



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Tuesday 20201013

## Second Covid vaccine

### Second Covid vaccine trial paused over unexplained illness (The Tribune: 20201013)

<https://www.tribuneindia.com/news/health/second-covid-vaccine-trial-paused-over-unexplained-illness-155100>

The company declined to reveal any more details about the illness, citing the participant's privacy.

Second Covid vaccine trial paused over unexplained illness

A late-stage study of Johnson & Johnson's COVID-19 vaccine candidate has been paused. Image only for representational purposes.

A late-stage study of Johnson & Johnson's COVID-19 vaccine candidate has been paused while the company investigates whether a study participant's "unexplained illness" is related to the shot.

The company said in a statement on Monday evening that illnesses, accidents and other so-called adverse events "are an expected part of any clinical study, especially large studies," but that its physicians and a safety monitoring panel would try to determine what might have caused the illness.

The pause is at least the second such hold to occur among several vaccines that have reached large-scale final tests in the US.

The company declined to reveal any more details about the illness, citing the participant's privacy.

Temporary stoppages of large medical studies are relatively common. Few are made public in typical drug trials, but the work to make a coronavirus vaccine has raised the stakes on these kinds of complications.

Companies are required to investigate any serious or unexpected reaction that occurs during drug testing. Given that such tests are done on tens of thousands of people, some medical problems are a coincidence. In fact, one of the first steps the company said it will take is to determine if the person received the vaccine or a placebo.

The halt was first reported by the health news site STAT.

Final-stage testing of a vaccine made by AstraZeneca and Oxford University remains on hold in the US as officials examine whether an illness in its trial poses a safety risk. That trial was stopped when a woman developed severe neurological symptoms consistent with transverse myelitis, a rare inflammation of the spinal cord, the company has said. That company's testing has restarted elsewhere.

Johnson & Johnson was aiming to enrol 60,000 volunteers to prove if its single-dose approach is safe and protects against the coronavirus. Other vaccine candidates in the US require two shots. —AP

## **Virus vaccine**

### **Pfizer modifies protocol for virus vaccine study (The Tribune: 20201013)**

<https://www.tribuneindia.com/news/health/pfizer-modifies-protocol-for-virus-vaccine-study-155095>

Diversity aimed at providing information on how safe and effective the experimental vaccine is in people of different ages and backgrounds.

Pfizer modifies protocol for virus vaccine study

Drugmaker Pfizer has again modified the protocol for its late-stage study of its vaccine against the new coronavirus, this time to include more young participants. File image.

Drugmaker Pfizer has again modified the protocol for its late-stage study of its vaccine against the new coronavirus, this time to include more young participants.

The company said on Monday that it's received permission from the Food and Drug Administration to include adolescents aged 12 through 15 in its global COVID-19 vaccine study.

New York-based Pfizer originally planned for 30,000 participants, but in September expanded that to 44,000 people. That increase was made to boost diversity in the trial population, specifically by including 16- and 17-year-old teens, as well as stable patients with some common chronic infections: hepatitis B, hepatitis C and HIV.

Pfizer's trial also includes significant numbers of Hispanic, Black, Asian and Native American participants, plus many people aged 56 through 85. The diversity is aimed at providing information on how safe and effective the experimental vaccine is in people of different ages and backgrounds. AP

## **Cloth masks**

### **Cloth masks may protect from viruses only if washed daily: Study (The Tribune: 20201013)**

<https://www.tribuneindia.com/news/health/cloth-masks-may-protect-from-viruses-only-if-washed-daily-study-154715>

Cloth masks may protect from viruses only if washed daily: Study  
Photo for representational purpose only.

Cloth masks may reduce the transmission of viruses such as SARS-CoV-2, which causes COVID-19, only if they are washed daily at high temperatures, according to a study.

"Both cloth masks and surgical masks should be considered 'contaminated' after use," said Professor Raina MacIntyre, from the University of New South Wales in Australia.

"Unlike surgical masks, which are disposed of after use, cloth masks are re-used. While it can be tempting to use the same mask for multiple days in a row, or to give it a quick hand-wash or wipe-over, our research suggests that this increases the risk of contamination," said MacIntyre.

The researchers analysed data from a randomised controlled trial (RCT) they published in 2015.

The latest study, published in the journal BMJ Open, is still the only RCT ever conducted on the efficacy of cloth masks in preventing viral infections, they said.

The researchers did a deep dive into the 2011 data on whether the health workers in their study washed their masks daily, and if so, how they washed their masks.

