



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 20201119

TB cases

**Covid impact: TB notifications down 29 % over last year
Only 14.5 lakh TB cases notified during January-October 2020, says Harsh Vardhan (The Tribune: 20201119)**

<https://www.tribuneindia.com/news/health/covid-impact-tb-notifications-down-29-over-last-year-172224>

Covid impact: TB notifications down 29 % over last year
Union Health Minister Harsh Vardhan. File Photo

Health Minister Harsh Vardhan on Wednesday said COVID-19 pandemic had disrupted the country's fight against infectious diseases and TB notifications this year had been 29 per cent less than the corresponding period last year.

Addressing the 33rd Stop TB Partnership Board meeting digitally on Wednesday, the minister said, "During the period of January-October 2020, only 14.5 lakh TB cases have been notified which is 29 per cent lower than the same period in 2019, with the decline being over 35-40 per cent in some states like Maharashtra, Tamil Nadu, Andhra Pradesh, Manipur and Goa."

Central data, however, shows the silver lining in states like Sikkim, Telangana, Haryana, Arunachal Pradesh, Kerala, Himachal Pradesh and Odisha which have witnessed less than 20 per cent impact on TB services even during the lockdown period.

"These states strategised to integrate their TB case finding activities with COVID preventive measures," said Vardhan.

Acknowledging that COVID-19 has turned the clock back by many years, if not decades, in the fight against infectious diseases, Vardhan said, "The deadly virus has derailed our painstaking efforts of many decades and diverted scientific attention from many infectious killer diseases like TB."

"The lockdowns have raised insurmountable barriers for patients and people are still living in fear of the coronavirus. We all know that the last 10 months have seen treatment interruptions,

hindered availability of drugs, shrinking supply of diagnostic tests, delays in diagnosis, interrupted supply chains, diversion of manufacturing capacity and imposition of physical barriers for patients who must travel to distant clinics to pick up the medications,” he said. The minister said systems created for Covid-19 would be repurposed in the future to fight TB. India has committed to eradicating TB by 2025, ahead of the WHO’s 2030 target. The country houses one in four TB cases globally.

Pfizer completes COVID-19

Pfizer completes COVID-19 trial with 95% efficacy, to seek emergency-use authorisation

'Efficacy of the vaccine was consistent across age and ethnicity demographics, no major side effects'(The Tribune: 20201119)

<https://www.tribuneindia.com/news/health/pfizer-completes-covid-19-trial-with-95-efficacy-to-see-emergency-use-authorisation-172182>

Pfizer completes COVID-19 trial with 95% efficacy, to seek emergency-use authorisation
For representation only. Reuters file photo

Final results from Pfizer Inc's COVID-19 vaccine trial showed its shot had a 95 per cent success rate and two months of safety data, paving the way for the drugmaker to apply for an emergency US authorisation within days, it said on Wednesday.

The vaccine's efficacy rate, the highest of any candidate in late-stage clinical trials so far, was welcomed by experts who had already said that interim results showing Pfizer's shot was over 90 per cent effective were very encouraging.

Pfizer said there were 170 cases of COVID-19 in its trial of more than 43,000 volunteers and only eight people with the disease had been given the shot rather than a placebo, meaning the vaccine had a 95 per cent efficacy rate. Of the 10 people who developed severe COVID-19, one had received the vaccine.

"The data is very strong," said Ian Jones, a professor of virology at Britain's University of Reading. "It's looking like a real contender."

Pfizer said it expected the US Food and Drug Administration's vaccine advisory committee to review and discuss the data in a public meeting that will likely be held in December.

"We continue to move at the speed of science, and we know that every day matters in our path to authorisation," Pfizer Chief Executive Albert Bourla said.

The final analysis comes just a week after initial results from the trial showed the vaccine, developed with German partner BioNTech SE, was more than 90 per cent effective. Moderna Inc on Monday released preliminary data for its vaccine, showing 94.5 per cent effectiveness.

The better-than-expected results from the two vaccines, both developed with new messenger RNA (mRNA) technology, have raised hopes for an end to a pandemic that has killed more than 1.3 million people and wreaked havoc upon economies and daily life.

However, while some groups such as healthcare workers will be prioritised in the United States for vaccinations this year, it will be months before large-scale rollouts begin.

The most vulnerable

Distribution of a Pfizer shot is complicated by the need to store it at ultra-cold temperatures of -70 degrees Celsius. It can, however, be kept in a normal fridge for up to five days, or up to 15 days in a thermal shipping box.

Pfizer said the efficacy of the vaccine was consistent across different age and ethnic groups, a sign that the immunisation could be employed broadly around the world.

Efficacy in adults over 65 years, who are at particular risk from the virus, was over 94 per cent.

"The 94 per cent protection for older people is key. This is the evidence we needed to ensure that the most vulnerable people are protected," said Andrew Hill, senior visiting research fellow at the University of Liverpool's department of pharmacology.

Equity markets strengthened slightly on the Pfizer news.

Europe's STOXX 600 and the U.S S&P 500 futures both rose about 0.3 per cent to hit highs for the day. The moves were small, however, compared with the jump when Pfizer first announced the vaccine was more than 90 per cent effective on November 9.

Pfizer shares rose 3 per cent in premarket trade while BioNTech's US-listed shares jumped 8 per cent.

