



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
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Why loss of smell, taste is godsend for many Covid patients Most of the people who have loss of smell and taste sensation are young (The Tribune: 20201123)

<https://www.tribuneindia.com/news/health/why-loss-of-smell-taste-is-godsend-for-many-covid-patients-174214>

Why loss of smell, taste is godsend for many Covid patients

Amid the growing Covid-19 scare is light at the end of the tunnel. If you experience true loss of smell and taste along with gastric trouble (read diarrhoea) as Covid-19 symptoms begin to appear, have heart as this generally means a good prognosis and no severe respiratory attack that normally sets in in the second week of the 14-day virus cycle.

Observed worldwide, the phenomenon has now been documented by Indian health experts—as we enter the 10th month of Covid-19 pandemic—and according to them, Covid-19 patients who show severe symptoms or end up in the ICU do not generally give a history of true loss of smell or taste.

Those who observe coronavirus-induced loss of smell and taste generally feel an overpowering salty or sweet taste, and water tastes extremely sweet. If they try perfume, the alcohol part dominates the olfactory senses sans any fragrance. And it takes 3-4 weeks for smell or taste or both to come back.

According to Dr Arun Lakhanpal, chest physician, Interventional pulmonologist and Critical Care specialist, at Noida-based Yatharth Hospital, if true loss of smell and taste happens in the setting of Covid disease, which he is observing more often now, then it does indicate a good prognosis.

“It is being increasingly noticed that people with loss of smell and taste which happens in about 40 per cent patients is generally a good prognostic sign,” said Dr Lakhanpal, who and his team has helped thousands of Covid-19 patients recover and go back home healthy.

Dr Sushila Kataria, Senior Director, Department of Internal Medicine, Medanta who is also leading the Covid team at the Gurgaon-headquartered hospital, seconded Lakhanpal’s observation.

“Yes, most patients who have loss of smell and taste in my observation do not get severe disease. They do not require oxygen support and most of them do not require hospitalisation,” Kataria told IANS.

“So in a way I feel a loss of taste and smell sensation is a good sign. And that is kind of a prognostic factor that the patient will not deteriorate further.”

The reason for a loss of smell and taste and diarrhoea in Covid disease is not really known.

“Sometimes the taste can go because there is a loss of smell as the two senses are linked. And it is said that the cause of it is the coronavirus infecting the cells around the nerves for smell and taste. This can recover within a week or even after the patient turning Covid negative,” Lakhanpal explained.

It may take three to four weeks to get your smell and taste back, but reassuringly, the condition is reversible.

One has to be aware that loss of smell and taste is not unique to coronavirus.

It can also happen in a number of conditions, such as rhinitis, sinusitis, brain tumours, with some medications and diarrhoea can happen with various infections of the chest or abdominal infections.

Another observation is that most of the people who have loss of smell and taste sensation are young.

“But I have also observed few elderly patients also complaining of this loss of sensation, and they’re usually mild cases. If someone is experiencing sudden loss of taste and smell sensation, then they should isolate themselves. This is invariably Covid and as these patients may themselves be mildly symptomatic but they do have a potential to spread the infection,” Kataria advised.

Do not take these symptoms lightly and isolate yourself, get tested for Covid-19 and follow all infection control practices.

Monitor your temperature with a thermometer in the mouth every four hours and oxygen levels with the help of a pulse oximeter and seek medical advice if there is fever or a drop in oxygen saturation.

“We are still learning about coronavirus and seeing newer and newer complications,” said

Frequent, rapid testing can curb COVID-19 transmission within weeks
Scientists assess whether test sensitivity, frequency, or turnaround time is most important to curb the spread of virus

Frequent, rapid testing can curb COVID-19 transmission

Frequent, rapid testing can curb COVID-19 transmission within weeks (The Tribune: 20201123)

<https://www.tribuneindia.com/news/health/frequent-rapid-testing-can-curb-covid-19-transmission-within-weeks-174187>

Testing half the population weekly with inexpensive, rapid-turnaround COVID-19 tests can drive the pandemic toward elimination within weeks even if the tests are significantly less sensitive than gold-standard clinical diagnostics, a new study says.

The research, published in the journal *Science Advances*, noted that such a strategy could lead to “personalised stay-at-home orders” without shutting down restaurants, bars, retail stores and schools.

According to the scientists, including those from the University of Colorado at Boulder in the US, the sensitivity levels of the different types of COVID-19 tests currently used across the world vary widely.

Antigen tests require a relatively high viral load—about 1,000 times as much virus compared to the PCR test—to detect an infection, they said.

Another test, known as RT-lamp can detect the virus at around 100 times as much virus compared to the PCR, the study noted.