The team found that if cloth masks were washed in the hospital laundry, they were as effective as a surgical mask.

Given the study was conducted over five years ago, the researchers did not test for SARS-CoV-2.

Instead, they included common respiratory pathogens such as influenza, rhinoviruses and seasonal coronaviruses in their analysis.

It is based on self-reported washing data and was conducted by health workers in high risk wards in a healthcare setting.

"While someone from the general public wearing a cloth mask is unlikely to come into contact with the same amount of pathogens as healthcare worker in a high risk ward, we would still recommended daily washing of cloth masks in the community," said MacIntyre.

According to the analysis, handwashing the masks did not provide adequate protection.

Healthcare workers who self-washed their masks by hand had doubled the risk of infection compared to those who used the hospital laundry, said the researchers.

The majority of people in the RCT handwashed their masks, and this may be why the cloth masks performed poorly in the original trial, they said.

"The WHO recommends machine washing masks with hot water at 60 degrees Celsius and laundry detergent, and the results of our analysis support this recommendation," said MacIntyre.

"The clear message from this research is that cloth masks do work – but once a cloth mask has been worn, it needs to be washed properly each time before being worn again, otherwise it stops being effective," said MacIntyre. PTI

## **Novel coronavirus**

### **Novel coronavirus survives 28 days on glass, currency, Australian researchers find (The Tribune: 20201013)**

<https://www.tribuneindia.com/news/health/novel-coronavirus-survives-28-days-on-glass-currency-australian-researchers-find-154690>

By comparison, Influenza A virus has been found to survive on surfaces for 17 days.

Novel coronavirus survives 28 days on glass, currency, Australian researchers find  
Photo for representational purpose only

The virus that causes COVID-19 can survive on banknotes, glass and stainless steel for up to 28 days, much longer than the flu virus, Australian researchers said on Monday, highlighting the need for cleaning and handwashing to combat the virus.

Researchers at Australia's national science agency, CSIRO, found that at 20 degrees Celsius (68 degrees Fahrenheit) the SARS-COV-2 virus remained infectious for 28 days on smooth surfaces such as plastic banknotes and glass found on mobile phone screens. The study was published in the Virology Journal.

By comparison, Influenza A virus has been found to survive on surfaces for 17 days.

CSIRO's research involved drying virus in an artificial mucus on a range of surfaces at concentrations similar to samples from COVID-19 patients and then extracting the virus after a month.

Experiments done in controlled laboratory environments at 20, 30 and 40 degrees C showed that the survival time declined as the temperature increased.

"Establishing how long the virus really remains viable on surfaces enables us to more accurately predict and mitigate its spread and do a better job of protecting our people," CSIRO Chief Executive Larry Marshall said in a statement.

Proteins and fats in body fluids can also sharply increase virus survival times.

"The research may also help to explain the apparent persistence and spread of SARS-CoV-2 in cool environments with high lipid or protein contamination, such as meat processing facilities, and how we might better address that risk," said Trevor Drew, director of the CSIRO's Australian Centre for Disease Preparedness.

Australia has fared much better than most other rich nations in combating COVID-19, with a total of about 27,000 infections and 898 deaths in a population of 25 million.

The epicentre of the country's second wave of infection, Victoria state, reported 15 new cases on Monday, well shy of a target of less than five which the government has set for the easing of a hard lockdown in the state capital Melbourne.

New South Wales, the most populous state, reported six new cases on Monday, five of whom were returned travellers in quarantine.—Reuters

## **Hand-sanitisers**

### **Excessive use of hand-sanitisers may boost antimicrobial resistance, warns AIIMS (The Tribune: 20201013)**

<https://www.tribuneindia.com/news/health/excessive-use-of-hand-sanitisers-may-boost-antimicrobial-resistance-warns-aiims-153824>

By 2050, about 10 million human lives can be at risk every year if we do not manage the increasing drug resistance, say experts

Excessive use of hand-sanitisers may boost antimicrobial resistance, warns AIIMS  
Photo for representational purpose only.

Increased usage of antibiotics during Covid-19 can lead to more antimicrobial resistance, health experts of the All India Institute of Medical Sciences said, adding that the widespread use of hand-sanitisers and antimicrobial soaps can further worsen the situation.

Antimicrobial resistance is the ability of a pathogenic microbe to develop a resistance to the effects of an antimicrobial medication. It has been estimated that by 2050, about 10 million human lives could be at risk every year if drug resistance is not managed.