Pfizer said its two-dose vaccine, BNT162b2, was well-tolerated and that side effects were mostly mild to moderate, and cleared up quickly.

The only severe adverse event that affected more than 2 per cent of those vaccinated was fatigue, which affected 3.7 per cent of recipients after the second dose. Older adults tended to report fewer and milder adverse events.

Moderna named five categories of severe side effects experienced by at least 2 per cent of those who received its vaccine. It listed fatigue at a frequency of 9.7 per cent, muscle pain at 8.9 per cent, joint pain at 5.2 per cent, headache at 4.5 per cent, pain at 4.1% and redness around the injection site at 2 per cent.

Pfizer's final results come as the virus is running rampant around the world, placing an enormous strain on healthcare systems with record numbers of new cases and hospitalisations.

The approach of winter in the northern hemisphere in tandem with the holiday season is expected to worsen case numbers as people spend more time indoors and have family gatherings.

"With hundreds of thousands of people around the globe infected every day, we urgently need to get a safe and effective vaccine to the world," Pfizer's Bourla said.

Pfizer and BioNTech also said they plan to submit the data to other regulatory agencies around the world and submit data from the study to a peer-reviewed scientific journal.

Pfizer reiterated that it expects to make as many as 50 million vaccine doses this year, enough to protect 25 million people, and then produce up to 1.3 billion doses in 2021.

Of the dozens of drugmakers and research groups racing to develop vaccines against COVID-19, the next data release will likely be from AstraZeneca Plc with the University of Oxford in November or December. Johnson & Johnson says it is on track to deliver data this year.

Exercise

Masks don't impair lung function during exercise: Study The physical barrier created by masks has prompted concerns that they might impair the cardiopulmonary system (The Tribune: 20201119)

<https://www.tribuneindia.com/news/health/masks-dont-impair-lung-function-during-exercise-study-172155>

While a face mask might feel uncomfortable, researchers have said that they do not significantly change the actual work of breathing or the flow of oxygen and carbon dioxide when worn while exercising.

The physical barrier created by masks has prompted concerns that they might impair the cardiopulmonary system by making it harder to breathe, by altering the flow of inhaled oxygen and exhaled carbon dioxide and by increasing dyspnea.

Dyspnea is a medical term that describes shortness of breath or difficulty in breathing, especially during physical activity.

In a new study, published in the journal *Annals of the American Thoracic Society*, the research team concluded that while sensations of dyspnea might increase, there is little empirical evidence that wearing a face mask significantly diminishes lung function, even when worn during heavy exercise.

"There might be a perceived greater effort with activity, but the effects of wearing a mask on the work of breathing, on gases like oxygen and CO₂ in blood or other physiological parameters are small, often too small to be detected," said the study author Susan Hopkins from University of California San Diego in the US.

The researchers came to their conclusions following a review of all known scientific literature published that examined the effects of various face masks and respiratory loading devices on physiological and perceptual responses to physical activity.

These studies assessed multiple factors, such as work of breathing (the quantified energy expended to inhale and exhale), arterial blood gases, effects on muscle blood flow and fatigue, cardiac function and flow of blood to the brain.

For healthy persons, the effects of wearing a mask on these physiological markers were minimal, no matter what type of mask was worn or the degree of exercise.

The authors also said age played no significant influencing role among adults. Gender differences were deemed inconsequential.

"Wearing a face mask can be uncomfortable. There can be tiny increases in breathing resistance. You may re-inhale warmer, slightly enriched CO₂ air. And if you're exercising, the mask can cause your face to become hot and sweaty," Hopkins said.

"But these are sensory perceptions. They do not impact cardiopulmonary function in healthy people," Hopkins added.

"So while dyspnea might be increased with a mask, you have to weigh that against the reduced risk of contracting COVID-19, knowing that the physiology is essentially unchanged," she noted.

Covid-19: What you need to know today (Hindustan Times: (The Tribune: 20201119)

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

The world's first at-home Covid-19 test was approved (for emergency use) by the US Food and Drug Administration on Tuesday. Made by Lucira Health, this is a molecular test which is relatively inexpensive — according to the company's website, it will cost under \$50 — and quick (30 minutes). The company also claims that the product was 94% as accurate as the gold-standard RT-PCR test in identifying positive cases and 98% as accurate in identifying negative ones, which makes the home test fast, relatively cheap, and accurate.

On Wednesday, news reports said the Feluda test, developed by the Council for Scientific and Industrial Research's Institute of Genomics and Integrative Biology, would be launched in Delhi, but only for use in laboratories. The test, which uses CRISPR (Dispatch 177 on October

8 wrote extensively about both the relevance of CRISPR at this time and on this test), can also be done at home, but it looks like a home version could take some time (see page 10).

The Lucira test uses a technology called RT-LAMP or Reverse Transcription Loop Mediated Isothermal Amplification. Molecular tests respond to the genetic material of the virus, ribonucleic acid, or RNA. But before they do this, RNA has to be converted into complementary DNA, or cDNA, which is achieved using an enzyme called Reverse Transcriptase and a process called Reverse Transcription (it's the reason many people use the terms interchangeably). LAMP then amplifies the cDNA, which is what shows up in the final result. In the case of the Lucira test, this is through a unit whose LED indicators change colour.

