



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
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Mixed Covishield, Covaxin doses

Mixed Covishield, Covaxin doses produce better immunity: ICMR (The Tribune: 20210809)

<https://www.tribuneindia.com/news/nation/mixed-covishield-covaxin-doses-produce-better-immunity-icmr-294932>

Mixed Covishield, Covaxin doses produce better immunity: ICMR

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Effective against Alpha, Beta, Delta

ICMR study followed 18 UP residents who inadvertently received mixed doses

Mixing found effective against variants of concern Alpha, Beta and Delta

Authors say a larger trial needed to further corroborate the findings

An earlier study found similar findings in a mouse model

“The immunisation with a heterologous combination of an adenovirus vector platform-based vaccine (Covishield) followed by an inactivated whole virus vaccine (Covaxin) is safe and elicits better immunogenicity than two doses of homologous vaccination using the same vaccines,” said the study, published as a pre-print but yet to be peer-reviewed.

Led by ICMR scientist Rajni Kant, the study said the findings had an important implication for the Covid-19 vaccination programme wherein heterologous immunisation would pave the way for induction of improved and better protection against the variant strains of SARS-CoV-2.

“Such mixed regimens will also help to overcome the challenges of shortfall of particular vaccines and remove hesitancy around vaccines in people’s mind that could Mixed Covishield, Covaxin doses...

have genesis in programmatic ‘errors’, especially in settings where multiple Covid-19 vaccines are being used. However, to conclusively prove these findings, a multicentre random clinical trial needs to be carried out,” say study authors at a time when the WHO is yet to issue guidance on mixing of vaccine doses. The study, titled ‘Serendipitous Covid-19 Vaccine-Mix in Uttar Pradesh, India: Safety and Immunogenicity Assessment of a Heterologous Regime’, also found that no major systemic adverse events were reported and reactogenicity profile of the participants of heterologous group (mixed vaccine) was comparable to homologous groups.

“Despite the high median age of the participants of the heterologous group (62 years) which got mixed vaccine in our study, the reactogenicity profile demonstrated that mixing of the two vaccines based on different platforms is safe,” the study shows.

The study followed 18 Uttar Pradesh residents who inadvertently received mixed doses when the inoculation plan was expanded and 40 recipients each of Covishield and Covaxin. The study authors say the sample size of 18 participants was small and, therefore, a larger trial was needed to further corroborate the findings of the current study. The authors said theirs was the first report of heterologous (mixed vaccines) immunisation with an adenovirus vector-based and an inactivated whole virion vaccine in humans demonstrating safety and significantly improved immunogenicity.

Mixing shots safe and effective

Mixing shots safe and effective: Study (Hindustan Times: 20210809)

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

New Delhi : After analysing the accidental mixing of Covishield and Covaxin vaccine shots in 18 people in an Uttar Pradesh village, the Indian Council of Medical Research (ICMR) has concluded in a pre-print study that the combination of the two Covid-19 vaccines elicits a better immune response than two jabs of the same vaccine.

In May, 20 villagers in a government-run hospital in UP's Siddharthnagar district were inadvertently administered the second dose of Covaxin after the first dose of Covishield after a gap of six weeks. Of the 20, 18 agreed to be part of the study. Among them, 11 were men with a median age of 62 years. A comorbid condition (hypertension) was reported in one individual.

“We compared the safety and immunogenicity profile of them against that of individuals receiving either Covishield or Covaxin... Immunogenicity profile against Alpha, Beta and Delta variants in the heterologous group was superior; IgG antibody and neutralising antibody response of the participants was also significantly higher compared to that in the homologous groups,” researchers said in the paper, which is yet to be peer-reviewed.

While the findings could benefit the immunisation programme, there is a need for a randomised controlled trial to further corroborate the findings.

“A slew of studies suggests that mixing vaccines provokes potent immune responses, but scientists still want answers on real-world efficacy and rare side effects,” according to Nature.

According to the study, none of the participants enrolled in the study had any serious adverse event following immunisation (AEFI) within 30 minutes of inoculation with the first or second dose. The most common local after-effect reported after the first and second doses was pain at the injection site.