The scientists added that the benchmark PCR test requires as little as 5,000 to 10,000 copies of the viral genetic material, RNA, per milliliter of sample—meaning it can catch the virus very early or very late.

“Our big picture finding is that, when it comes to public health, it’s better to have a less sensitive test with results today than a more sensitive one with results tomorrow,” said study lead author Daniel Larremore from the University of Colorado at Boulder in the US.

“Rather than telling everyone to stay home so you can be sure that one person who is sick doesn’t spread it, we could give only the contagious people stay-at-home orders so everyone else can go about their lives,” Larremore said.

In the study, the scientists assessed whether test sensitivity, frequency, or turnaround time is most important to curb the spread of COVID-19.

They analysed available literature on how viral load climbs and falls inside the body during infection, when people tend to experience symptoms, and when they become contagious.

Using mathematical modelling the scientists forecasted the impact of screening with different kinds of tests on three hypothetical scenarios—in 10,000 individuals; in a university-type setting of 20,000 people; and in a city of 8.4 million.

They found that when it came to curbing spread, the frequency and turnaround time are much more important than test sensitivity.

Citing a hypothetical example, the researchers said in a large city, widespread twice-weekly testing with a rapid, but less sensitive test, reduced the degree of infectiousness of the virus by 80 per cent.

But twice-weekly testing with a more sensitive PCR test, which takes up to 48 hours to return results, reduced infectiousness by only 58 per cent, the study noted.

When the amount of testing was the same, it said the rapid test always reduced infectiousness better than the slower, more sensitive PCR test.

This is because about two-thirds of infected people have no symptoms, and as they await their results, they continue to spread the virus, the scientists explained.

“This paper is one of the first to show we should worry less about test sensitivity and, when it comes to public health, prioritise frequency and turnaround,” said study senior author Roy Parker from the Howard Hughes Medical Institute in the US.

The researchers believe the findings demonstrate the power of frequent testing in shortening the pandemic and saving lives.

In one scenario, in which four per cent of individuals in a city were already infected, they said rapid testing three out of four people every three days reduced the number ultimately infected by 88 per cent and was “sufficient to drive the epidemic toward extinction within six weeks.” “These rapid tests are contagiousness tests. They are extremely effective in detecting COVID-19 when people are contagious,” said Michael Mina, another co-author of the study from the Harvard T.H. Chan School of Public Health in the US.

Some rapid tests, he added can return results in 15 minutes while the PCR tests can take several days.

“Within a few weeks we could see this outbreak going from huge numbers of cases to very manageable levels,” Mina said.

The researchers believe it is time to change the COVID-19 testing strategy from something made available to those with symptoms, to thinking of it as a vital tool for breaking transmission chains. PTI

BCG vaccine linked to lower risk of contracting COVID-19: Study
These effects were not related to whether workers had received meningococcal, pneumococcal or influenza vaccinations

BCG vaccine

BCG vaccine linked to lower risk of contracting COVID-19: Study (The Tribune: 20201123)

<https://www.tribuneindia.com/news/health/bcg-vaccine-linked-to-lower-risk-of-contracting-covid-19-study-174174>

Photo for representation only. Source: iStock.

One of the oldest vaccines for tuberculosis Bacillus Calmette-Guerin (BCG) is associated with a reduced possibility of contracting the COVID-19 virus, according to a new study.

As part of the study published in The Journal Of Clinical Investigation, the researchers tested the blood of more than 6,000 healthcare workers in the Cedars-Sinai Health System for evidence of antibodies against SARS-CoV-2, the virus that causes COVID-19, and asked them about their medical and vaccination histories.

They found that workers who had received BCG vaccinations in the past - nearly 30 per cent of those studied - were significantly less likely to test positive for SARS-CoV-2 antibodies in their blood or to report having had infections with coronavirus or coronavirus-associated symptoms over the prior six months than those who had not received them.

These effects were not related to whether workers had received meningococcal, pneumococcal or influenza vaccinations.

The reasons for the lower SARS-CoV-2 antibody levels in the BCG group were not clear, according to Moshe Arditi, co-senior author of the study.

"It appears that BCG-vaccinated individuals either may have been less sick and therefore produced fewer anti-SARS-CoV-2 antibodies, or they may have mounted a more efficient cellular immune response against the virus," said Arditi, MD, director of the Pediatric and Infectious Diseases and Immunology Division at Cedars-Sinai and professor of Pediatrics and Biomedical Sciences.

"We were interested in studying the BCG vaccine because it has long been known to have a general protective effect against a range of bacterial and viral diseases other than TB, including neonatal sepsis and respiratory infections. It would be wonderful if one of the oldest vaccines that we have could help defeat the world's newest pandemic," Arditi said.

