



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Tuesday 20210803

## **America's top infectious disease**

### **More pain ahead as cases rise: US expert (The Tribune: 20210803)**

<https://www.tribuneindia.com/news/coronavirus/more-pain-ahead-as-cases-rise-us-expert-292256>

Dr Anthony Fauci, America's top infectious disease expert, has warned that more "pain and suffering" is on the horizon as Covid cases climb again and officials plead with unvaccinated Americans to get their shots.

Fauci also said he doesn't foresee more lockdown in the US because he believes enough people are vaccinated. However, he said not enough are inoculated to "crush the outbreak" at this point.

Meanwhile, Britain on Monday reported 21,952 further cases and an additional 24 deaths, according to official data. — Agencies

## **COVID PANDEMIC**

### **10 states leading Covid surge told to go in for curbs (The Tribune: 20210803)**

<https://www.tribuneindia.com/news/coronavirus/10-states-leading-covid-surge-told-to-go-in-for-curbs-291040>

As many as 99 districts in these states are reporting more than 5 per cent positivity rate

As many as 99 districts in these states are reporting more than 5 per cent positivity rate.

Amid a looming third Covid wave, the government on Saturday reviewed the situation in 10 states that are leading the disease resurgence nationally and advised them to go in for containment in areas with high case positivity.

Punjab to reopen schools for all classes from tomorrow

As many as 99 districts in these states are reporting more than 5 per cent positivity rate. Of these districts, 46 have more than 10 per cent positivity.

Delta spreads in China

Beijing: China on Saturday reported 55 Covid cases, as the Delta variant spread across the country. Official media called it the most extensive domestic contagion since the outbreak in Wuhan in December 2019.

Kerala, Maharashtra, Karnataka, Tamil Nadu, Odisha, Assam, Mizoram, Meghalaya, Andhra Pradesh and Manipur were today told to consider a three-pronged strategy for early control over rising cases. The suggestions are intensive containment and active surveillance in clusters reporting higher cases; defined containment zones; and regular reviews for implementation of Emergency Covid Response Package with focus on rural areas and paediatric cases and reporting of deaths as per ICMR guidelines.

15% of emergency package released

With India recording more than 40,000 new Covid cases for the fourth day, the Centre on Saturday said it had released 15% of its share in the Emergency Covid Response Package II.

Union Health Secretary Rajesh Bhushan said in the meeting that 80% of active cases in these 10 states were in home isolation and required proper tracking.

“It was forcefully underlined that any laxity at this stage will result in deterioration of the situation in these districts,” the Health Ministry said after the review.

The vaccination must be prioritised in these districts to ensure people remained protected, said Bhushan.

Balram Bhargava, ICMR DG, warned against complacency citing 40,000 cases being reported daily for four days. “States have been told to ramp up testing to bring the positivity rate below 5 per cent,” said Bhargava.

## **Covaxin effective against Delta plus variant**

**Covaxin effective against Delta plus variant, says ICMR study(The Tribune: 20210803)**

<https://www.tribuneindia.com/news/coronavirus/covaxin-effective-against-delta-plus-variant-says-icmr-study-292123>

Country’s effective reproduction No. of virus above 1, first since May 7

## Covaxin effective against Delta plus variant, says ICMR study

Covaxin has been shown to be effective against the Delta plus variant by a new study of ICMR.

Data from the Indian Institute of Mathematical Sciences, Chennai, has shown that the effective reproduction number of SARS-Cov2, the Covid-19 causing virus, for India has crossed 1 for the first time after May 7.

The data shows Uttarakhand and HP and states in the North-East and south and a few metros have an R value of more than 1 indicating rising infective potential of the virus. The number had dropped to 0.96.

Meanwhile, Covaxin has been shown to be effective against the Delta plus variant by a new study of ICMR.

The study, a pre print publication, is yet to be peer reviewed. A previous study had shown Covaxin 65.2 per cent effective against Delta variant.