Accurate, inexpensive, rapid tests hold the key to getting the pandemic under control. Accurate, inexpensive, rapid, home tests are even better. RT-LAMP tests aren't based on some new breakthrough technology, though. They have been around for years. Back in May, India's health minister, Harsh Vardhan, announced that a CSIR lab would work with an arm of India's largest industrial conglomerate Reliance to commercialise its own rapid and inexpensive RT-LAMP tests for Covid. That hasn't happened yet, though, in October, a Kochi-based company, Agappe Diagnostics, launched its own LAMP test for Covid-19, albeit for use in laboratories. Agappe's test has been approved by the Indian Council of Medical Research.

It's possible that the announcement of an approval for Lucira's home test could open the floodgates; reliable home tests will remove a critical bottleneck in the current testing and diagnosis process, helping break the chain of infections. India's health ministry and ICMR should work towards making accurate home tests available for those who need them (read that as those with symptoms, or those who have been exposed to an infected person; the FDA has said that Lucira's home test will require a doctor's prescription).

PS: I usually avoid post scripts, but a recent paper (based on research) sheds more light on the immunity of those already infected by Covid-19 to reinfection, something Dispatch 204 on November 13 dealt with in the context of the findings of the latest round of Delhi's sero survey. In the paper, uploaded on November 16 on pre-print server bioRxiv, researchers at the La Jolla Institute for Immunology, California, and others, claim (on the basis of a study of 185 Covid-19 patients) that many patients retain immune cells capable of recognising and fighting the disease even six months after infection. This adds to a growing volume of evidence that while infected people may show no trace of specific antibodies that fight the Sars-CoV-2 virus after some time, this does not mean a loss of immunity, with many possessing B-cells and T-cells that can remember and fight the virus. Theoretically, this means that vaccines should provide the same length of protection.

50% Covid-19 patients in Delhi from UP, Hry: AAP (The Tribune: 20201119)

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

Medical professionals attend to a Covid-19 patient at Lok Nayak Hospital on Wednesday.

New Delhi: The Aam Aadmi Party (AAP) on Wednesday said around 50% of Covid-19 patients in Delhi hospitals are from Uttar Pradesh and Haryana, which shows the state of health care infrastructure in the two states.

The party criticised the Bharatiya Janata Party (BJP) governments in the two states for the health infrastructure there, and claimed the central government was yet to provide 250 ICU beds in a facility assured on Sunday.

“More than half of the Covid-19 patients in Delhi hospitals are from Uttar Pradesh and Haryana. We are happy to provide them with quality health care but this shows the utter failure of the BJP government in these two states in the field of quality health care. Delhi, on the other hand, has a proper strategy in place,” AAP’s national spokesperson Saurabh Bhardwaj said in a press conference at the party’s head office.

He said, “Despite promising, the Central government is yet to provide 250 ICU beds for the people of Delhi. BJP ministers found time to put up posters promoting their advocacy, but they could not comply with our request to increase ICU beds.”

After his meeting with Union home minister Amit Shah on Sunday, chief minister Arvind Kejriwal had said the central government assured 750 ICU beds for Delhi, of which 250 would be added in the next two days.

The ICU beds are supposed to be added in the central government’s DRDO facility.

Neeraj Daftuar, principal officer on special duty to the Haryana chief minister, said AAP’s assertion was “preposterous”. He said, “Covid-19 patients from Delhi are regularly getting admitted in Gurugram hospitals like Medanta. What does that indicate? It seems the Delhi government needs to look at their own health infrastructure rather than do nitpicking on us.”

The CM’s aide said 58% of the total active infections in Haryana were confined to four national capital region districts bordering Delhi. They are Gurugram, Faridabad, Rohtak and Sonapat. Out of the four, Gurugram and Faridabad alone accounted for 48% of active infections. “It’s so unfortunate that instead of taking proactive measures and self-introspection, the Delhi government is getting into the blame game,” he said.

The Centre and Uttar Pradesh governments did not respond to requests for comment.

131 Covid deaths

131 Covid deaths, highest spike in a day so far in Delhi (The Tribune: 20201119)

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

Delhi on Wednesday crossed the psychological mark of 500,000 Covid-19 cases, adding 7,486 new cases to its daily count, according to the Delhi government’s daily bulletin.

The city also recorded 131 deaths due to the infection, highest even seen in a day. Before this, the highest single-day death toll of 104 was reported on November 12.

This pushed the seven-day average case fatality ratio (CFR) – the proportion of deaths among those who test positive – to 2.12%. This is much higher than the cumulative CFR – calculated on the basis of total number of cases and deaths so far – indicating that the recent deaths are driving up the CFR.

The city's total Covid count now stands at 503,084. A total of 43,147 rapid antigen tests were conducted and 19,085 of the more reliable RTPCR tests, with a positivity rate of 12.03 %.

On Tuesday, NITI Aayog member Dr VK Paul had said Delhi had shown “dramatic improvement” in reducing deaths due to delay in admissions.

“Initially, when the pandemic had started – till about June – nearly 60 to 70% of the deaths in hospitals happened within the first 72 hours. Half of these deaths happened within the first 24-hours of admission. In Delhi, there has been a dramatic change since. We are still monitoring the mortality as it shows the efficiency of the system – mobilising patients from home, ambulance service, access to beds, and efficiency of the treatment,” he had said.