In the new study, the lower antibody levels in the BCG group persisted despite the fact that these individuals had higher frequencies of hypertension, diabetes, cardiovascular diseases, and COPD, which are known risk factors for making a person more susceptible to SARS-CoV-2 and developing more severe forms of the COVID-19 illness.

While noting that no one believes that BCG will be more effective than a specific vaccine against COVID-19, Arditi explained that it could be more quickly approved and made available, given that it has a strong safety profile demonstrated by many years of use.

"It is a potentially important bridge that could offer some benefit until we have the most effective and safe COVID-19 vaccines made widely available," he said.

In the US, the FDA-approved BCG vaccine is used as a drug to treat bladder cancer and for people at high risk of contracting tuberculosis (TB).

"Given our findings, we believe that large, randomised clinical trials are urgently needed to confirm whether BCG vaccination can induce a protective effect against SARS-CoV2 infection," said Susan Cheng, MD, MPH, MMSc, associate professor of Cardiology and director of Public Health Research at the Smidt Heart Institute at Cedars-Sinai.

Several randomised clinical trials have been launched to study the potential protective effects of BCG vaccination against COVID-19.

Along with Texas A&M University, Baylor College of Medicine, and the University of Texas MD Anderson Cancer Center, Cedars Sinai is a site for the US arm of this ongoing trial, which is recruiting hundreds of healthcare workers. PTI

Respiratory disorders

**Respiratory disorders on rise in Delhi-NCR due to toxic air
Smog can cause irritation in the eyes, throat and can damage the lungs, can also lead to fatigue, migraine, headaches, anxiety and depression (The Tribune: 20201123)**

<https://www.tribuneindia.com/news/health/respiratory-disorders-on-rise-in-delhi-ncr-due-to-toxic-air-174133>

Respiratory disorders on rise in Delhi-NCR due to toxic air

In view of the deadly smog that has engulfed the National Capital, health experts on Sunday said they have seen a substantial increase in patients with respiratory disorders in the Delhi-NCR region.

Air pollution is an important cause of worsening of respiratory disorders, including sinusitis, allergic rhinitis, bronchitis and respiratory difficulty in those patients who do not smoke or have pre-asthmatic conditions.

According to experts, air pollution also plays a significant role in making Covid infections worse.

Dr. Praveen Gupta, Director and Head, Neurology, Fortis Hospital in Gurugram told IANS: "Pollution has been identified as a leading cause of stroke and heart disease increasing the risk by 25 per cent in people who do not have risk factors for stroke or any heart ailment."

"Exposure to high levels of air pollutants may cause irritation to the eyes, nose and throat, wheezing, coughing, breathing problems. Air pollution can also affect existing lung and heart conditions," he added.

Smog can cause irritation in the eyes, throat and can damage the lungs, can also lead to fatigue, migraine, headaches, anxiety and depression.

"It can also worsen the skin, cause allergic disorders as well as significant hair problems," Gupta added.

He has observed a 25 per cent increase in patients with respiratory disorders in the OPD in past weeks.

Dr. Puneet Khanna, HOD and consultant-Respiratory Medicine, HCMCT Manipal Hospitals in Delhi said that as the winter approaches, smog is exacerbated by low temperature and slow movement of air.

"Ground-level ozone O₃ and PM_{2.5} play a significant role in the formation of smog. Besides industrial activities and public transportation, stubble burning and road dust are majorly responsible for smog in winters," Khanna informed.

The vulnerable group include newborns and children, pregnant women, elderly and those with pre-existing health conditions such as asthma, chronic bronchitis, diabetics, angina and cardiac diseases.

Peaks in air pollution often irritate the upper and lower respiratory system making it harder to breathe besides aggravating symptoms of asthma and COPD.

According to Dr. Khanna, even a small increase in air pollution leads to heavy rush in OPDs, increased emergency room visits, hospitalisations and deaths. Long-term risks include lung cancer and reduction in life expectancy.

"During smog periods, these people should avoid intense physical activity outdoors particularly in morning and evening hours. They should venture out if absolutely essential and preferably wear an N95 mask during peak hours," he said.

Dr. Navneet Sood, Pulmonary Consultant, Dharamshila Narayana Superspeciality Hospital said that "the apparent effect of air amid Covid pandemic is creating more problems for people living in Delhi-NCR".

"A comprehensive approach is needed to deal with the problem. Wear a mask whenever stepping out of the house, avoid going out early morning and late evening, follow every precaution related to Covid-19," Sood advised. IA

Covid antibodies

Covid antibodies detected up to 3 months after infection Study shows that IgG antibody levels are maintained for at least three months after the infection (The Tribune: 20201123)

<https://www.tribuneindia.com/news/health/covid-antibodies-detected-up-to-3-months-after-infection-173648>

Covid antibodies detected up to 3 months after infection

Researchers have revealed that the vast majority of individuals have detectable antibodies up to three months post contracting the SARS-CoV-2 virus, the virus that causes Covid-19.