## Biotech's rotavirus vax gets WHO prequalification

Bharat Biotech on Monday announced that the World Health Organisation (WHO) has awarded prequalification to its rotavirus vaccine, ROTAVAC 5D, a unique rotavirus vaccine formulation that can be administered without a buffer. Its low dose volume (0.5 ml) facilitates easy vaccine logistics, cold chain management and low biomedical waste disposal post-vaccination. It is used for the prevention of rotavirus infection.



## Diabetics

### Things diabetics must keep in mind after taking the Covid vaccine (The Indian Express: 20210803)

<https://indianexpress.com/article/lifestyle/health/diabetes-patients-covid-vaccine-7409525/>

"Individuals with diabetes must take the vaccination to reduce their risk of developing Covid-19 related complications," said Dr Anil Sagar, Lord hospital, Tadipatri, Anantapur

superfoods, winter superfoods, benefits of garlic, immunity boosting foods, benefits of sweet potatoes, benefits of carrot, what is pea protein, healthy foods, what are superfoods, indian express lifestyle People with diabetes who recently got vaccinated must include food that enhances immunity. (Photo: Getty Images/Thinkstock)

Experts have often said that people with diabetes are at an increased risk of developing complications related to Covid-19, and that they must get themselves vaccinated as early as possible. But, vaccination is frequently accompanied by the fear of developing any side effects. However, people must not shy away from taking the vaccine, stress doctors.

"Individuals with diabetes, especially, must take the vaccination to reduce their risk of developing Covid-19 related complications," said Dr Anil Sagar, Lord hospital, Tadipatri, Anantapur, adding that they can take note of a few things which will help them manage any effects post the jab.

Highlighting the importance of a balanced diet for diabetics, especially after taking Covid-19 vaccination, Dr Sagar said that it helps to maintain a stable blood glucose level. Also, diet plays a critical role in building immunity and enhancing it.

type 1 diabetes, DIY artificial pancreas, Do-It-Yourself Artificial Pancreas (DIYAP), diabetes care, diabetes patients, diabetes patients in India, health, insulin, indian express news Individuals with diabetes must take the vaccination to reduce their risk of developing Covid-19 related complications. (Photo: Getty Images/Thinkstock)

People with diabetes who recently got vaccinated must include foods that enhance immunity and have anti-inflammatory properties in their diet, like:

Fish: Fish are rich in omega-3 fat that helps enhance immunity. Also, fish help to reduce inflammation and improve an overall feeling of well-being.

Egg: Eggs are a rich source of protein that helps to build immunity. Eggs also contain essential amino acids that strengthen the immune system.

**Chicken:** We all know the anti-inflammatory benefits of chicken soup, and how it helps us after vaccination or in illness. Chicken meat has minimal fat content, making it suitable for people who have diabetes and hypertension. Moreover, being a rich source of protein, chicken can be consumed twice to thrice a week after vaccination.

**Fruits and vegetables:** Fruits and vegetables are rich in antioxidants, minerals, and vitamins that help to strengthen immunity.

Also Read |Cancer patients should get vaccinated without further delay: Doctors

**Turmeric:** Turmeric is rich in curcumin that is good for health and helps prevent stress in people. People usually get stressed before or after vaccination. Drinking turmeric milk or golden milk can reduce their stress and help to enhance immunity. Apart from food, people with diabetes who recently got vaccinated must ensure that they are well hydrated. They must consume plenty of fluids like buttermilk and fresh fruit juice to avoid common side effects of the Coronavirus vaccine, like, fever, pain in the arm, weakness, and joint pain. If one develops a fever or severe pain, they can check with their doctor and take medicine as advised by the doctor to ease symptoms.

What are the things people with diabetes must avoid after getting vaccinated?

“Usually, people think that post-vaccination, they can go mask-free, but this is not true. People cannot go mask-free until a significant percentage of people get vaccinated against the coronavirus. People with diabetes must ensure to wear their masks when in public despite getting vaccinated. Apart from wearing a mask, they must also maintain social distancing and wash their hands regularly,” Dr Sagar told indianexpress.com

Also Read |COVID vaccine: Know about the possible side effects

They must avoid:

\*Alcohol and tobacco for a few days after vaccination as it may aggravate or worsen the vaccine’s side effects.