“The findings suggest that immunisation with a combination of an adenovirus vector platform-based vaccine (Covishield) followed by an inactivated whole virus vaccine (Covaxin) was not only safe but also elicited better immunogenicity,” the paper said.

The national immunisation programme against Covid-19 began on January 16 with two vaccines: AstraZeneca's ChAdOx1-nCov-19 (termed Covishield in India) and inactivated whole virion BBV152 (Covaxin). The regimen for both vaccines initially had a priming dose followed by a homologous booster dose at an interval of four weeks. The gap between the two Covishield doses was later increased to 6-8 weeks, and then to 8-12 weeks. There was no change in the Covaxin schedule.

India prioritised frontline workers, including health care professionals, people above the age of 60 years and adults with comorbidities for vaccination before opening it up for all adults.

“The nationwide vaccination program at this time entered into 4 months of its existence and the event of mixed dosing raised considerable anxiety in public domain with a potential to contributing to vaccine hesitancy. We conducted the current investigation against this backdrop,” said the paper published in the open access medical journal, MedRxiv.

In July, the subject expert committee of the Central Drugs Standard Control Organisation granted approval to Christian Medical College, Vellore, to conduct clinical trials of mixing of both Covishield and Covaxin vaccines.

“For this particular study, these people were closely monitored, and their parameters checked at regular intervals to find out the effect of mixing of both the Covid-19 vaccines. There are other studies going on globally and nationally as well to determine the effect of mixing two different types of vaccines as part of the inoculation regimen and we have had promising results so far. However, this is the first result to study the effects of mixing adeno vector and inactivated whole virion based Covid-19 vaccines,” said one of the authors of the ICMR study, asking not to be named.

“These findings have an important implication for the Covid-19 vaccination program wherein heterologous immunisation will pave the way for induction of improved and better protection against the variant strains of Sars-CoV-2. Such mixed regimens will also help to overcome the challenges of shortfall of particular vaccines and remove hesitancy around vaccines in people’s mind that could have genesis in programmatic “errors” especially in settings where multiple Covid-19 vaccines are being used,” said the paper.

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Vaccination

Ensure all staffers, pupils vaccinated, universities told (The Tribune: 20210809)

The Department of Higher Education (DHE) has asked all government and private universities in the state to ensure that all hostel students, day scholars, teaching and non-teaching staffers, including outsourced ones, are vaccinated against Covid.

It has also sought status report from the universities about their already vaccinated students and employees.

In fact, the department is gearing up for re-opening of universities from the next academic session in a planned manner keeping in view the probable third wave of Covid. So, it wants to do proper groundwork before issuing orders in this respect.

It has also asked Vice Chancellors of all universities to share their plan for reopening of the institutions with it by August 9. The government had ordered closure of universities in May when the second Covid wave started wreaking havoc in the state. The situation forced the teachers again to conduct online classes. Later, universities were opened for teaching and non-teaching employees with compliance to Covid-appropriate behaviour.

Adhering to the DHE's directives, Maharshi Dayanand University (MDU) has begun preparing a status report about already vaccinated employees and students. It has also scheduled a meeting of its officers on Monday to chalk out a plan for the reopening of the university from the next academic session.

"We are collecting information about the already vaccinated staffers and students to send it to the DHE. Heads of all university teaching departments have been asked to submit a report about the status of vaccination in their department concerned. The information will be uploaded on the university portal. Those employees and students who have not yet got vaccinated will be asked to get vaccinated," said Gulshan Taneja, Registrar, MDU.

Taneja said over 2,500 doses of Covid vaccine had been administered to employees and their family members in the camps organised on the university campus.

He said there were around 11,000 students enrolled in various courses being run by the MDU. At present, offline exams were being conducted in various departments. Only those students having some valid reason had been allowed to take the exams online. A meeting of officers concerned would be held on Monday to finalise the plan for reopening of the university, he added.