The study, published in the Journal of Infectious Diseases, shows that IgA and IgM antibodies to SARS-CoV-2 decay quickly, while IgG antibody levels are maintained for at least three months after infection.

In this new study, researchers measured three main types of antibodies (IgM, IgG and IgA) directed against the receptor-binding domain (RBD) of the SARS-CoV-2 Spike protein, which allows it to infect human cells.

The results show that, one month after the initial seroprevalence assessment conducted at the beginning of April 2020, the percentage of participants with evidence of previous or current infection had increased to 15 per cent and that around 60 per cent of the new infections detected were asymptomatic.

"In one month, we found 25 new infections among the participants, which is quite high, considering that the peak of the pandemic had passed and the population had been confined for more than one month," said study author Alberto Garcia-Basteiro from the Barcelona Institute for Global Health (ISGlobal) in Spain.

Of the 82 seropositive participants detected at month one, 66 were followed up for an additional two months.

By month three, most (78 per cent) had no longer detectable levels of IgM, some (24.5 per cent) had no longer detectable IgA, but the majority (97 per cent) maintained detectable levels of IgG.

In fact, IgG levels in some of the participants increased as compared to the first analysis.

Symptomatic cases had higher levels of IgA but no differences in the speed at which antibodies declined were observed between asymptomatic and symptomatic infections.

Overall, IgG1 levels were higher, although high IgG2 levels correlated with a longer duration of symptoms.

"Our findings confirm that IgM and IgA antibodies rapidly decline within the first month or two after infection, which should be kept in mind when performing seroprevalence studies or interpreting serological results," the authors wrote. — IANS

Mental health during COVID-19 pandemic

Here's how regular dose of nature may improve mental health during COVID-19 pandemic (New Kerala” 20201123)

<https://www.newkerala.com/news/2020/203000.htm>

While staying close to nature can lead to many health benefits, a recent study has highlighted another advantage of the same. As per a new study, nature around one's home may help mitigate some of the negative mental health effects of the COVID-19 pandemic.

The new study was published in the journal Ecological Applications.

An online questionnaire survey completed by 3,000 adults in Tokyo, Japan, quantified the link between five mental-health outcomes (depression, life satisfaction, subjective happiness, self-esteem and loneliness) and two measures of nature experiences (frequency of green space use and green view through windows from home).

More frequent greenspace use and the existence of green window views from the home were associated with increased levels of self-esteem, life satisfaction and subjective happiness, as well as decreased levels of depression and loneliness.

"Our results suggest that nearby nature can serve as a buffer in decreasing the adverse impacts of a very stressful event on humans," said lead author Masashi Soga, Ph.D., of The University of Tokyo. "Protecting natural environments in urban areas is important not only for the conservation of biodiversity but also for the protection of human health."

Management of obesity'

Age should be no barrier to the lifestyle management of obesity', study finds (New Kerala” 20201123)

<https://www.newkerala.com/news/2020/202825.htm>

Obesity is also linked to increased mortality and poor well being which makes it important for people with bad eating habits to pay more attention to their lifestyle.

The societal misconceptions that say people with more than 50 years of age cannot lose weight have been contradicted with recent research by Warwickshire Institute for the Study of Diabetes, Endocrinology and Metabolism (WISDEM) at UHCW who conducted a retrospective study to illustrate that age is no barrier to losing weight.

According to a new study, lifestyle changes can make obese patients over the age of 60 to lose an equivalent amount of weight as younger people who will help to correct prevailing societal misconceptions about the effectiveness of weight loss programmes in older people, as well dispel myths about the potential benefits of older people trying to reduce their weight.

The findings are based on analysis of patient records from a hospital-based obesity service and are reported in the journal *Clinical Endocrinology*.

The researchers randomly selected 242 patients who attended the WISDEM-based obesity service between 2005 and 2016 and compared two groups (those aged under 60 years and those aged between 60 and 78 years) for the weight loss that they achieved during their time within the service.

All patients had their body weight measured both before and after lifestyle interventions administered and coordinated within the WISDEM-based obesity service, and the percentage reduction in body weight was calculated across both groups. When compared, the two groups were equivalent statistically, with those aged 60 years and over on average reducing their body weight by 7.3% compared with a bodyweight reduction of 6.9% in those aged fewer than 60 years. Both groups spent a similar amount of time within the obesity service, on average 33.6 months for those 60 years and over, and 41.5 months for those younger than 60 years.

Focusing on lifestyle changes, the hospital-based programme tailored on the dietary changes to each individual patient, psychological support and encouragement of physical activity. Most of the patients referred to the obesity service were morbidly obese with BMIs typically over 40Kg/m². There are more than fifty co-morbidities of obesity that can be lessened as we lose weight, including diabetes, psychiatric conditions such as depression and anxiety, osteoarthritis and other mechanical problems.