\*Taking vaccine on an empty stomach

\*Taking too many caffeinated drinks just before and for a few days after vaccination

\*Exerting too much physically soon after taking the vaccine

\*Applying an ice pack or hot fomentation at the site of the injection

Sometimes vaccination may induce minor side effects, but people with diabetes can significantly decrease their chances of developing severe COVID-19 related complications by

getting vaccinated. Post-vaccination, some people may develop fever, headache, and soreness in the arm. If these symptoms persist for more than three days, seek advice from your doctor.



## **World Breastfeeding Week 2021**

### **World Breastfeeding Week 2021: Ways to prevent sagging breasts (The Indian Express: 20210803)**

<https://indianexpress.com/article/lifestyle/health/world-breastfeeding-week-2021-sagging-prevention-tips-7434157/>

"A bit of sag is inevitable but to maintain optimal breast health during pregnancy and lactation, following certain tips may prove useful," remarked Dr Lovleena Nadir, Rosewalk Hospital

tips to prevent breast sagging, breastfeeding awareness week, indianexpress.com, sagging breasts, what to do for sagging breasts, indianexpress.com, indianexpress, Increase in breast size can strain the supporting ligaments. (Source: Getty Images/Thinkstock)

Women, sometimes, worry about the impact breastfeeding may have on the appearance of their breasts. However, research has shown that breastfeeding doesn't negatively affect breast size or volume and is not a risk factor for sagging breasts after pregnancy, said Dr Lovleena Nadir, Rosewalk Hospital.

Factors that contribute to breast sagging are:

\*Pregnancy, due to hormonal changes, is in fact the biggest cause of sagging breasts and not breastfeeding. Due to the stretching of the Cooper's ligaments (that help attach breasts to chest muscles and hold them in position) and loss of skin elasticity during pregnancy, the risk of sagging increases. It increases with each pregnancy and happens irrespective of whether baby is breastfed or not.

\*Women who have larger breasts are more vulnerable to the effect of gravity.

\*Multiple pregnancies increase the risk of sagging irrespective of breast feeding.

\*Smoking contributes to breast sagging as nicotine breaks down elastin (a protein that maintains the elasticity of the skin and helps the skin to stretch and recover).

\*Other causes include ageing, collagen deficiency, estrogen deficiency, overexposure to the sun, increased BMI, and rapid weight loss.

“So, a bit of sag is inevitable but to maintain optimal breast health during pregnancy and lactation, following certain tips may prove useful,” said Dr Nadir.

ALSO READ |World Breastfeeding Week: How to breastfeed when the mother is Covid-positive

Tips

\*A correctly fitting, supporting bra is important to counteract the effect of gravity and to provide support. Increase in breast size can strain the supporting ligaments. After weaning the baby, breasts decrease in mass and size. A well-fitting bra is useful in maintaining breast shape.

\*Maintain healthy weight: Slow weight loss after childbirth helps the body to adapt. Losing half a kg per week is adequate.

\*Eating a well-balanced diet with adequate protein, promotes healthy collagen production and keeps to maintain health of the skin.

\*Foods rich in antioxidants including fruits and green leafy vegetables help to detox and maintain the integrity and appearance of the skin.

\*Boost estrogen production: Add soy, flaxseeds, tofu and other foods containing phytoestrogens to your diet to maintain volume of breasts.

\*Regular breast massage helps to increase blood flow and cellular growth.

\*Stay hydrated: Drink 2-3 litres of water per day. Hydration keeps your skin healthy and plump.

\*Limit dehydrating beverages like tea, coffee, aerated drinks and alcohol.

\*Protect yourself from UV rays of the sun: Wear high protection sunscreen to protect your skin and maintain skin's elasticity.

\*Moisturise and exfoliate your skin.

\*Include regular physical activity. Consider adding chest presses, push ups and strength training to your exercise routine.