Various aspects of antimicrobial resistance were discussed in a two-day international webinar on antibiotic resistance jointly organised by the All India Institute of Medical Sciences and American Society for Microbiology.

The webinar was organised by Dr Rama Chaudhry, Professor and Head of AIIMS's Department of Microbiology, International Ambassador of American Society for Microbiology to India and her team – Dr Bimal Kumar Das, Dr Sarita Mohapatra, Dr Gagandeep Singh, Dr Hitender Gautam and Dr Nishant Verma.

In the webinar, the health experts talked about how the Covid-19 pandemic has jolted the entire world and significantly impacted the focus of health facilities towards antimicrobial resistance.

"It has been estimated that as we reach the year 2050, about 10 million human lives could be at risk every year if we do not manage the increasing drug resistance. The widespread use of hand sanitisers and antimicrobial soaps which has especially increased multifold during the Covid-19 pandemic can worsen the situation," said the experts.

They went on to say that antibiotic-resistant organisms have become rigidly established in our environment with many infections failing to respond to currently available antimicrobials. The antimicrobial resistance has outpaced the development of newer antimicrobials.

The health experts added that there is an urgent need to explore the alternative therapies. "The importance of these non-conventional and alternative therapeutic approaches like bacteriophages, endolysins, nanoparticles, probiotics and antimicrobial peptides are needed."

Antimicrobial resistance is one of the biggest challenges of modern medicine. It mounts problems beyond the geographical as well as species barriers and can transmit from animals to humans.

The webinar was inaugurated by the Guest of Honour and AIIMS Director Randeep Guleria, and Chief Guest Dr Sujeet Kumar Singh, Director of National Centre for Disease Control.

It also covered a vast range of topics from esteemed speakers from the Centre for Disease Control, World Health Organisation, Indian Council of Medical Research, PGIMER Chandigarh, and IIT Roorkee.

## **Covid-19: What you need to know today (Hindustan Times: 20201013)**

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

What explains the coronavirus disease's trajectory in Mumbai, Chennai, Delhi, Hyderabad, and Bengaluru? All five cities, among India's largest and most important, have been badly hit by the viral disease – and all five would appear to be witnessing a prolonged run of the disease, with some ebbs and flows. This columnist has hypothesised about this in the past, proffering factors such as population density as a possible explanation. A recent (October 5) article in peer reviewed journal Nature Medicine by Benjamin Rader from the Boston University's School of Public Health, Samuel V Scarpino from the Network Science Institute at Boston's Northeastern University, Moritz Kramer at the Department of Zoology at Oxford University, and others, claims that the “degree to which cases of Covid-19 are compressed into a short period of time (peakedness of the epidemic) is strongly shaped by population aggregation and heterogeneity”. It adds that “epidemics in crowded cities have larger total attack rates than [in] less populated cities”, that “in general, epidemics in coastal cities were less peaked and larger and more prolonged”, and that infection trajectories in rural areas were likely to be peaked.

This could explain why some cities see sharp spikes (or peakedness as the researchers term it; this typically happens in less crowded and less heterogeneous cities, according to the study), while others, such as the Indian cities named above (crowded, and where a heterogeneous population tends to move about), see prolonged attacks. In some ways, this is vindication of the density hypothesis – densely populated cities do tend to see extended runs of the pandemic according to the study – but it is also much more. That is because the study also looks at so-called mean crowding (a measure of both density and its variation across an area), mobility data (sourced from Google in some cases), and applies a mathematical model to calculate the epidemic's peakedness within cities. The model even took into account the impact of lockdowns or other restrictions put in place to slow the spread of the disease.

The study's authors explain that this “multivariate model” successfully explained trajectories of the coronavirus disease in Chinese cities and Italian provinces. But that's not the most interesting part of the study. That would be the fact that the researchers went on to apply the model to 310 cities around the world and calculated their “predicted epidemic peakedness”. This is a number between 0 and 1, where a number closer to 1 shows high peakedness, and a number closer to zero a prolonged run of the pandemic. In this case, spike (or peakedness) should not be confused for actual numbers. A spike refers to a sudden rise and an equally sudden fall in cases; a prolonged outbreak refers to an extended run for the disease. It's easy to see how the latter could witness higher daily cases, say, than the former.

So, what do the predictive scores show?

New York has a score of 0.0035. Mumbai's is 0.011. Delhi's is actually lower than Mumbai's at 0.008. Hyderabad's score is 0.012. Chennai is at 0.016. Kolkata at 0.011. The researchers do not appear to have calculated the score for Bengaluru, but given the pattern of scores of other Indian cities, it is easy to see what it could be.