Lead author Dr Thomas Barber of Warwick Medical School at the University of Warwick said "Weight loss is important at any age, but as we get older we're more likely to develop the weight-related co-morbidities of obesity. Many of these are similar to the effects of ageing, so you could argue that the relevance of weight loss becomes heightened as we get older, and this is something that we should embrace." "There are a number of reasons why people may discount weight loss in older people. These include an 'ageist' perspective that weight-loss is not relevant to older people and misconceptions of the reduced ability of older people to lose weight through dietary modification and increased exercise."

"Service providers and policymakers should appreciate the importance of weight loss in older people with obesity, for the maintenance of health and wellbeing, and the facilitation of healthy ageing," he added.

"Age should be no barrier to the lifestyle management of obesity. Rather than putting up barriers to older people accessing weight loss programmes, we should be proactively facilitating that process. To do otherwise would risk further and unnecessary neglect of older people through societal ageist misconceptions," the study say

Vitamin A

Vitamin A, cold temperatures help in burning fat faster, suggests study (New Kerala" 20201123)

<https://www.newkerala.com/news/2020/202759.htm>

Cold temperatures and increased vitamin A encourage burning of fat, suggests a new study published in the journal of Molecular Metabolism.

Both weight gain and weight loss are driven by our hormones. But, shredding fat demands more struggle than that of gain. People who go through strict diets and exercise plans to shred fat may start to clinch the winter season after a new study that found cold temperatures and increased vitamin A encourage burning of fat.

According to a report by Fox News, the journal of Molecular Metabolism explored that cold temperature and vitamin A are capable of converting white fat, storing excess calories to brown fat, which "stimulates fat burning and heat generation."

During the research, cold temperatures were applied to mice, which resulted in increased vitamin A production and higher fat burning.

According to the findings, Vitamin A reserves are mostly stored in the liver and because cold temperatures increase the levels of Vitamin A and its blood transporter, retinol-binding protein, it can convert white to brown fat, thus encouraging faster fat burning.

On the other hand, when 'the vitamin A transporter 'retinol-binding protein' was blocked in mice, the fat did not 'brown' and the mice were unable to protect themselves from the cold, reported by Fox News. The above-mentioned findings are efficient in providing a significant solution to various weight-gain related problems like obesity.

However, one of the study's lead researchers, Florian Kiefer from the Medical University of Vienna, cautioned against taking large quantities of vitamin A supplements in an effort to lose weight.

Whereas, MedUni Vienna, told Fox News, "Our results show that vitamin A plays an important role in the function of adipose tissue and affects global energy metabolism. However, this is not an argument for consuming large amounts of vitamin A supplements if not prescribed, because it is critical that vitamin A is transported to the right cells at the right time."

While describing the effectiveness of the new technique, she added, "We have discovered a new mechanism, by which vitamin A regulates lipid combustion and heat generation in cold

conditions. This could help us to develop new therapeutic interventions that exploit this specific mechanism."

COVID-19: Phase 3 of COVAXIN

COVID-19: Phase 3 of COVAXIN to check its effectiveness to prevent disease (New Kerala" 20201123)

<https://www.newkerala.com/news/2020/202629.htm>

In phase 3, COVAXIN's effectiveness to prevent the disease (coronavirus) will be checked, said Dr. E Venkata Rao, Principal investigator of COVAXIN trial at Institute of Medical Sciences and SUM Hospital, Bhubaneswar, while adding that out of 1,000 people recruited, the vaccine will be given to 50 per cent of them and placebo to others.

"In phase 3, we will see if COVAXIN is effective enough to prevent the disease. Out of 1,000 people recruited, we will give the vaccine to 50 per cent of them and placebo to others," said Dr. Rao, Principal investigator of COVAXIN trial at Institute of Medical Sciences and SUM Hospital, Bhubaneswar.

"After the success of the Phase-1 and Phase-2 of this indigenously developed vaccine, it has come into phase-3. Phase-1 was for the safety profile to check whether the vaccine was safe for human beings. In Phase-2 we looked for immunogenicity. Phase-3 is crucial where we will be looking at the vaccine if it is effective enough in preventing the development of the disease," he added.

Dr. Rao further stated that a large number of subjects will be required for Phase-3 and probably the COVAXIN Phase-3 trial is the largest clinical trial in India.

"If the people who have got the vaccine among them, none of them are developing the disease and among the people who have not got the vaccine and are developing the disease then we can say that comfortably the vaccine is preventing the disease," said Dr. Rao.

In October, the Drugs Controller General of India (DCGI) gave permission to Bharat Biotech for conducting the Phase-III clinical trial for Covaxin.