\*Practise good posture.

\*Wean off your baby slowly.

## **Viral illnesses**

### **Is nose hair essential to fighting off colds and other viral illnesses? (The Indian Express: 20210803)**

<https://indianexpress.com/article/lifestyle/health/nose-hair-fighting-off-colds-viral-illnesses-7434471/>

It was not until 2011 that the density of nose hair was rigorously studied as a possible correlate of disease

nose hair, infectionsThe idea that our nose hair, known medically as vibrissae, might offer protection against infectious germs goes back more than a century. (Source: Getty images/Thinkstock)

Q: Is nose hair essential to fighting off colds and other viral illnesses? I ask this as a woman who, before the pandemic, used to get my eyebrows waxed. The person performing the wax would always recommend waxing my nose hair.

A medical “truism” holds that nose hair filters the air we breathe and therefore protects us from infection by airborne viruses, bacteria and other pathogens. But, as is often the case with truisms, its history may be more venerable than verified.

The idea that our nose hairs, known medically as vibrissae, might offer protection against infectious germs goes back more than a century. In 1896, a pair of English doctors, writing in the prestigious medical journal *The Lancet*, noted that:

The interior of the great majority of normal nasal cavities is perfectly aseptic (sterile). On the other hand, the vestibules of the nares (nostrils), the vibrissae lining them, and all crusts formed there are generally swarming with bacteria. These two facts seem to demonstrate that the vibrissae act as a filter and that a large number of microbes meet their fate in the moist meshes of the hair which fringes the vestibule.

The English doctors’ conclusion might sound logical, but at that point, nobody had actually studied whether trimming nose hairs might make it easier for germs to penetrate deeper into the respiratory tract.

It was not until 2011 that the density of nose hair was rigorously studied as a possible correlate of disease. In a study of 233 patients published in the *International Archives of Allergy and Immunology*, a team of researchers from Turkey found that people with denser nose hair were less likely to have asthma. The researchers attributed this finding to the filtration function of nose hair.

ALSO READ |This monsoon, say goodbye to cold and cough with Bhagyashree’s immunity tip

Their observation was interesting, but it was an observational study that cannot prove cause and effect, and asthma is not an infection. The researchers also did not do any follow-up studies to assess how trimming the nose hair might affect the risk of asthma — or infection.

It took until 2015 for doctors at the Mayo Clinic to perform the first, and so far only, study to look at the effects of trimming nose hairs. The researchers measured nasal air flow in 30 patients before and after cutting their nose hairs and found that trimming led to improvements in both subjective and objective measures of nasal air flow. Improvements were greatest in those who had the most nose hair to begin with. The results were published in the *American Journal of Rhinology and Allergy*.

Again, an interesting conclusion, but does better nasal airflow correlate with a higher risk of infection?

Neither study addressed this question directly. But Dr. David Stoddard, the lead author of the Mayo study, noted that if someone works with drywall, for example, “I can tell whether they

just got off work by the white dust trapped in their nose hairs. But it's the larger particles that get trapped in the nose hairs. Viruses are much smaller. They are so small that they will probably pass through the nose either way. I don't think trimming one's nose hair would put them at increased risk for respiratory infection."

Based on the limited study of nose hairs, there is no evidence that trimming or waxing them increases the risk of respiratory infections. And as at least one expert who has worked in the field speculated, it probably does not.

## **Antibiotic use in Covid patients**

### **'One of the biggest mistakes during pandemic': Doctors worry over injudicious antibiotic use in Covid patients(The Indian Express: 20210803)**

Doctors talk about how unscrupulous use of "high-end broad spectrum" antibiotics has increased the risk of antibiotic resistance

antibiotics, antibiotic resistance"Use of antibiotics as a substitute to hospital infection prevention and control practices may have been one of the biggest mistakes during this pandemic," says a doctor. (Source: pixabay)

In the last two years, health experts have come to note warning signs of yet another potential epidemic. Especially amid the pandemic, doctors suggest that injudicious use of antibiotics to prevent other infections in Covid patients, have only increased concerns of what is known as antibiotic resistance.