Covid-19

Covid-19: One dead, five test +ve in Amritsar district (The Tribune: 20210809)

<https://www.tribuneindia.com/news/coronavirus/covid-19-one-dead-five-test-ve-in-amritsar-district-294951>

Covid-19: One dead, five test +ve in Amritsar district

Amritsar district reported one death due to Covid-19 on Sunday, taking the toll to 1,587. The deceased has been identified as Harjinder Singh (35), a resident of Ram Nagar, Majitha Road.
- File photo

The district reported one death due to Covid-19 on Sunday, taking the toll to 1,587. The deceased has been identified as Harjinder Singh (35), a resident of Ram Nagar, Majitha Road.

With five positive cases reported on Sunday, the total count of cases in the district had increased to 47,097. All the new positive patients were influenza-like illness cases. The district health authorities have also reported recovery of three patients with which the total recovery count has increased to 45,486. At present, the district has a total of 24 active cases.

Meanwhile, a total of 2,872 residents were inoculated during the ongoing vaccination drive on Sunday. Of the total 1,715 received the first dose of the vaccine while 1157 received the second dose.

A death from Patti block due to the coronavirus has been reported though there was no report of positive case in the district on Sunday. The toll has reached 375 and there are 10 active cases in the district. Of these, nine have been isolated at their respective homes. The teams of the Health Department collected 551 sample to be tested for the Covid infection and the reports of 293 was yet to be received. — OC

Vaccine

Zimbabwe floods Victoria Falls with vaccines to help tourism (The Indian express: 20210809)

<https://indianexpress.com/article/lifestyle/destination-of-the-week/zimbabwe-floods-victoria-falls-with-vaccines-to-help-tourism/>

Ordinarily, Victoria Falls attracts 350,000 tourists a year, but their numbers have dropped to almost none as a result of travel restrictions.

Victoria falls, zimbabweTo promote Victoria Falls as a safe destination, President Emmerson Mnangagwa's government has made vaccines available to all 35,000 residents of the town that shares a name with the waterfall. (Source: AP)

Zimbabwe's Victoria Falls usually teems with tourists who come to marvel at the roaring Zambezi River as it tumbles down more than 350 feet (108 meters) to the gorge below, sending up a mist that is visible from miles away.

The Smoke That Thunders- the English translation of what the waterfall is called in the Sotho language – is still mighty, but the COVID-19 pandemic has reduced visitors to a trickle. Ordinarily, Victoria Falls attracts 350,000 tourists a year, but their numbers have dropped to almost none as a result of travel restrictions.

Hotel occupancy rates fell into the single digits during 2020 and the first half of 2021, and some hotels were forced to close, according to the Hospitality Association of Zimbabwe.

To promote Victoria Falls as a safe destination, President Emmerson Mnangagwa's government has made vaccines available to all 35,000 residents of the town that shares a name with the waterfall. An estimated 60% of the people there have been vaccinated with either the Sinopharm or Sinovac vaccines, both from China.

Although tourists have not returned in large numbers, Victoria Falls mostly has been spared the current wave of COVID-19 that has swept across the rest of Zimbabwe and southern Africa, which health officials attribute to the town's relatively high level of vaccinations.

ALSO READ |Sao Paulo's glass box lookout puts fear of heights to the test

Nationwide, over 1.8 million people, slightly more than 12% of Zimbabwe's population, have received a first dose, while more than 900,000 people are fully vaccinated with two doses.

On the strength of the vaccination rate in Victoria Falls, the government last week reopened two land borders that link the town to the neighbouring countries of Zambia, Namibia and Botswana. Travelers with proof of vaccination and a negative COVID-19 test will be permitted entry.

Victoria Falls was where Zimbabwe recorded its first COVID-19 case in March 2020, likely because of its high number of international visitors. A year later, at a time where only medical workers and other essential workers were eligible for vaccines, shots were made available for all of the town's residents age 18 and older.

All adult Zimbabweans are now eligible, but because of widespread supply shortages, the lines for jabs are long and many people are disappointed.