According to the Subject Expert Committee (SEC), on October 5, the firm presented their data from the phase I and II along with animal challenge data in two species including NHP on the Inactivated Corona Virus Vaccine (BBV152) along with the proposal to conduct event-driven phase III clinical trial to assess the efficacy of the vaccine.

Bharat Biotech has partnered with the Indian Council of Medical Research (ICMR) for a country-made COVID-19 vaccine using the virus strain isolated by ICMR's National Institute of Virology (NIV) based in Pune.

The Phase III trials will involve 26,000 volunteers across India, the company said. Trial volunteers will receive two intramuscular injections approximately 28 days apart. Participants will be randomly assigned to receive COVAXIN™ or placebo. The trial is double-blinded, such that the investigators, the participants and the company will not be aware of who is assigned to which group.

COVAXIN has been evaluated in 1,000 subjects in Phase I and Phase II clinical trials, with "promising safety and immunogenicity data".

Hypertension

Here's how an acebuchin-oil-enriched diet may help to reduce hypertension (New Kerala" 20201123)

<https://www.newkerala.com/news/2020/202597.htm>

An acebuchin-oil-enriched diet helps to reduce arterial blood pressure, as shown by a study carried out by the Cardiovascular Physiopathology research group at the Physiology Department of the University of Seville.

Furthermore, their work shows that acebuche oil has a greater impact in reducing hypertension than extra virgin olive oil.

This research group from the US Faculty of Pharmacy, led by Professor Carmen Maria Vazquez Cueto together with Professor Alfonso Mate Barrero, has been investigating the physiopathological mechanisms involved in the development of arterial hypertension (AHT) for over 20 years, with a special interest in finding natural products that help to alleviate the organ damage caused by this disorder.

The acebuche, also known as the wild olive tree, is a variety of tree widely found throughout Spain and covering almost nine million hectares in Andalusia. However, little data is available on the composition and therapeutic potential of acebuchin oil. The studies mainly focus on the composition and pharmacological effects of olive tree leaves and extra virgin olive oil.

Following their research, in which they gave mice a diet enriched with acebuchin oil or extra virgin olive oil, the researchers detected that the acebuchin-oil-enriched diet significantly reduced blood pressure in hypertensive animals. However, a lesser antihypertensive effect was found in animals fed a diet enriched with extra virgin olive oil.

At the same time, the study showed that the diet enriched in acebuchin oil reduces ocular oxidative stress produced by AHT to a greater degree than the diet enriched in extra virgin olive oil. Furthermore, the former also has a greater impact on regulating the systems related to this oxidative stress.

In particular, the researchers studied variations in the morphology of the hypertensive retina, which are prevented by the acebuched-oil-enriched diet. AHT causes a change in the retina's morphology (showing "thinned" layers in the retina). This outcome can be counteracted with an acebuchin-oil-enriched diet, obtaining better results than with a diet enriched in extra virgin olive oil.

AHT is a high-prevalence disease on a global scale (30-45 per cent of the general population) where systolic blood pressure values rise above 139 mmHg and/or diastolic blood pressure is above 89 mmHg. AHT damage manifests itself in different organs and is a major risk factor in cardiovascular, kidney, brain and eye diseases. In particular, AHT constitutes an important risk factor for the development of retinal vascular diseases, such as hypertensive retinopathy and retinal arterial and venous obstructions, which are associated with high-prevalence ocular pathologies such as cataracts, glaucoma, age-related macular degeneration and choroidopathy.

The Cardiovascular Physiopathology research group has applied to the Spanish Patent and Trademark Office (OEPM), through the University of Seville, for a patent on the "Use of acebuchin oil in retinal damage associated with arterial hypertension and associated retinal pathologies".

MMR vaccine

MMR vaccine could protect against Covid-19: Study New Kerala” 20201123)

<https://www.newkerala.com/news/2020/202383.htm>

In a fight against the novel Coronavirus, scientists have now claimed that MMR vaccine which protects against measles, mumps and rubella, may also protect some people against severe Covid-19 symptoms.

The study, published in the journal mBio, found a statistically significant inverse correlation between mumps titer levels and Covid-19 severity in people under age 42 who have had MMR II vaccinations.

"This adds to other associations demonstrating that the MMR vaccine may be protective against Covid-19. It also may explain why children have a much lower Covid-19 case rate than adults, as well as a much lower death rate," said study author Jeffrey E. Gold from the University of Georgia in the US.

"The majority of children get their first MMR vaccination around 12 to 15 months of age and a second one from 4 to 6 years of age," Gold added.

In the new study, the researchers divided 80 participants into 2 groups. The MMR II group consisted of 50 US-born participants who would primarily have MMR antibodies from the MMR II vaccine.