One of my first reactions after going through the study was that it would be interesting to see it redone with more data (from more cities). The researchers seem to think so too. “As with all

modelling studies, further data generated during the epidemic might change our parameter estimates, and large-scale serological data would help verify our findings.”

That it would – and it’s another reason why India should carry out widespread antibody tests at regular intervals to assess the spread of the disease

## **Clinical, management guidelines’**

### **‘COVID-19 needs national-level clinical, management guidelines’ (The Hindu: 20201013)**

<https://www.thehindu.com/news/cities/Hyderabad/covid-19-needs-national-level-clinical-management-guidelines/article32837388.ece>

Make it clear all that medication should be only under doctors’ supervision as irrational consumption of drugs can cause irreversible harm, warn health experts

There is an urgent need to establish clinical and management guidelines at the national level so that more efficacious and less harmful medicines are used for COVID-19 treatment. Guidelines should explicitly mention at what stage of the infection a specific drug should be given and it should be made clear all that medications should be ‘ONLY’ under medical supervision, say public health experts.

## **Testing,**

### **Testing, tracing should go hand in hand, says Dr. G.V.S. Murthy (The Hindu: 20201013)**

<https://www.thehindu.com/news/cities/Hyderabad/testing-tracing-should-go-hand-in-hand/article32838036.ece>

PHFI’s IIPH-Hyderabad Director Dr. G.V.S. Murthy reiterated testing and tracing for COVID-19 should go “hand in hand”. There was an initial thrust on contact-tracing protocols but the surge of positive cases simply overwhelmed the health systems — already strained due to shortage of personnel, and the effective tracing has therefore faltered. “This could have been avoided if the governments concerned had called upon other staff and community leadership, trained them and equipped them for contact tracing. Unfortunately, this has not happened and only testing was ramped up and tracing given a short shrift,” he points out.

## **Coronavirus | Antibody cocktail (The Hindu: 20201013)**

### **Coronavirus | Antibody cocktail given to Donald Trump may protect against COVID-19, says study**

<https://www.thehindu.com/sci-tech/science/coronavirus-antibody-cocktail-given-to-donald-trump-may-protect-against-covid-19-says-study/article32822614.ece>

Further research in multiple animal models is needed.

The experimental antibody cocktail which U.S. President Donald Trump received when he tested positive for COVID-19 offers benefits against the novel coronavirus infection, according to a new study in animal models which provides more evidence of the clinical potential of the therapeutic.

## **Anxiety, insomnia**

### **Moms facing mild to high levels of Covid-19 anxiety, insomnia: Study (New Kerala: 20201013)**

<https://www.newkerala.com/news/2020/180104.htm>

In a major study, researchers have found that many mothers are experiencing an increase in insomnia severity and mild-to-high levels of acute Covid-19 anxiety and insomnia.

"In the study, we addressed consequences of the Covid-19 pandemic and home confinement on maternal anxiety, insomnia, as well as reports of sleep problems among children," said study author Liat Tikotzky from Ben-Gurion University in Israel.

The results, published in the Journal of Sleep Research, indicated that maternal clinical insomnia during Covid-19 more than doubled to 23 per cent during the pandemic, compared with only 11 per cent before the pandemic.

Approximately 80 per cent of mothers also reported mild to high levels of current Covid-19 anxiety.

In the study, mothers were asked to complete a self-reporting questionnaire with reference to two time points (a) retrospectively one to two months before the Covid-19 outbreak in Israel, and (b) during home confinement.

The researchers then computed a score representing the mother's perception of change in her sleep quality.

"We further observed that mothers who reported an increase in insomnia symptoms had significantly higher levels of acute Covid-19 anxiety than mothers who reported no change in insomnia symptoms," the authors wrote.

Moreover, the researchers found that about 30 per cent of mothers reported a negative change in their child's sleep quality and a decrease in sleep duration.

However, it is important to note that the majority of mothers reported no change in their child's sleep quality, duration, arrangement, and their perception of child's sleep as problematic, the researchers said.

Moreover, 12 per cent of mothers even reported a positive change in their child's sleep quality, and 25 per cent reported an increase in sleep duration.

Finally, the researchers observed that mothers who reported higher scores of insomnia were also more likely to report that their children had poorer sleep quality and shorter sleep duration.

This is consistent with previous studies demonstrating significant links between maternal and child sleep quality during normal times.

