a higher risk of cardiovascular disease in adulthood. The team also examined the possible role of stress resilience (ability to cope with stress in everyday life) in helping to explain any associations. They included 238,013 men born between 1952 and 1956 who underwent extensive examinations in late adolescence and were then followed into middle age (up to the age of 58 years).

The assessments at the age of 18 or 19 years included medical, psychiatric, and physical examinations by physicians and psychologists. Stress resilience was measured by an interview with a psychologist and a questionnaire, and based on familial, medical, social, behavioural and personality characteristics.

A total of 34,503 men were diagnosed with a non-psychotic mental disorder (such as depression or anxiety) at conscription. Follow-up for cardiovascular disease was through hospital medical records. The study found that a mental disorder in adolescence was associated with the risk of having a myocardial infarction (heart attack) by middle age.

Compared to men without mental illness in adolescence, the risk of myocardial infarction was 20 per cent higher among men with a diagnosis - even after taking into account other

characteristics in adolescence such as blood pressure, body mass index and parental socioeconomic status.

The association between mental illness and heart attack was partly - but not completely - explained by poorer stress resilience and lower physical fitness in teenagers with a mental illness.

"Better fitness in adolescence is likely to help protect against later heart disease, particularly if people stay fit as they age," the study authors wrote.

The study was recently presented at the 'ESC Congress 2020 - The Digital Experience' event.

Psychotic disorders

Scientists use blood test to predict who is likely to develop psychotic disorders (New Kerala: 2020828)

Scientists have discovered that testing the levels of certain proteins in blood samples can predict whether a person at risk of psychosis is likely to develop a psychotic disorder years later.

The study, published in the current edition of JAMA Psychiatry, was led by researchers from RCSI University of Medicine and Health Sciences.

Based on certain criteria, such as mild or brief psychotic symptoms, some people are considered to be clinically at high risk of developing a psychotic disorder, such as schizophrenia. However, only 20 percent to 30 percent of these people will actually go on to develop a psychotic disorder.

The researchers analysed blood samples taken from people at clinical high risk of psychosis. These individuals were followed up for several years to see who did and did not develop a psychotic disorder.

After assessing the proteins in blood samples and using machine learning to analyse this data, the scientists were able to find patterns of proteins in the early blood samples that could predict who did and did not develop a psychotic disorder at follow-up.

Many of these proteins are involved in inflammation, suggesting that there are early changes in the immune system in people who go on to develop a psychotic disorder. The findings also suggest that it is possible to predict their outcomes using blood samples taken several years in advance.

The most accurate test was based on the 10 most predictive proteins. It correctly identified those who would go on to develop a psychotic disorder in 93 percent of high-risk cases, and it correctly identified those who would not in 80 percent of cases.

"Ideally, we would like to prevent psychotic disorders, but that requires being able to accurately identify who is most at risk," said Professor David Cotter, the study's senior and corresponding author and professor of molecular psychiatry at RCSI.

"Our research has shown that, with help from machine learning, analysis of protein levels in blood samples can predict who is at truly at risk and could possibly benefit from preventive treatments. We now need to study these markers in other people at high risk of psychosis to confirm these findings," Cotter.

A patent application has been filed, and the research team is working to commercialise this research through licensing or partnering with industry.

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एंटीबॉडी,

Explainer: कोरोना को हराने के बाद शरीर में कितने दिन रहती है एंटीबॉडी, रिसर्च में सामने आई बात (Navbharat Times: 2020828)

<https://navbharattimes.indiatimes.com/metro/mumbai/other-news/explainer-on-decay-period-of-covid-antibodies-and-strategy-of-corona-vaccine/articleshow/77796164.cms>

कोरोना की कारगर वैक्सीन बनाने और इसके खिलाफ शरीर की कुदरती प्रतिरोधक क्षमता पर अभी बहस जारी है। कुछ जानकार कहते हैं कि इससे उबरने वालों के शरीर में इससे बचे रहने की क्षमता महज 50 दिन के आसपास रहती है, वहीं कुछ इससे अलग राय रखते हैं। जानिए (covid antibodies explainer) इस बहस के बारे में।

विशेषज्ञों का कहना है कि कोरोना की एंटीबॉडीज बहुत लंबे समय तक नहीं बनी रहती हैं। मुंबई के जेजे ग्रुप ऑफ हॉस्पिटल्स के स्टाफ पर हुए सर्वे की रिपोर्ट से यह जानकारी मिली है। यह तथ्य इलाज का तरीका तय करने, वैक्सीन की रणनीति बनाने में निर्णायक साबित हो सकता है।

मुंबई

कोरोना पर बारीकी से नजर रख रहे विशेषज्ञों का कहना है कि कोरोना से उबर चुके मरीजों के शरीर में एंटीबॉडीज बहुत लंबे समय तक नहीं बनी रहती हैं। मुंबई के जेजे ग्रुप ऑफ हॉस्पिटल्स के स्टाफ पर हुए सर्वे पर आधारित रिपोर्ट बताती है कि ये एंटीबॉडीज कुछ महीनों से ज्यादा शरीर में नहीं टिक रही हैं। यह तथ्य कोरोना का इलाज का तरीका तय करने, खासकर, उसकी वैक्सीन तैयार करने और जनता को लगाने की रणनीति बनाने में निर्णायक साबित हो सकता है। आइए जानते हैं कि पूरा मामला है क्या-