A comparison group of 30 participants had no record of MMR II vaccinations, and would primarily have MMR antibodies from other sources, including prior measles, mumps, and/or rubella illnesses.

The researchers found a significant inverse correlation between mumps titers and Covid-19 severity within the MMR II group.

There were no significant correlations between mumps titers and disease severity in the comparison group, between mumps titers and age in the MMR II group, or between severity and measles or rubella titers in either group.

This is the first immunological study to evaluate the relationship between the MMR II vaccine and COVID-19.

The statistically significant inverse correlation between mumps titers and Covid-19 indicates that there is a relationship involved that warrants further investigation," said study co-author David J. Hurley.

The MMR II vaccine is considered a safe vaccine with very few side effects.

"If it has the ultimate benefit of preventing infection from Covid-19, preventing the spread of Covid-19, reducing the severity of it, or a combination of any or all of those, it is a very high reward low-risk ratio intervention," the authors wrote.

Health Care Services (Hindustan: 20201123)

https://epaper.livehindustan.com/imageview_469275_128566558_4_1_23-11-2020_0_i_1_sf.html

फैसला : यूपी, पंजाब और हिमाचल के लिए नई रणनीति

कोरोना रोकने को केंद्र ने भेजी टीम

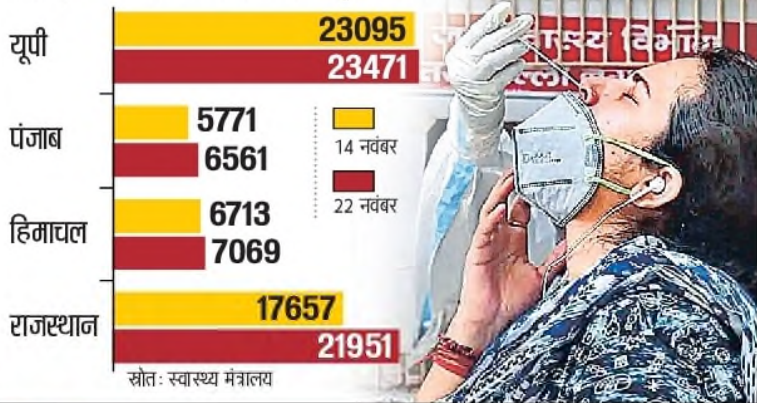
नई दिल्ली | एजेसी

यूपी, पंजाब, हिमाचल प्रदेश समेत देश के कई राज्यों में कोरोना का खतरा फिर बढ़ने लगा है। सक्रिय मामले जो पहले घट रहे थे अब तेजी से बढ़ रहे हैं। इसे देखते हुए केंद्र सरकार ने इन राज्यों में विशेषज्ञों की उच्चस्तरीय टीम भेजी है। उधर, प्रधानमंत्री नरेंद्र मोदी भी मंगलवार को उन आठ राज्यों के मुख्यमंत्रियों के साथ बैठक कर सकते हैं, जहां संक्रमण काफी तेजी से फैल रहा है।

हॉटस्पॉट जिलों का दौरा करेगा तीन सदस्यीय दल: स्वास्थ्य मंत्रालय ने रविवार को बताया कि कोरोना के खिलाफ लड़ाई में मदद करने के लिए उच्च स्तरीय केंद्रीय टीमें उत्तर प्रदेश, पंजाब और हिमाचल प्रदेश भेजी गई हैं। नई रणनीति के तहत हरियाणा, गुजरात, राजस्थान, मणिपुर और छत्तीसगढ़ में विशेषज्ञ भेजे गए हैं। तीन सदस्यीय दल उन जिलों का दौरा करेगा जहां मामले ज्यादा हैं। जांच, कांटेक्ट ट्रेसिंग और इलाज के लिए अपनाए जा रहे तरीकों की समीक्षा होगी ताकि जहां खामियां हों उन्हें दुरुस्त किया जा सके।

वैक्सीन के वितरण पर चर्चा संभव: प्रधानमंत्री मोदी मंगलवार को होने वाली बैठक में टीका वितरण को लेकर मुख्यमंत्रियों से चर्चा कर सकते हैं ताकि जब भी कोरोना का टीका उपलब्ध होगा,

सक्रिय मामले फिर बढ़ने लगे



दिल्ली : संक्रमण के साथ रोज बढ़ता जा रहा खतरा

- देश में हो रही हर पांचवीं मौत व 10वां संक्रमित दिल्ली से
- बीते छह दिनों से औसतन 100 लोग दम तोड़ रहे
- रविवार को 121 मरीजों की मौत हुई 6746 केस
- मुंबई की तुलना में दिल्ली में चार गुना अधिक सक्रिय मरीज