The findings emphasize the importance of further exploring familial resiliency factors that may explain the different patterns of responses in children's and mothers' sleep during times of crises.

## **Pregnancy**

### **Women more prone to constipation during pregnancy: Study (New Kerala: 20201013)**

<https://www.newkerala.com/news/2020/180092.htm>

Women are two-three times more likely to suffer from constipation during pregnancy and right after childbirth than at any other time in their life, warn researchers.

Constipation is common, and the risk of infrequent bowel movement is increased by diet that is low in fibre. It becomes more common with age, and women tend to have constipation more often than men.

"However, constipation-related problems subside surprisingly quickly after delivery," said study lead author Moona Kuronen from the University of Eastern Finland.

Published in the International Journal of Obstetrics and Gynaecology (BJOG), the new study focuses on the incidence of constipation in the second and third trimester, as well as immediately after vaginal and caesarean delivery.

The research team explored the incidence of constipation and other gastrointestinal problems in more than 1,000 fertile age women.

The study found that 44 per cent of women have constipation in the second trimester, and 36 per cent in the third.

The incidence of constipation after vaginal delivery increases to 47 per cent, and as many as 57 per cent of women who had a caesarean delivery reported gastrointestinal problems and constipation.

According to the researchers, the percentages are surprisingly high and, since gastrointestinal problems have an effect on both physical and mental well-being, their prevention should be discussed in pre-natal clinics early on in pregnancy.

Severe constipation increases the risk of haemorrhoids, urinary and faecal incontinence, and pelvic organ prolapse.

"Constipation during pregnancy is more common in women who have suffered from it already before pregnancy, or during their possible earlier pregnancy," Kuronen said.

According to the researchers, daily exercise, eating a balanced diet that is rich in fibre, and drinking enough fluids are the most important ways to prevent constipation.

In pregnancy, placental hormones cause bowel movements to slow down, and the growing uterus can make it difficult to pass stool normally. In addition, pregnancy changes the way fluids get absorbed from the gut.

If lifestyle changes aren't enough to alleviate constipation, laxatives (substances that loosen stools and increase bowel movements) may be needed.

One of the new discoveries of the study is that normal bowel function is restored quickly after childbirth.

"Our findings show that constipation and other gastrointestinal problems are very common. This is why it is important to invest in their prevention and treatment, and in the related counselling, both during pregnancy and after childbirth," the authors wrote.

## **Bariatric surgery**

### **Bariatric surgery cuts pancreatic cancer risk in obese patients: Study (New Kerala: 20201013)**

<https://www.newkerala.com/news/2020/180064.htm>

Researchers have found that weight loss or bariatric surgery significantly cuts the risk of developing pancreatic cancer in people who are obese with diabetes.

The study, published in the UEG Journal, analysed 14,35,350 patients with concurrent diabetes and obesity over a 20-year period.

A total of 10,620 patients within the study had undergone bariatric (weight loss) surgery, an operation that helps patients lose weight by making changes to the digestive system.

The research found that obese patients with diabetes were significantly less likely to develop pancreatic cancer if they had undergone bariatric surgery.

The majority of patients (73 per cent) that underwent surgery within the study were female.

"Previously, bariatric surgery has been shown to improve high blood sugar levels in diabetic patients and our research shows that this surgery is a viable way in reducing the risk of pancreatic cancer in this growing, at-risk group," said study lead author Aslam Syed, from health care company -- Allegheny Health Network in the US.

The findings are particularly timely, with rates of diabetes, obesity and pancreatic cancer all on the rise.

For pancreatic cancer, cases in the EU increased by 5 per cent between 1990 and 2016 - the highest increase in the EU's top five cancers - with the disease expected to be the second leading cause of cancer death in the near future.

A total of 46,200 people are estimated to die from the disease in Europe in 2020, compared to 42,200 deaths recorded in 2015. The increase in cases is believed to be fuelled by rising rates of obesity and type 2 diabetes.

Syed explained how preventing pancreatic cancer is crucial, with a lack of improvements in the survival of the disease for four decades.

"The average survival time at diagnosis is particularly bleak for this silent killer, at just 4.6 months, with patients losing 98 per cent of their healthy life expectancy. Only three per cent of patients survive more than five years," he said.

Often referred to as the 'silent killer', symptoms of pancreatic cancer - which include pain in the back or stomach, jaundice and unexplained weight loss - can be hard to identify which adds difficulties in diagnosing patients early.

"Clinicians should consider bariatric surgery in patients with metabolic disorders, such as diabetes and obesity, to help reduce the risk and burden of pancreatic cancer," Syed noted.