क्या हैं एंटीबॉडीज और क्यों हैं जरूरी

एंटीबॉडीज हमारे शरीर की प्रतिरोधक प्रणाली के अहम अंग होती हैं। ये इम्यूनोग्लोब्युलिन नामके प्रोटीन के तत्व होते हैं। वहीं शरीर में नुकसान पहुंचाने वाले तत्व एंटीजन कहलाते हैं। ये वायरस, बैक्टीरिया या हानिकारक केमिकल कुछ भी हो सकते हैं।

एंटीबॉडीज हमारे शरीर में सर्च बटैलियन या खोजी सैनिक की तरह काम करती हैं। खास बात यह है कि हर अलग किसम के एंटीजन के लिए अलग एंटीबॉडीज होती हैं। ये हमारी कोशिकाओं से निकल कर दुश्मन या एंटीजन खोजती हैं, खोजकर उनसे चिपक जाती हैं और उन्हें खत्मकर देती हैं। एक बार जब शरीर किसी रोग से लड़कर सही होता है तो उस रोग के खिलाफ शरीर में एंटीबॉडीज बन जाती हैं जो भविष्य में उसी तरह के इन्फेक्शन से शरीर की रक्षा करती हैं।

क्या पता चला स्टडी में

इस स्टडी के प्रमुख डॉ निशांत कुमार का कहना है, ' सात सप्ताह पहले जेजे, जीटी और सेंट जॉर्ज अस्पतालों के 801 हेल्थकेयर वर्कर्स में 28 को आरटी-पीसीआर टेस्ट में कोरोना पॉजिटिव पाया गया था। लेकिन जून में हुए सीरो सर्वे के दौरान इनमें से किसी के भी शरीर में एंटीबॉडीज नहीं पाई गईं।'

जेजे हॉस्पिटल ने 34 और लोगों का सीरो सर्वे कराया। इन्हें तीन ओर पांच सप्ताह पहले पीसीआर टेस्ट में कोरोना पॉजिटिव पाया गया था। देखा गया कि इनमें क्रमशः 90 पर्सेंट और 38.5 पर्सेंट लोगों में एंटीबॉडीज थीं। मतलब समय के साथ एंटीबॉडीज खत्म होती गईं।

Sleeping

Morning Face Swelling: सिर्फ नींद पूरी ना होना ही नहीं, यह भी है चेहरे की सूजन की वजह
(Navbharat Times: 2020828)

<https://navbharattimes.indiatimes.com/lifestyle/health/morning-face-swelling-swelling-on-eyes-or-puffy-eyes-reason-and-cure-in-hindi/articleshow/77797232.cms>

सुबह की शुरुआत सूजी हुई आंखों और सूजे हुए चेहरे के साथ होती है तो हर किसी का मन दुखी होता है। क्योंकि हम सभी अपने दिन की शुरुआत खिले-खिले चेहरे के साथ चाहते हैं। जब सुबह उठने पर हमारी आंखों या चेहरे पर सूजन रहती है तो अक्सर घर के लोग कहते हैं कि रात को ठीक से सोए नहीं हो क्या? लेकिन रात को ठीक से ना सो पाना ही चेहरे की सूजन की वजह नहीं होता है और भी दो कारण हैं...

चेहरे की सूजन के मुख्य कारण

-सोकर उठने के बाद चेहरे और आंखों की सूजन के मुख्य रूप से तीन कारण होते हैं। एक के बारे में तो बात हो ही चुकी है कि यदि आप रात को ठीक से नहीं सो पाते हैं तो सुबह के समय आंखें और चेहरा सूजा हुआ रहता है।

-चेहरे की सूजन का दूसरा कारण है कि आप जरूरत से ज्यादा सोए हैं। यानी 7-8 घंटे में नींद पूरी होने के बाद भी आप बिस्तर पर लेटे रहे या सोने की कोशिश करते रहे। या फिर लेटे हुए खयाली पुलाव पकाते रहे...खैर, बिस्तर पर एक निश्चित समय से ज्यादा लेटे रहना भी चेहरे की सूजन का कारण बनता है।

Corona And Non-veg: कोरोना को हराने में आगे आई KFC, जानें क्यों हटाया फेमस स्लोगन

-चेहरे की सूजन का तीसरा और सबसे बड़ा कारण है, एनीमिया। जी हां, जिन लोगों के शरीर में खून की कमी होती है उन्हें एनिमिक कहा जाता है। इस समस्या को मेडिकल की भाषा में एनिमिया कहते हैं। जिन लोगों के शरीर में खून की कमी होती है सोकर उठने पर उनकी आंखें और भौंहें सूजी रहती हैं।