उपाय

- पहली बार एंटीजन टेस्ट से ज्यादा आरटीपीसीआर टेस्ट किए गए
- 400 आईसीयू दो हजार सामान्य बेड बढ़ाए, बेड की कमी जल्द दूर होगी
- बाजारों में घूम-घूम सामान बेचने वालों पर रोक, दो बाजार भी बंद किए गए

चेताया

विश्व स्वास्थ्य संगठन के विशेष दूत डेविड नाबरो ने कहा कि वायरस को रोकने के लिए कठोर उपाय किए जाएं नहीं तो 2021 की शुरुआत में पूरी दुनिया में तीसरी लहर आ सकती है।

उसके सुचारू वितरण की व्यवस्था हो सके। भारत में पांच वैक्सीन तैयार होने की दिशा में आगे बढ़ रहे हैं। इनमें से चार परीक्षण के दूसरे या तीसरे चरण में हैं जबकि एक पहले या दूसरे चरण में है।

सख्ती बढ़ी: कोरोना की वापसी से चिंतित गुजरात, राजस्थान, मध्य प्रदेश में रात का कर्फ्यू लागू हो चुका है।

- > निगरानी बढ़ाई पेज 03
- > सक्रिय केस बढ़े पेज 09

https://epaper.livehindustan.com/imageview_469277_128827084_4_1_23-11-2020_3_i_1_sf.html

सांसत : मुंबई के मुकाबले दिल्ली में तीन गुना सक्रिय मरीज

लगातार पांच महीनों तक कोरोना हॉट स्पॉट रहने के बाद मुंबई अगले कोरोना के मामले में काफी बेहतर प्रदर्शन करती नजर आ रही है। वहीं दूसरी ओर दिल्ली में कोरोना के मामलों में तेजी से बढ़ोतरी हो रही है। मुंबई के मुकाबले दिल्ली में कोरोना के सक्रिय मामले लगभग तीन गुना से अधिक हैं। मुंबई में 21 नवंबर तक कोरोना के 12397 सक्रिय मामले थे, वहीं दिल्ली में सक्रिय मरीजों की संख्या 39741 थी। मुंबई ने कैसे कोरोना पर कब्जा पाया और दिल्ली को मुंबई से क्या सीखने की आवश्यकता है। सज्जन चौधरी की रिपोर्ट...

दिल्ली के मुकाबले मुंबई ने क्या किया

- धार्मिक स्थल और अन्य भीड़ वाले बाजारों पर पाबंदी रही
- फटेनमेंट जॉन की अलग पॉलिसी (माइक्रो कंटेनमेंट जॉन की पॉलिसी बदली)
- जरूरी सामानों और शराब को होम डिलीवरी अधिक
- सरकारी जागरूकता कैंपेन और डोर टू डोर सर्व पर जोर दिया गया
- शुग्गीवाले इलाकों को खाली कराया गया

क्या कर सकती थी दिल्ली

- बाजारों में भीड़ को लेकर सख्ती
- कंटेनमेंट जॉन की नई पॉलिसी नहीं बनी अभी तक
- डोर स्टेप डिलीवरी शुरू करने में समय लगा
- मास्क और सोशल डिस्टेंसिंग को लेकर चालान और जागरूकता अभियान
- धनी आबादी वाले इलाकों में सघन जांच और टेस्टिंग अभियान



कुल जांच
दिल्ली 5761078
मुंबई 1757666

कुल मामले
दिल्ली 523117
मुंबई 274579

ठीक होने वाले वीर संख्या
दिल्ली 475106
मुंबई 250742

ठीक होने वाले अधिक
दिल्ली में कोरोना संक्रमण को मात देने वाले लोगों की संख्या भी मुंबई से अधिक है।

(नोट - सभी आंकड़े 21 नवंबर तक के हैं।)

मुंबई में 3 हजार अधिक मौत

दिल्ली के मुकाबले मुंबई में कोरोना संक्रमण के मामले भले ही कम हों, लेकिन मुंबई में कोरोना से होने वाली मौतों का आंकड़ा बड़ा है। मुंबई जिस समय कोरोना का हॉट स्पॉट था, उस समय वहां होने वाली मौतों का आंकड़ा तेजी से बढ़ा था।

कुल मौत दिल्ली 8270 मुंबई 11440

दिल्ली जांच में आगे

दिल्ली में मुंबई के मुकाबले लगभग तीन गुना अधिक कोरोना जांच की गई है। दिल्ली में अधिक मामले होने के पीछे यह भी एक प्रमुख कारण है। दिल्ली ने 25 जून के बाद से कोरोना के मामलों में मुंबई को पीछे छोड़ दिया था। जिसके बाद से दिल्ली में लगातार मुंबई व अन्य बड़े शहरों के मुकाबले अधिक केस सामने आए।