## **Homoeopathy**

### **Homoeopathy can do wonders for skin diseases: AYUSH (New Kerala: 20201013)**

<https://www.newkerala.com/news/2020/180036.htm>

There are many who certify that Homoeopathy can do wonders in cases of skin related viral diseases, Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) said on Monday.

A case study published recently in AYUHOM, the Research Journal of the North Eastern Institute of Ayurveda and Homoeopathy, Shillong illustrates this point, mentioned AYUSH.

The case study has been authored by Sangita Saha, Reader, Department of Organon of Medicine and Mahakas Mandal, Post Graduate Trainee, Department of Practice of Medicine, the Calcutta Homeopathic Medical College and Hospital along with Koushik Bhar, Post Graduate Trainee, and the National Institute of Homoeopathy, Kolkata.

Treatment of five patients suffering with five different skin diseases with Homoeopathy has given notable results which give a boost to the conviction of the positive effects of Homoeopathic medicine on such skin disorders.

Skin diseases are numerous and frequently occurring health problems affecting all ages, not only India, but globally also.

The Global Burden of Disease project has shown that the skin diseases continue to be the fourth leading cause of non-fatal disease burden worldwide.

Experts engaged with Homoeopathy treatment opine that Homeopathic approach to common viral skin diseases can be a game changer in offering affordable and effective solutions to a large number of people.

The case study was done on five patients with Wart, Herpes Zoster and Molluscan Contagiosum. Skin warts are benign tumours caused by infection of keratinocytes. Herpes Zoster results from reactivation of varicella-zoster virus (that also causes chickenpox). On the other hand, Molluscan contagiosum is a viral skin infection caused by closely related types of Pox Virus, and is common with children worldwide, especially in warm climates.

"It is known that Homoeopathy treats the patient, not the disease. Thus, the skin manifestations were treated by the means of internal medication following the principles of Homoeopathy, in these cases. And the results are extremely encouraging," the Ministry said.

After applying the indicated medicines as per the guidelines of Organon of Medicine and in different phases as per the susceptibility of each individual patient, it has come out that the medicines were able to not only remove the skin lesion efficiently, but also to provide relief to the associated symptoms of the patient.

"Not only that, none of the patients complained about any adverse effect during the treatment."

The case studies can be considered as a pilot project, said the Ministry, adding randomised controlled trials with larger sample size can be taken up in the next stage so that conclusive evidence on the healing power of Homoeopathy for viral skin diseases can be generated.

## **Asthma, food allergies**

### **Asthma, food allergies during childhood associated with increased risk of IBS(New Kerala: 20201013)**

<https://www.newkerala.com/news/2020/179969.htm>

Asthma and food hypersensitivity during childhood is associated with an increased risk of having irritable bowel syndrome around the age of 16, a new study presented today at UEG Week Virtual 2020 has found.

The research, conducted at the University of Gothenburg and the Karolinska Institute in Stockholm, Sweden, analysed the health of 2,770 children from birth to the age of 16.

Those with IBS at 16 were almost twice as likely to have had asthma at the age of 12. Almost half of children with IBS at 16 reported food hypersensitivity at 12 years. The research also showed that asthma, food hypersensitivity and eczema were all associated with an increased risk of concurrent IBS at 16 years.

The population-based cohort study was led by Dr Jessica Sjolund from the Institute of Medicine at the University of Gothenburg, Sweden.

"The associations found in this large study suggest there's a shared pathophysiology between common allergy-related diseases and adolescent irritable bowel syndrome. We knew that allergy and immune dysregulation had been suggested to play a role in the development of irritable bowel syndrome, but previous studies on allergy-related diseases and irritable bowel syndrome are contradictory," she said.

"This knowledge could open up for developing new treatment methods for adolescent IBS, targeting processes of low grade inflammation seen in these allergy-related diseases," she added.

During the study, children and parents were asked to complete questionnaires regarding asthma, allergic rhinitis, eczema and food hypersensitivity at ages 1, 2, 4, 8, 12 and 16 years. At 16, children answered questions based on the Rome III Questionnaire on Pediatric Gastrointestinal Symptoms, allowing participants to be categorised into IBS, functional abdominal pain and function dyspepsia groups.

IBS affects more than one in ten people and is the most common functional gastrointestinal disorder. It can be extremely disabling for patients, with abdominal cramps, bloating, diarrhoea or constipation. There are often difficulties in diagnosing functional gastrointestinal disorders like IBS, and just one in three people with symptoms of IBS or constipation consult a healthcare professional.