शरीर देता है संकेत

-हम आपको अपने अलग-अलग आर्टिकल्स के माध्यम से यह बताते रहते हैं कि शरीर अपने अंदर पनपनेवाले रोगों और कमियों की जानकारी अपने तरीके से हमें देता रहता है। शरीर में जब कोई भी रोग पनपता है तो शरीर बाहरी लक्षणों के माध्यम से हमें इस बात के संकेत देता है कि भविष्य में हमें फलां बीमारी घेर सकती है।

Covid-19 Unlock-4: मेट्रो में सफर करने के लिए जरूरी रहेंगी ये दो चीजें, जानें क्या है वजह

-अब यह हमारी अपनी समझ के ऊपर होता है कि हम अपने शरीर की इस सांकेतिक भाषा को कितना समझ पाते हैं या नहीं समझ पाते हैं। लगातार इस तरह के लक्षणों को अनदेखा करने के बाद ही हम किसी गंभीर रोग की चपेट में आते हैं।

Corona Patient (Hindustan: 2020828)

https://epaper.livehindustan.com/imageview_278796_85319136_4_1_28-08-2020_3_i_1_sf.html

सक्रिय मरीजों में अचानक बड़ा उछाल

नई दिल्ली | एजेसी

देश में एक दिन में कोरोना के सर्वाधिक 75 हजार 760 नए मामले मिलने से कुल संक्रमितों की संख्या 33 लाख के पार हो गई। इसके साथ ही सक्रिय मरीजों की संख्या में भी अचानक बड़ा उछाल आया। स्वास्थ्य मंत्रालय के मुताबिक, एक दिन में करीब 19 हजार सक्रिय मरीज बढ़ गए। इससे पहले रोजाना तीन से पांच हजार तक वृद्धि दर्ज की जा रही थी।

मंत्रालय के अनुसार, महाराष्ट्र, आंध्र प्रदेश और उत्तर प्रदेश समेत कई राज्यों में नए मामले बढ़ने की वजह से यह तेजी दिखाई दे रही है। गुरुवार सुबह आठ बजे तक 24 घंटे में रिकॉर्ड बढ़त के साथ

24 घंटों में कितनी बढ़त

राज्य	26 अगस्त	27 अगस्त
महाराष्ट्र	2204	6956
आंध्र प्रदेश	416	2276
उत्तर प्रदेश	287	1742
बिहार	1676	107

(स्रोत : स्वास्थ्य मंत्रालय)

संक्रमितों की कुल संख्या बढ़कर 33 लाख 10 हजार 234 हो गई। इसी दौरान 1,023 लोगों की जान चली गई। मौत का कुल आंकड़ा 60,472 हो गया है।

दिल्ली में 1840 नए केस : दिल्ली में गुरुवार को 1840 नए केस मिले जबकि 22 लोगों की मौत हो गई। दिल्ली

ठीक होने की दर 76.24%

देश में अब ठीक होने की दर 76.24% हो गई है। अब तक तक 25,23,771 लोग स्वस्थ हो चुके हैं। कोरोना रोगियों की मृत्यु दर भी घटकर 1.83% हो गई। फिलहाल 7 लाख 25 हजार 991 मरीजों का इलाज चल रहा है, जो कुल मामलों का 21.93 फीसदी है।

में फिलहाल 13208 सक्रिय केस हैं। वहीं यूपी में कोरोना के 5463 नए मामले मिले, जबकि 76 मौत के साथ मृतकों की संख्या 3217 हो गई। यूपी में कुल संक्रमितों की संख्या 2 लाख 8 हजार 419 हो गई है।

➤ टीबी मरीजों की जांच पेज 09

Infection (Hindustan: (Hindustan: 2020828)

https://epaper.livehindustan.com/imageview_278797_85297022_4_1_28-08-2020_4_i_1_sf.html

संकट

अस्पतालों में एक महीने में 30% संक्रमित बढ़े

दिल्ली में कोरोना के मामले बढ़ने से अस्पतालों में भर्ती मरीजों की संख्या भी बढ़ने लगी है। स्वास्थ्य विभाग के आंकड़ों के मुताबिक पिछले एक महीने में अस्पतालों में भर्ती मरीजों की संख्या में लगभग 30 फीसदी की बढ़ोतरी हुई है जबकि इससे पहले अस्पतालों में रोज मरीजों की संख्या कम हो रही थी। वरिष्ठ संवाददाता की रिपोर्ट...



कॉमन वेल्थ स्पोर्ट्स विलेज में बनाए गए कोविड केयर केंद्र में बुधवार को निरीक्षण करता स्वास्थ्यकर्मी। • एजेंसी

2856 मरीज भर्ती थे अलग अलग अस्पतालों में 26 जुलाई को

3682 हो गई मरीजों की संख्या बढ़कर 26 अगस्त को

856 अधिक मरीज भर्ती
दिल्ली में पिछले एक महीने में 856 मरीज अधिक बढ़े हैं। दिल्ली के

12500 से अधिक सक्रिय
दिल्ली में कोरोना के मामले अधिक अपने औसत चरणों के चिकित्सा की