Eleven Delhi government-run hospitals will add 663 intensive care unit beds to the city's existing 3,600 beds over the next few days, with 232 beds at Guru Teg Bahadur hospital being operationalised in the next two days, according to Delhi chief minister Arvind Kejriwal.

“In view of ... increased demand of ICU beds in hospitals... directors of Covid hospitals... are directed to augment ICU beds by upgrading existing oxygenated beds at their respective hospitals,” read an order by the special secretary (health) SM Ali. The order was issued after the health minister Satyendar Jain met directors and doctors of various Covid-19 hospitals on Wednesday.

Delhi chief minister Arvind Kejriwal said, “Overall, there are Covid beds available but there is a shortage of ICU beds. We are making all efforts to increase these. Today, I met doctors of GTB hospital and the doctors immediately agreed to increase 232 beds; it is very difficult to do this in just 48 hours but our doctors have responded to the need.”

With the third surge in cases paralleling many cities from the West and Europe, the CM said, “If you look at places like New York, Sweden, Italy and France, when they had as many cases the videos that emerged showed patients in the corridors and street. There were no beds available. In New York, when 6,300 cases were reported in a day, there were 550 deaths at that time. Our doctors have managed the pandemic very well.”

ICMR (The Asian Age: 20201119)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15231986>

ICMR warns against wrong use of CPT in Covid patients

CPT has been tried in the past for treatment of viral infections like H1N1

New Delhi, Nov. 18: The country's apex health research body, ICMR, has issued an advisory stating that indiscriminate use of convalescent plasma therapy (CPT) in Coronavirus infected patients is not advisable.

The Covid-19 caseload in India has mounted to over 89 lakh. In an "evidence based advisory to address inappropriate use of convalescent plasma in Covid-19 patients", the Indian Council of Medical Research (ICMR) said that a potential donor for convalescent plasma should have sufficient concentration of antibody working against Covid-19.

Benefits of CPT in improving clinical outcomes, reducing severity of disease, duration of hospitalisation and mortality in Covid-19 patients are dependent on the concentration of specific antibodies in convalescent plasma that could neutralise the effects of SARS-CoV-2. CPT or passive immunotherapy has been tried in the past for treatment of viral infections like H1N1, Ebola and SARS-CoV-1 etc.

The ICMR recently conducted an open label phase II multicentre randomised controlled trial in India across 39 public and private hospitals on use of convalescent plasma in the management of

Delhi to impose curbs in heavily crowded markets

AGE CORRESPONDENT
NEW DELHI, NOV. 18

The Delhi government on Wednesday imposed restrictions on number of people attending a wedding or large gathering events, scaling it down from 200 to 50 in view of rising cases of the Coronavirus in the national capital.

Delhi government is now all set to impose restrictions in heavily crowded markets though deputy chief minister Manish Sisodia clarified saying there is no plan to impose a lockdown but to have some restrictions in market areas for some days to prevent the

spread of Coronavirus, if such a need arises.

"Lockdown was not a solution to the pandemic. It could be tackled through proper medical arrangements which the government was doing effectively. We have no intention of a lockdown. Let me clarify, we have made a general proposal to the Centre with regard to certain regulations like shutdown for some days in the markets where Covid-19 appropriate behaviour and social distancing violations pose threat of rapid infection," Sisodia said.

While majority of Indian states are on road to recovery from the

Coronavirus, Delhi, Kerala, West Bengal, Haryana and Rajasthan are now reporting surge in cases.

Total number of Coronavirus cases in India, as per Union health ministry, were over 89.12 lakh on Wednesday with 38,617 new cases while total deaths were 1.31 lakh with 474 new fatalities.

However, as per covid19India.org, the total cases were over 89.20 lakh and total fatalities over 1.31 lakh by Wednesday evening. On the other hand, India's recovery rate is improving and has reached 93.52 per cent.

cases with moderate Covid-19 disease (PLACID Trial).

It was concluded that CPT did not lead to reduction in progression to severe Covid-19 or all-cause mortality in the group that received CPT as compared to the group that did not receive the therapy "PLACID is the world's largest pragmatic trial on CPT conducted in

464 moderately ill laboratory confirmed Covid-19 affected adults in real world setting wherein no benefit of use of CPT could be established," the ICMR said.

Similar studies conducted in China and the Netherlands have also documented no significant benefit of CPT in improving the clinical outcomes of hospitalised

Covid-19 patients, the advisory stated. "Indiscriminate use of CPT is not advisable. It is speculated that convalescent plasma having low concentration of specific antibody against SARS-CoV-2 may be less beneficial for treating Covid-19 patients as compared to plasma with high concentration of such antibodies. — PTI

PROTEIN-BASED VACCINES MORE SUITABLE FOR INDIA: SCIENTISTS

New Delhi, Nov. 18: As the world moves into the next stage of Covid-19 management and several vaccine candidates approach end-stage trials, scientists say a critical consideration for India is storage temperature and a protein-based preventive might therefore work best for the country.

The decision on procuring the right Covid-19 vaccine depends on multiple factors, including safety, price and ease of deployment, the scientists added, pitching for a preventive like the one being developed by US firm Novavax that can be stored at higher temperatures rather than those developed from mRNA or viral vectors.