Hans Tornblom, who was involved in the research and is one of Europe's leading IBS experts, comments, "Even though functional gastrointestinal disorders are common, many patients are, unfortunately, negatively stigmatised and labelled. The fact that many IBS sufferers do not seek medical advice should be of great concern. As well as dedicating resources to improve the physical elements of living with disorders like IBS, care and investment must be committed to providing psychological and emotional support for patients so they are comfortable in seeking medical advice."

## कोरोना

**कोरोना पर पूरे देश से खुशखबरी लेकिन केरल, प. बंगाल समेत ये चार राज्य दे रहे हैं टेंशन (Navbharat Times: 20201013)**

<https://navbharattimes.indiatimes.com/india/these-four-states-are-still-cause-of-concern-on-corona/articleshow/78631295.cms?story=2>

Covid Cases in India : भारत में कोविड-19 करीब-करीब एक महीने पहले ही अपने पीक पर पहुंच गया था। 17 सितंबर को जब नए कोरोना केंसों का साप्ताहिक औसत 93,199 पर पहुंच गया तब इसकी संख्या धीरे-धीरे घटने लगी। बड़ी बात यह है कि इस दौरान कोविड टेस्ट की संख्या में लगातार वृद्धि हुई है। 17 सितंबर को 10.6 लाख टेस्ट हुए थे तो 10 अक्टूबर इसकी संख्या 11.3 लाख पर पहुंच गई। देश में अभी प्रति 10 लाख की आबादी के लिहाज से 84 टेस्ट हो रहे हैं। एक महीने पहले यह 79 का था।

these four states are still cause of concern on corona

Corona India Latest Updates : कोरोना पर पूरे देश से खुशखबरी लेकिन केरल, प. बंगाल समेत ये चार राज्य दे रहे हैं टेंशन

Adv: फैशन स्टोर पर ऑफर ही ऑफर, 70% की बंपर छूट

यह कोरोना पर अच्छी खबर तो जरूर है, लेकिन इस पर खुश नहीं हुआ जा सकता क्योंकि भारत रोजाना आने वाले नए कोरोना केंसों के मामले में दुनिया में नंबर एक है। अक्टूबर में अमेरिका और ब्राजील के संयुक्त आंकड़ों के बराबर अकेले भारत में कोरोना केंस थे। चिंता की सबसे बड़ी बात यह है कि चार बड़े राज्यों में रोजाना आने वाले नए कोरोना केंसों की संख्या लगातार बढ़ ही रही है। इनमें भी दो राज्य- केरल और कर्नाटक की

स्थिति ज्यादा ही गंभीर है। त्योहारी मौसम शुरू हो रहा है, ऐसे में किसी तरह की लापरवाही से देश में कोरोना की दूसरी लहर शुरू हो सकती है। उधर, सर्दियां आ रही हैं और वायु प्रदूषण बढ़ने का खतरा है। ऐसे में कोरोना संक्रमण पर काबू नहीं पाया गया तो यह बेहद भयावह रूप धारण कर सकता है।

केरल और कर्नाटक में कोरोना की तेज रफ्तार

देश के ज्यादातर राज्यों में कोरोना का पीक खत्म हो गया दिखता है, लेकिन 30 सितंबर से सात राज्यों एवं केंद्रशासित प्रदेशों में औसत रोजाना नए केसों की संख्या बढ़ रही है। इनमें चार बड़े राज्य हैं जहां हर दिन 2,000 से ज्यादा नए कोविड-19 के मरीज सामने आ रहे हैं। ये राज्य हैं कर्नाटक, केरल, प. बंगाल और राजस्थान। यहां रोजाना नए केसों के साप्ताहिक औसत में क्रमशः 19%, 31.5%, 8.7% और 5.1% की दर से वृद्धि हुई है। अन्य तीन राज्य और केंद्रशासित प्रदेशों में शामिल हैं- लद्दाख, मेघालय और नागालैंड। इनमें रोजाना नए केसों का साप्ताहिक औसत क्रमशः 89%, 61.9% और 19.3% की दर से बढ़ा है।