Restaurants in Victoria Falls are allowed to serve sit-in customers, something that is forbidden in the rest of Zimbabwe, which still has tight restrictions as a result of the current surge driven by the delta variant of the coronavirus. Close to 90% of COVID-19 hospitalizations and deaths in the current surge are of unvaccinated people, according to a recent report by the Ministry of Health.

Although planeloads of tourists have not yet returned, the reopening of Victoria Falls was a relief for a town that survives on tourism, Anald Musonza, the regional chairman of the Hospitality Association of Zimbabwe, told The Associated Press.

We had been waiting for this for a long time," Musonza said. "This will help us retain some jobs that were lost due to the pandemic.? Tourism, together with mining and agriculture, is a key anchor of Zimbabwe's fragile economy.

Mass vaccinations could help open up tourist destinations countrywide, said Tinashe Farawo, a spokesperson for the Zimbabwe National Parks and Wildlife Management Authority. The loss of tourism revenue has hurt the authority's ability to operate.

Victoria Falls is testimony of what vaccines can do," he said. "It's good for us. It's good for wildlife because now we can raise money to deploy our rangers and fund other critical operations.

Breastfeeding mothers

Easy and effective yoga poses for breastfeeding mothers (The Indian express: 20210809)

<https://indianexpress.com/article/lifestyle/fitness/easy-and-effective-yoga-poses-for-breastfeeding-mothers-7444018/>

"If you are a new breastfeeding mother, including yoga in your daily routine may be a healthy way to live a happy lifestyle," said an Ayurvedic doctor

Yoga is believed to have a host of health benefits, especially for new mothers. (Source: Pixabay)

Women need to take special care of themselves when they are breastfeeding. During their postpartum period, they go through a number of changes, both physical and mental. It's essential for them to take good care of themselves during this time.

Yoga is believed to have a host of health benefits, especially for new mothers. "If you are a new breastfeeding mother, including yoga in your daily routine may be a healthy way to live a happy lifestyle," said Nitika Kohli, an Ayurvedic doctor.

In an Instagram post, Dr Kohli shared "some of the most effective and easy yoga poses for breastfeeding moms to practice". Find out.

Here's a list of yoga poses you can practice if you are a new breastfeeding mother — and the various benefits associated with them.

This is one of the poses that lengthens the spine as well as increases the mobility and elasticity of the neck, back and arm muscles of the breastfeeding mom.

Nutrition alert

Nutrition alert: Ideal diet for a breastfeeding mother (The Indian express: 20210809)

<https://indianexpress.com/article/lifestyle/health/nutrition-alert-ideal-diet-for-a-breastfeeding-mother-7438439/>

It is essential that a lactating mother's diet is a well constituted balanced and nutritious diet, said an expert

Ideal diet for a breastfeeding mother, breastfeeding mother foods, breastfeeding mother diet, benefits of breastfeeding, lactation tips, indian express news Eating well while breastfeeding entails getting the right balance of good (and good for you) food. (Photo: Getty/Thinkstock)

Lactation describes the secretion of milk from the mammary glands and the period of time that a mother lactates to feed her young. After you give birth, good nutrition is even more important than during your pregnancy. It can make a difference in the quality of your breast milk and affect how quickly your body rebounds from childbirth.

“Mothers who are breastfeeding — lactating mothers — don’t need to eat special foods. But it is essential that a lactating mother’s diet is a well constituted balanced and nutritious diet. In this period apart from calories and proteins, there is increased need of calcium and iron. Therefore, keep certain points in mind,” said Swati Kapoor, a nutritionist who consults on Practo.

*Include all food groups in daily diet. These groups are cereals, pulses, ghee-oil, sugar, jaggery, vegetables, fruits, milk and its products, condiments.

*Consume more foods containing iron like green leafy vegetables, black sesame seeds (til), raisins, jaggery, poha, pomegranate etc.

*Consume more foods containing calcium like milk & its products, white sesame seeds (til), ragi, guava, bajra etc. Daily consumption of one liter of milk in any form e.g., as curd, yogurt, paneer, etc provides all calcium and good quality protein needed.