That would potentially rule out the three vaccine candidates that have shown over 90 per cent efficiency over the last few days — Pfizer-BioNTech with 90 per cent efficacy in Phase 3 trial interim results, Sputnik V with 92 per cent and Moderna with 94.5 per cent raising hopes across the globe that a preventive is on the horizon. — PTI

Post pandemic plan

Chile reopens theatres as part of post pandemic plan (New Kerala: 20201119)

<https://www.newkerala.com/news/2020/200824.htm>

Chile's Minister of Economy, Development and Tourism, Lucas Palacios, has announced reopening of theatres under strict social distancing rules, as part of a plan to recover jobs and reactivate the economy amid the Covid pandemic.

"This strategy that we are taking as a government, to make the decrease in infections compatible with the opening of different sectors of the economy, through rigorous sanitary measures, protects people from being infected and allows them to return to their places of work," Palacios said at the San Gines Cultural Centre.

"We have done it in construction, we have done it in cinemas, we have done it in theaters, we have done it with trade, we have done it in different sectors of the economy and we will continue on this road," he added.

Palacios stressed the importance of reactivating all sectors of the economy, especially those related to entertainment and culture, which represent 318,000 jobs in Chile, Xinhua reported.

Theatres must cap occupancy to a maximum capacity of 50 per cent, sell tickets in advance online, and ensure a meter of distance between customers, among other measures.

Covid-19 cases in North Macedonia surpass 50,000(New Kerala: 20201119)

<https://www.newkerala.com/news/2020/200808.htm>

North Macedonia's confirmed coronavirus cases surpassed 50,000, reaching 50,015, after health authorities reported 1,406 cases, the country's Health Ministry said.

According to the Public Health Institute, a total of 937 patients diagnosed with Covid-19, the disease caused by the virus, have recovered in the past 24 hours, bringing the total number of recoveries in the country to 29,583, Xinhua reported.

So far, Covid-19 has claimed the lives of 1,397 people in North Macedonia, up by 21 in the past 24 hours, health officials said on Wednesday.

Meanwhile, health authorities report that 19,035 cases are still active.

Health authorities have conducted a total of 300,200 tests of suspected cases since the outbreak of the pandemic.

As the world is struggling to contain the pandemic, countries including France, China, Russia, the United Kingdom and the United States are racing to find a vaccine.

According to the website of the World Health Organization, as of November 12, there were 212 Covid-19 candidate vaccines being developed worldwide, and 48 of them were in clinical trials.

Dementia,

Lesbian, gay, bisexual communities more at-risk for dementia, study finds (New Kerala: 20201119)

<https://www.newkerala.com/news/2020/200787.htm>

Lesbian, gay and bisexual -- or LGB -- people are more vulnerable to one of the fastest-growing health concerns in the country: dementia, according to new research from Michigan State University.

"Our study speaks to the unaddressed questions about whether members the LGB community are more likely to develop cognitive impairment at older ages and, if so, what factors contribute to their poorer cognitive health, " said Ning Hsieh, an assistant professor of sociology at MSU and lead author of the study published in the journal, *The Gerontologist*.

"We knew that stress and depression are risk factors for many chronic health problems, including cognitive impairment, in later life. LGB people experience more stressful events and have higher rates of depression compared to their heterosexual counterparts," she said.

Analyzing the elevated cognitive health risks among older members of the LGB community, the study was the first to use a national sample and screening tool to gauge cognitive health disparities between LGB and heterosexual older adults.

Hsieh and MSU colleagues Hui Liu, professor of sociology, and Wen-Hua Lai, a Ph.D. student of sociology -- compared cognitive skills of 3,500 LGB and heterosexual adults using a screening tool and questionnaire that tests for six domains. Those areas included temporal orientation; language; visuospatial skills; executive function; attention, concentration and working memory; and short-term memory.

The researchers found that on average, older LGB adults were more likely to fall into categories for mild cognitive impairment or early dementia compared to heterosexual older adults. The team also tested for specific health and social factors -- such as physical conditions, mental health conditions, living a healthy lifestyle and social connections -- and the only factor related to cognitive differences for sexual minorities was depression.

"Our findings suggest that depression may be one of the important underlying factors leading to cognitive disadvantages for LGB people," Hsieh said. "They may experience higher rates of depression than their heterosexual peers for many reasons, including not being accepted by parts of society, feeling ashamed of their sexual orientation or trying to hide their romantic relationships and being treated unfairly in school or at work."

The researchers felt surprised that other factors -- such as fewer social connections, drinking or smoking -- didn't have as great of an effect on LGB people's cognitive function later in life. But, they also recognized the need for additional research to understand how the stressors sexual minorities experience earlier in life can lead to cognitive impairments as they age. Additionally, Hsieh said, they hope that the study's findings shed light on the need for greater inclusivity for sexual minorities, as it can have an influence on their mental and cognitive well-being.

"Social inequality makes less privileged groups, including sexual minorities, more prone to develop cognitive impairment," Hsieh said. "Making society more just and more accepting of diverse sexuality may help prevent dementia and reduce related health care burden on society."

Mental health

Air pollution may affect mental health later in life: Study (New Kerala: 20201119)

<https://www.newkerala.com/news/2020/200666.htm>

A new research adds to the growing body of evidence that higher exposure to air pollution may affect mental health later in life.

In a study of women aged 80 years and older, published in the Journal of the American Geriatrics Society, living in locations with higher exposure to air pollution was associated with increased depressive symptoms.