चिंता बढ़ा रहे कुछ जिले

इन राज्यों में कुछ जिले ऐसे हैं जो विशेष चिंता के सबब बने हुए हैं। मसलन, केरल के तीन जिलों में इस महीने के पहले 11 दिनों में कोरोना केस करीब 60% बढ़ गए हैं। इस महीने कोझीकोड में 62.2%, त्रिसूर में 61.9%, कोल्लम में 57.9% केस बढ़ गए। उसी तरह, कर्नाटक के चित्रदुर्ग में 37.2%, कोडागु में 32.2% और तुमाकुरु में 28.7% केस बढ़े। वहीं बात प. बंगाल की हो तो झारग्राम में 38%, बीरभूम में 20.3% और नादिया जिले में 19.5% कोरोना केस इस महीने बढ़ गए। उधर, राजस्थान के गंगानगर में 44.4%, बीकानेर में 40.3% जबकि भीलवाड़ा में 30.8% मामले बढ़ गए।

टेस्टिंग में प. बंगाल का हाल सबसे बुरा

कोरोना केस के बढ़ने के साथ-साथ कोविड टेस्टिंग में भी वृद्धि हो रही है, लेकिन आंकड़े बताते हैं कि टेस्टिंग की वृद्धि दर एकसमान नहीं है। दिल्ली, महाराष्ट्र, असम और बिहार में कोरोना मरीजों की संख्या घटी तो टेस्ट भी कम कर दिए गए। वहीं, तमिलनाडु और उत्तर प्रदेश अपने यहां कोरोना केस घटने के बावजूद टेस्टिंग बढ़ा रहे हैं। पंजाब और तेलंगाना में टेस्टिंग न घटी है और न बढ़ी है, हालांकि इन दोनों राज्यों में कोरोना केस घटे हैं। सबसे दयनीय हालत प. बंगाल की है जहां कोरोना केस बढ़ने के बावजूद टेस्ट कम कर दिए गए हैं।

कोरोना पंजाब में सबसे घातक, महाराष्ट्र में सबसे ज्यादा मरे

भारत इस महीने कोविड-19 महामारी से मरने वालों की तादाद के मामले में भी दुनिया में नंबर वन है। राष्ट्रीय स्तर पर पेश किए गए आंकड़े में क्षेत्रीय विषमता को छिपाया गया है। सिर्फ तीन राज्यों में कोविड मरीजों की मौत की दर 2% से ज्यादा है। पंजाब में कोरोना हर 1,000 मरीज में से 31 को मौत की नींद सुला रहा है तो महाराष्ट्र में यह औसत क्रमशः 26 और 24 का है। हालांकि, महाराष्ट्र में सबसे ज्यादा कोरोना मरीजों की मौत हुई है। उसके बाद दिल्ली का नंबर आता है।

ye do rajy puri imandari se kam kar rahe hai ankda sahi bata rahe hai

Luqman kadhai center

Navbharat Times News App: देश-दुनिया की खबरें, आपके शहर का हाल, एजुकेशन और बिजनेस अपडेट्स, फिल्म और खेल की दुनिया की हलचल, वायरल न्यूज और धर्म-कर्म... पाएँ हिंदी की ताजा खबरें डाउनलोड करें NBT ऐप लेटेस्ट न्यूज से अपडेट रहने के लिए NBT फेसबुक पेज लाइक करें

# नौ दिन से घट रही मौतें केस 80 हजार से नीचे

नई दिल्ली | एजेसी

देश में कोरोना महामारी के 250 दिन पूरे होने के बाद संक्रमण की रफ्तार घटने के संकेत मिलने लगे हैं। पिछले नौ दिन से न केवल नए मामलों में कमी आई है, बल्कि मौत और सक्रिय मरीजों की संख्या भी घटी है। इस दौरान रोज मौत की संख्या हजार से कम और नए मामले 80 हजार से नीचे रहे हैं। स्वस्थ होने वालों की संख्या में इजाफा हुआ है।

विशेषज्ञों का कहना है कि ज्यादा जांच के बावजूद मामलों में कमी सुखद संकेत है। आईसीएमआर के अनुसार, देश में 11 अक्टूबर तक

## कोरोना@250 दिन पार

- 24 घंटों में संक्रमण के करीब 67 हजार केस सामने आए
- इस दौरान 71 हजार से ज्यादा मरीज स्वस्थ भी हुए

कुल 8,78,72,093 नमूनों की जांच हो चुकी है। रविवार को 9,94,851 नमूनों की जांच की गई। स्वास्थ्य मंत्रालय के अनुसार, बीते 24 घंटों में कोरोना के 66,732 नए केस सामने आए हैं और 816 संक्रमितों की मौत हुई है। वहीं 71,559 लोग स्वस्थ हुए हैं।

➤ छह गुना स्वस्थ पेज 15