*Do not restrict diet. Include 3-4 sufficient meals. Discard beliefs of ‘hot’ foods; ‘cold’ foods.

“If you’re nursing, talk with your doctor or nutritionist about your diet. Typically, you should be getting 200 to 500 more calories than you would if you weren’t nursing. Below are the following major and minor nutrients which play an important role in a lactating mother’s diet,” she told indianexpress.com.

ALSO READ |World Breastfeeding Week: Here’s how fathers can help make the process easy for new mothers

Energy

It takes extra energy to produce breast milk. Mothers need an additional 400 calories on an average per day beyond their normal health requirement.

Protein

The Recommended Dietary Allowance for protein during lactation includes an additional 15 grams per day (RDA of 65 grams per day) in the first six months after childbirth and an additional 12 grams per day (RDA of 62 grams per day) thereafter.

Fluids

Adequate fluids to stay hydrated include 2 to 3 liters per day, or at least eight 8-ounce servings, and can include water, milk or soy milk, decaffeinated beverages etc. Limit caffeine to the equivalent of one cup of coffee a day to avoid causing the baby agitation or difficulty in sleeping.

Vitamins and Minerals

Food supplies the vitamins and minerals lactating mothers especially need, such as calcium, vitamin A, vitamin C, vitamin D and zinc. Vitamin and mineral supplements do not replace a healthful diet, but some breastfeeding women might need a multivitamin and mineral supplement in addition to eating a well-balanced diet.

Ideal diet for a breastfeeding mother, breastfeeding mother foods, breastfeeding mother diet, benefits of breastfeeding, lactation tips, indian express news Adequate fluids to stay hydrated include 2 to 3 liters per day, or at least eight 8-ounce servings, and can include water. (Photo: Getty/Thinkstock)

Special consideration in lactating mother's diet

Eating well while breastfeeding entails getting the right balance of good (and good for you) food. Try to get the following each day:

1. Protein: Three servings
2. Calcium: Five servings (that's an increase from your pregnancy requirement of four)
3. Iron-rich foods: One or more servings
4. Vitamin C: Two servings
5. Green leafy and yellow vegetables, yellow fruits: Three to four servings
6. Other fruits and veggies: One or more servings
7. Whole-grain and other concentrated complex carbohydrates: Three or more servings
8. High-fat foods: small amounts – you don't need as much as you did during pregnancy
9. Eight cups of water, juice, or other non caffeinated, non-alcoholic beverages

10. DHA-rich foods to promote baby's brain growth (look for it in wild salmon and sardines, as well as DHA-enriched eggs).

Lactation is a very important and beautiful phase in both the mother's and the child's life. This is a phase when the bonding between mother and the child is built and strengthened. Mother's milk is vital for the child's growth and the importance of the right nutrition at this point is unquestionable.

Migraine

Why migraine sufferers may want to eat more fish(The Indian express: 20210809)

<https://indianexpress.com/article/lifestyle/health/migraine-eat-more-fish-7443030/>

Omega-3s and omega-6s are both considered essential fatty acids — critical for health, and because our bodies can't make them, they must be obtained from foods. Historically humans consumed roughly equivalent amounts of both fatty acids

migraine, headache, tips to manage migraine, indian express Could a diet that boosts omega-3 fats while lowering omega-6 fats make life easier for people burdened by frequent migraine headaches? (Photo: Getty Images/Thinkstock)

Written by Anahad O'Connor

A diet high in omega-3s, the fats found in fish, and low in omega-6s, found in many vegetable oils, led to fewer headaches.

For most of her life, Tanya Kamka suffered migraine headaches on a weekly basis.

The headaches would usually come on gradually and then build, causing excruciating pain and pressure behind her left eye that would culminate in her vomiting or visiting the emergency room. The ordeal would often leave her feeling weak and exhausted for days afterward.

“Anytime I had a migraine I'd be wiped out for three or four days,” said Ms. Kamka, 58, a post office clerk who lives near Fort Bragg, N.C. “I missed a lot of work because of migraines.”