"This is the first study showing how air pollution exposures affect depressive symptoms as well as the interrelationship between the symptoms and subsequent memory decline that had not been found in older people aged less than 80 years," said study lead author Andrew Petkus from the University of Southern California in the US .

When looking at individual air pollutants, the research found that long-term exposure to nitrogen dioxide or fine particulate air pollution was associated with increased depressive symptoms, but with only a small effect.

Results also suggested that depressive symptoms might play a role in linking long-term air pollution exposure to memory decline more than 10 years after the exposure.

"We know late-life exposures to ambient air pollutants accelerate brain aging and increase the dementia risk," said study senior author Jiu-Chiuan Chen.

"But our new findings suggest the oldest-old populations may respond to air pollution neurotoxicity in a different way that needs to be investigated further," Chen added.

Plasma Therapy

COVID-19: Indiscriminate use of Convalescent Plasma Therapy not advisable, says ICMR (New Kerala: 20201119)

<https://www.newkerala.com/news/2020/200434.htm>

November 18: The Country's top medical research body--India Council of Medical Research (ICMR) on Wednesday said that indiscriminate use of Convalescent Plasma Therapy (CPT) should be avoided as it does not reduce mortality in COVID-19 patients.

The apex medical research body issued Standard Operating Procedure (SoP) on plasma therapy and advised states to desist from its indiscriminate use.

"ICMR conducted an open-label phase II multicentre randomised controlled trial in India across 39 public and private hospitals on use of convalescent plasma in the management of cases with moderate COVID-19 disease (PLACID Trial). It was concluded that, CPT did not lead to reduction in progression to severe COVID19 or all cause mortality in the group that received CPT as compared to the group that did not receive CPT," said the ICMR in its new advisory.

"PLACID is the world's largest pragmatic trial on CPT conducted in 464 moderately ill laboratory confirmed COVID-19 affected adults in real-world setting wherein no benefit of use of CPT could be established," it said.

The ICMR also mentioned that similar studies conducted in China and the Netherlands have also documented no significant benefit of CPT in improving the clinical outcomes of hospitalised COVID-19 patients, hence indiscriminate use of CPT is not advisable.

"It is speculated that convalescent plasma having low concentration of specific antibody against SARS-CoV-2 may be less beneficial for treating COVID-19 patients as compared to plasma with high concentration of such antibodies," said the guidance note.

"This ICMR advisory, therefore, embraces the principle that a potential donor for convalescent plasma should have sufficient concentration of antibody working against COVID19," it added.

The ICMR's advisory noted that a potential donor of CPT can be a male and female--who have never been pregnant can only donate plasma, it said. The donor should be in the age group of 18-65 years who after 14 days of symptom resolution -- testing negative for COVID-19 is not necessary, can donate plasma.

For the potential recipient, the ICMR said that donor can be in the early stage of COVID-19 and the therapy should be administered between 3-7 days from onset of symptoms, but not later than 10 days. There should be no IgG antibody against COVID-19 by appropriate test and informed consent has to be taken.

It also highlights that presence of antibodies against COVID-19 in a potential recipient makes transfusing convalescent plasma a futile intervention.

"CPT, therefore, should only be used, as advised by ICMR NTF, for management of COVID-19 when specific criteria are fulfilled," it said.

The advisory came after Union Home Minister Amit Shah held a meeting to assess the COVID situation in Delhi wherein it was discussed to issue SoP for plasma therapy and plasma administration for treatment of COVID-19 patients immediately.

On 20 October, ICMR Chief Dr Balram Bhargava had said the government is planning to delete plasma therapy from the national treatment guidelines on COVID-19.

COVID-19: Indiscriminate use of Convalescent Plasma Therapy not advisable, says ICMR
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Infection (Hindustan: 20201119)

https://epaper.livehindustan.com/imageview_461977_85504274_4_1_19-11-2020_0_i_1_sf.html

कोरोना से जंग | बढ़ते संक्रमण को देखते हुए दिल्ली सरकार ने लिया कड़ा फैसला, रिपोर्ट निगेटिव आने पर ही आवाजाही कर सकेंगे

संक्रमितों के संपर्क वाले क्वारंटाइन होंगे

नई दिल्ली | बृजेश सिंह

दिल्ली में कोरोना से जंग के लिए सरकार ने कड़े कदम उठाए हैं। अब मरीजों के संपर्क में आने वालों को भी जांच रिपोर्ट आने तक क्वारंटाइन में रहना होगा। मंगलवार से लागू इस फैसले के तहत रिपोर्ट निगेटिव आने पर ही वे आवाजाही कर सकेंगे। उधर, दिल्ली से नोएडा आवाजाही करने वालों की बुधवार से सीमा पर रैडम जांच शुरू हो गई।

दिल्ली स्वास्थ्य विभाग के एक वरिष्ठ अधिकारी के मुताबिक, संक्रमण की चेन को तोड़ने के लिए सरकार ने यह फैसला लिया है। सभी जिला सार्वजनिक अधिकारियों को निर्देश जारी कर भीड़ वाले जगहों पर कांटेक्ट ट्रेसिंग शुरू कर दी गई है। अधिकारी के मुताबिक, कई मरीजों में कोई लक्षण नहीं होता है। कांटेक्ट ट्रेसिंग के दौरान ऐसे लोगों के नमूने ले लिए जाते हैं। रिपोर्ट पॉजिटिव आई तो उनसे संक्रमण का खतरा बढ़ जाता है। इसलिए अब रिपोर्ट आने तक मरीज के संपर्क में आए लोगों को