What does antibiotic resistance mean?

In simple terms, antibiotic resistance is the ability of bacteria and other germs to resist the effect of antibiotics they were once sensitive to. "According to WHO, Antimicrobial Resistance or AMR occurs when bacteria, viruses, fungi and parasites change over time and no longer respond to medicines, making infections harder to treat and increasing the risk of disease spread, severe illness and death. So these microbes become resistant to one or more classes of antimicrobial agents, leading to failure of medication. Having these kinds of resistant bacteria or viruses in the community and health care facilities, especially ICU, is posing a risk (for sick patients) of negative outcomes in treatments," Dr Mahesh M Lakhe, consultant – internal medicine & infectious diseases, Columbia Asia Hospital, Pune, tells indianexpress.com.

Taking cognizance, in 2013, the Indian Council of Medical Research (ICMR) set up the Antimicrobial Resistance Surveillance & Research Network (AMRSN) to enable the compilation of data on six pathogenic groups on antimicrobial resistance. Following extensive surveillance conducted nationwide, Antimicrobial Stewardship Programs were initiated to improve antibiotic use in the hospitals.

The situation, however, worsened amid Covid with doctors attributing the increased risk of antibiotic resistance to unscrupulous use of “high-end broad spectrum” antibiotics. “During Covid, serious patients developed secondary bacterial infections for which high-end antibiotics were used sometimes for a prolonged period leading to the development of resistance,” says Dr Suranjit Chatterjee, senior consultant, Internal Medicine, Indraprastha Apollo Hospitals, New Delhi.

Also Read |New antibiotics effective without triggering resistance, says study

“Use of antibiotics as a substitute to hospital infection prevention and control practices may have been one of the biggest mistakes during this pandemic,” adds Dr Lakhe.

antibiotic resistance, self medication Self-medication comes with a lot of risks. (Source: pixabay)

How self-medication contributes to antibiotic resistance

While becoming resistant, the bacteria is able to grow inside the body and increase infection. “In some cases, due to resistance, it can be impossible to treat the disease,” states Dr Chatterjee. This then can lead to prolonged hospitalisation and increased cost of treatment apart from putting one’s life in danger, adds Dr Praveen Gupta, director, Neurology, Fortis Memorial Research Institute, Gurugram.

“The available antibiotics are failing to kill these resistant organisms, and there is a dearth of new antibiotics eliminate the threat. This is partly a man-made problem,” Dr Lakhe remarks.

In fact, all of us are partly responsible when it comes to exploiting the risks. Remember the times when you pop a medicine bought off the counter for even a slight discomfort in the body? It is this common practice of self-medication that is further contributing to antibiotic resistance.

Also Read |Why over-use, non-prescription use of antibiotics is inadvisable

Self-medication can be “dangerous”, Dr Chatterjee warns. “With the slightest fever or cough, people have a tendency of taking medicines without consulting a doctor, by the time they reach out for a consultation, the disease may reach an advanced stage and get difficult to treat. Further, if the disease is communicable, it transmits to other people too.” According to him, here are the risks of self-medication:

- \*Incorrect diagnosis of the illness and incorrect process of therapy
- \*Failure to recognize pharmacological risks resulting in severe adverse reactions
- \*Failure to seek proper and prompt medical advice
- \*Duplicate medication which may lead to harmful drug interaction
- \*Inadequate or excessive dosage
- \*Risk of dependence and abuse

\*Food and drug interaction

\*Psychological effects due to incorrect diagnosis

\*Inaccuracy of online symptom checkers

Antibiotic resistance is one of the elementary risks of self-medication, asserts Dr Gupta. “If you are popping Metrogyl or Augmentin everytime you have a symptom, bacteria will gradually become resistant to these antibiotics.”

How can antibiotic resistance be averted?

Antimicrobial stewardship and avoiding self-medication is the first step, says Dr Lakhe. This means the one should only rely on antibiotics prescribed by a doctor.