नोएडा के सेक्टर 14ए में बुधवार को रैडम कोरोना जांच करता स्वास्थ्यकर्मी। • सरलान अली

असहमति

- बाजार बंदी के प्रस्ताव पर सीटीआई की महासभागत में व्यापारी असहमत
- बंदी से पहले बाजार के एसोसिएशन को विश्वास में लेने का सुझाव दिया

क्वारंटाइन रखा जा रहा है। वर्तमान में एक मरीज पर 13-15 लोगों की कांटेक्ट ट्रेसिंग कर जांच की जा रही है।

आश्वासन

- मुख्यमंत्री अरविंद केजरीवाल बोले, भीड़ आकलन के बाद ही बाजार बंद करेंगे
- दिल्ली सरकार के अधीन आने वाले अस्पतालों में 663 आईसीयू बेड बढ़ेंगे

उधर, दिल्ली से नोएडा जाने वालों की चिल्ला बॉर्डर पर 84 और डीएनडी पर 81 की रैडम जांच की गई। दोनों जगहों

165

लोगों की रैडम जांच डीएनडी चिल्ला सीमा पर

03

लोग पॉजिटिव निकले इस जांच के दौरान

आदेश

- एलजी ने शहरियों में सिर्फ 50 लोगों के शामिल होने के प्रस्ताव को मंजूरी दी
- 200 लोगों के शामिल होने के पुराने आदेश को उपराज्यपाल ने रद्द किया

पर तीन लोग पॉजिटिव निकले। गुरुवार को भी अभियान जारी रहेगा।

➤ बेड बढ़ेंगे पृष्ठ 03

नवंबर के अंत तक रोज 60 हजार आरटीपीसीआर जांच

नई दिल्ली | विशेष संवाददाता

राजधानी में एक दिन के भीतर रिकॉर्ड 131 मौत

दिल्ली में एक दिन में कोरोना से रिकॉर्ड 131 संक्रमितों लोगों की मौत हो गई। यह एक दिन में मौतों का सर्वाधिक आंकड़ा है। वहीं, बुधवार को 7486 नए मरीज मिलने के साथ ही संक्रमितों की संख्या पांच लाख के पार हो गई है।

भारतीय आयुर्विज्ञान अनुसंधान परिषद (आईसीएमएआर) और दिल्ली सरकार आरटीपीसीआर जांच क्षमता बढ़ाने पर काम कर रहे हैं। गृह मंत्रालय के प्रवक्ता ने बताया कि 17 नवंबर को दिल्ली में 10 हजार जांच हुई हैं।

घर-घर जाकर सर्वे करने की योजना सप्ताह शुरू होने की संभावना है। सर्वे 25 नवंबर तक पूरा होने की उम्मीद है। गृहमंत्री अमित शाह की अध्यक्षता में

दिल्ली में मौत का आंकड़ा देखें तो देश में 474 मौत के मुकाबले एक चौथाई से भी अधिक है।

कोविड निबंधन के लिए फैसलों को तेजी से लागू किया जा रहा है। गृह मंत्रालय ने विशेषज्ञों की 10 टीमें बनाई हैं जो अस्पतालों में जाकर बेड आदि की जानकारी देंगी।

कोच भेजेगा रेलवे पृष्ठ 03

Vaccine (Hindustan: 20201119)

https://epaper.livehindustan.com/imageview_461977_85501150_4_1_19-11-2020_0_i_1_sf.html

फाइजर का टीका अंतिम ट्रायल में 95% असरदार

दावा

न्यूयॉर्क | एजेसी

अमेरिकी बायोटेक कंपनी फाइजर और जर्मन दवा निर्माता कंपनी बायोएनटेक ने बुधवार को दावा किया कि उनकी कोरोना वैक्सीन अंतिम परीक्षण में 95 फीसदी प्रभावी रही। इस टीके का कोई दुष्प्रभाव देखने को नहीं मिला है।

फाइजर ने कहा कि वह जल्द आपातकालीन इस्तेमाल की मंजूरी के लिए अमेरिकी नियामकों को दो महीने के सुरक्षित परीक्षण डाटा के साथ आवेदन करेगी। कंपनी ने वैक्सीन के तीसरे चरण के परीक्षण समाप्त करने

तीसरा चरण

- कंपनी ने कहा, टीका हर उम्र व नस्ल के लोगों के लिए प्रभावी
- टीके को 2020 के अंत तक अनुमति मिलने की संभावना

की भी घोषणा की। कंपनी ने बताया कि इस वैक्सीन को 2020 के अंत तक अनुमति दी जा सकती है। वे इस साल पांच करोड़ खुराक तैयार कर लेंगे। यह टीका हर उम्र और नस्ल के लोगों के लिए प्रभावी है। इससे पहले सोमवार को अमेरिका की बायोटेक कंपनी मॉडर्ना ने अपनी कोरोना वैक्सीन के 94.5% तक असरदार होने का दावा किया था।

New Cases (Hindustan: 20201119)

https://epaper.livehindustan.com/imageview_461979_85711480_4_1_19-11-2020_3_i_1_sf.html