“Antibiotics should be used judiciously after identifying the actual cause of your infection. Instead of broad-spectrum antibiotics, directed, targetted doses should be used against specific pathogens. And when the infection is healed, the antibiotic should be quickly deescalated or reduced to safeguard antibiotics,” Dr Gupta advises.

Apart from this, one should try to follow a healthy lifestyle to prevent infections and thereby the spread of resistant bacteria, suggests Dr Chatterjee.

## **Coronavirus story**

### **The cusp: on disconcerting note of coronavirus story (The Hindu: 20210803)**

<https://www.thehindu.com/opinion/editorial/the-cusp-on-disconcerting-note-of-coronavirus-story/article35689520.ece>

India must press ahead with vaccination to avoid repeat of troubles of the second wave

August has begun on a disconcerting note in India’s coronavirus story. The seven-day weekly average of cases hovers around the psychologically important 40,000 mark and there is an uptick in daily new cases with the latest numbers a little over 41,000. A major concern that has assumed national proportions is the trajectory of cases in Kerala. With nearly 20,000 fresh cases being added every day, it is of concern that if a State with an admirable track record during the earlier wave is under siege now, then many other States could be particularly vulnerable against new variants at the start of a third wave. In Kerala, the rise in cases is concomitant with a rise in testing that has increased from 130,000 a day on July 25 to 162,000 as of Monday, indicating that the infection may be rapidly spreading. Nearly 11 States are now showing a weekly increase in cases. Kerala is not the only point of concern. The national situation has prompted the Health Secretary to write to States that all districts reporting a positivity rate of more than 10% in the last few weeks ought to consider strict restrictions to

curtail the movement of people and formation of crowds to prevent the spread of infection. Apart from Kerala these include Maharashtra, Karnataka, Tamil Nadu, Odisha, Assam, Mizoram, Meghalaya, Andhra Pradesh and Manipur. The Indian Council of Medical Research (ICMR) has also expressed concern that 46 districts are showing more than 10% positivity while another 53 districts are showing a positivity between 5%-10%. India's positivity rate is around 5%, that could well descend into a runaway climb in serious infections if unchecked.

## **Global Covid-19**

### **Global Covid-19 caseload tops 198.8 mn (New Kerala:20210803)**

<https://www.newkerala.com/news/2021/109423.htm>

Washington, Aug 3: The overall global Covid-19 caseload has topped 198.8 million, while the deaths have surged to more than 4.23 million and vaccinations soared to over 4.14 billion, according to the Johns Hopk-> View it--> <https://www.newkerala.com/news/2021/109423.htm>

## **Covid-19 vaccines**

### **Tanzania to supply refugee camps with Covid-19 vaccines: Official Dar mn (New Kerala:20210803)**

The government of Tanzania is planning to supply refugee camps in Kigoma, Tabora and Katavi regions with Covid-19 vaccines, a senior official said on Monday. -> View it--> <https://www.newkerala.com/news/2021/109420.htm>

## **Delta, Beta variants**

### **Scientists find drug cocktail effective against Delta, Beta variants (New Kerala: 20210803)**

Singapore, Aug 2: A team of researchers here has found a combination of antiviral and anti-inflammatory drugs that can be used to treat Covid-19 patients with mild to moderate dis-> View it--> <https://www.newkerala.com/news/2021/109400.htm>

## **Lifestyle**

### **Lifestyle adjustments in obese seniors can help boost vascular health North Carolina, August (New Kerala: 20210803)**

2: According to a study conducted by researchers at Wake Forest School of Medicine, small lifestyle changes can make a really big difference in improving va-> View it--> <https://www.newkerala.com/news/2021/109315.htm>

## **Eye diseases**

### **Cooking with coal, wood linked to higher risk of eye diseases (New Kerala: 20210803)**

Beijing, Aug 2: Cooking with wood or coal can increase the risk of major eye diseases that can lead to blindness, according to a study involving nearly half a million people in China. -> View it--> <https://www.newkerala.com/news/2021/109286.htm>