राजधानी में एक दिन में कोरोना मरीजों की मौत का रिकॉर्ड टूटा

दिल्ली में कोरोना मरीज पांच लाख पार, 131 मौत

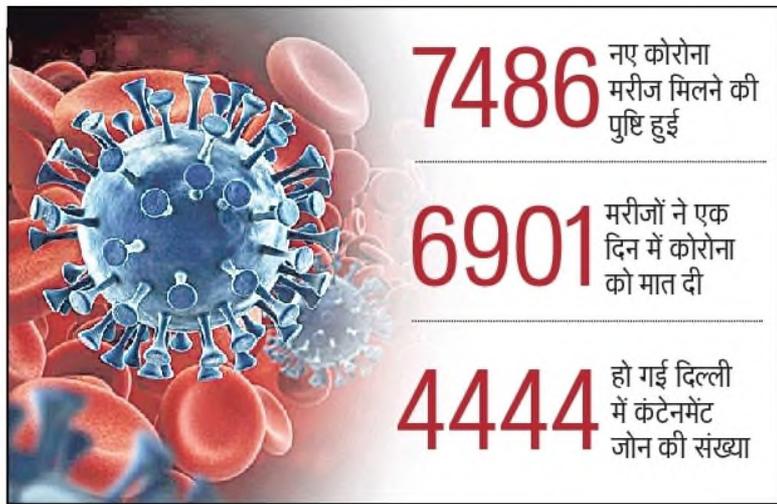


नई दिल्ली | वरिष्ठ संवाददाता

दिल्ली में बुधवार को कोरोना मरीजों की संख्या पांच लाख के पार पहुंच गई। वहीं एक दिन में 131 कोरोना संक्रमितों की मौत हो गई। यह अब तक एक दिन में सबसे अधिक कोरोना मरीजों की मौत का रिकॉर्ड है।

बुधवार को 7486 नए कोरोना मरीज मिलने की पुष्टि भी हुई है। दिल्ली में पिछले कुछ दिनों में बड़ी संख्या में मरीज मिले हैं। इससे पहले दिल्ली में मंगलवार को 99 मरीजों की मौत हुई थी। बुधवार को 62232 सैंपल की जांच में 12.03% फीसदी संक्रमित मिले। संक्रमण दर 12 फीसदी होने पर विशेषज्ञों ने चिंता जाहिर की है। हालांकि राहत की खबर यह है कि पिछले एक दिन में 6901 मरीजों की छुट्टी भी मिली।

दिल्ली में कुल संक्रमित मरीजों की संख्या बढ़कर 503084 पहुंच चुकी है, जिनमें से 452683 2 मरीज ठीक चुके हैं, जबकि 7943 लोगों की मौत हो चुकी है। स्वास्थ्य विभाग के मुताबिक अब 42,458 सक्रिय मरीज हैं, जिनमें से 24,842 मरीज होम आइसोलेशन में हैं। 9343 मरीज अस्पतालों में हैं। दिल्ली में 5590654 सैंपल की जांच हो चुकी है। प्रति 10 लाख की आबादी पर 294244 लोगों की जांच हो चुकी है। कंटेनमेंट जोन की संख्या बढ़कर 4444 हो चुकी है।



663 आईसीयू बेड बढ़ाए जाएंगे

नई दिल्ली | वरिष्ठ संवाददाता

मुख्यमंत्री अरविंद केजरीवाल ने कहा कि हम अपने अस्पताल में 663 आईसीयू बेड बढ़ाएंगे। अगले दो दिन में जीटीबी अस्पताल में ही 232 आईसीयू बेड बढ़ जाएंगे। केंद्र सरकार से 750 बेड मिला तो दिल्ली में इसकी किल्लत खत्म हो जाएगा।

मुख्यमंत्री ने यह बातें बुधवार को स्वास्थ्य मंत्री सत्येंद्र जैन के साथ जीटीबी अस्पताल का दौरा करने के बाद कही। केजरीवाल ने कहा कि मैंने अभी जीटीबी अस्पताल प्रबंधन और उसके डॉक्टर के साथ बैठक की है



अरविंद केजरीवाल, मुख्यमंत्री

जीटीबी अस्पताल में तत्काल 232 आईसीयू बेड बढ़ाने के लिए तैयार हैं। बाकी अस्पतालों में भी काम चल रहा है। हमारे और केंद्र सरकार दोनों के मिलाकर अगले कुछ दिनों के अंदर लगभग 1400 के करीब अतिरिक्त आईसीयू बेड तैयार हो जाएंगे।

मीड़ के आकलन के बाद बाजार बंद करने पर फैसला

मिनी लॉकडाउन के सवाल पर अरविंद केजरीवाल ने कहा कि हम बाजारों में भीड़ का आकलन करेंगे। अगर जरूरत पड़ेगी, तभी एक-दो मार्केटों को कुछ दिन के लिए बंद करेंगे। अभी कोई मार्केट बंद नहीं कर रहे हैं। हमारे लिए कोरोना पर काबू पाना जरूरी है तो दूसरी तरफ लोगों की रोजी रोटी बचाना भी बहुत जरूरी है। दिवाली के समय पर हमने देखा कि कुछ बाजारों में सोशल डिस्टेंसिंग का पालन नहीं किया जा रहा था। ऐसे बाजार हॉटस्पॉट बन सकते हैं।