But a few years ago, Ms. Kamka and 181 other people who routinely experience migraine headaches joined a clinical trial, sponsored by the National Institutes of Health, which was designed to test whether a special diet could alleviate their frequent headaches. The diet that Ms. Kamka was assigned to follow emphasized foods that contain large amounts of omega-3 fatty acids, the oils found in some fish, while limiting foods that are rich sources of omega-6 fatty acids, such as many vegetable oils.

Omega-3s and omega-6s are both considered essential fatty acids — critical for health, and because our bodies can't make them, they must be obtained from foods. Historically humans consumed roughly equivalent amounts of both fatty acids. But the typical American diet today tends to contain a much larger proportion of omega-6 fats. Some health authorities see this as a good thing: Vegetable oils and other rich sources of omega-6 fats have been found in many studies to be beneficial for cardiovascular health. But others argue that this could be problematic because omega-6 fats have been shown to promote pain and inflammation, while omega-3 fats tend to have the opposite effect in studies, helping to reduce pain and inflammation.

The authors of the new study wanted to know: Could a diet that boosts omega-3 fats while lowering omega-6 fats make life easier for people burdened by frequent migraine headaches?

For Ms. Kamka, the benefits of a change in diet were striking: After a few months of increasing her fish intake and avoiding many common vegetable oils, she noticed that her headaches had all but disappeared. Other people on the new diet also reported fewer headaches. Although the trial ended after 16 weeks, Ms. Kamka has remained on it ever since. Gone are the days when she ate foods like fried chicken, French fries and potato chips that were cooked in vegetable oils rich in omega-6 fats. She now makes a point of eating foods like cod, tuna, sardines, spinach salads, hummus and avocados, and she cooks with olive oil instead of corn, soybean and canola oils.

ALSO READ |Suffering from migraine? These food items may help reduce the throbbing headache

“I haven't had a migraine, not even a mild one, in over two years,” she said. “Going from having one a week to not having any was just amazing to me.”

Migraine headaches are one of the most common causes of chronic pain, affecting about 12 percent of all Americans, most of them women. For many people, the condition can be debilitating, causing intense pain, nausea and other symptoms and sharply increasing the likelihood of developing depression and anxiety. Studies have found that migraine attacks can take a toll on workplace productivity, too, causing people to lose, on average, about four work days per year.

But the new study provides evidence that the right diet could provide relief to some people who experience frequent migraine attacks, helping them reduce the number and severity of their headaches. Similar studies are underway to assess whether dietary changes could help ease other kinds of painful chronic ailments, such as low back pain.

Dr. Christopher E. Ramsden, the lead author of the study, said the findings suggest that dietary changes could be a useful complement to existing treatments for chronic pain. “Many people with chronic pain continue to suffer despite taking medication,” said Dr. Ramsden, a clinical investigator in the National Institute on Aging Intramural Research Program. “I think this is something that could be integrated with other treatments to enhance their quality of life and reduce their pain.”

For the new trial, published in the BMJ in July, participants were randomly split into three groups and followed for 16 weeks. One group, which included Ms. Kamka, followed a diet that was high in omega-3 fats and relatively low in omega-6 fats: They ate plenty of foods like wild salmon, albacore tuna and trout, while trying to minimize rich sources of omega-6 fats such as corn, soybean and canola oils. To make it easier to follow the diet, all of the subjects were given meals, snacks and recipes prepared by a dietitian throughout the course of the study.

Vegetable oils high in omega-6s are abundant in the American diet. They are often used for cooking and found in many packaged foods and restaurant meals. To see whether reducing these fats could have an impact on migraine headaches, the researchers had a second group of people add more fish and other rich sources of omega-3s to their diets without decreasing their intake of omega-6s. A third group of people, serving as controls, consumed typical amounts of both types of fats.

At the start of the study, the participants experienced, on average, about 16 “headache days” per month. But after 16 weeks, the group that had increased their fish intake and avoided vegetable oils had an average of four fewer “headache days” each month compared to the control group, as well as a 30 to 40 percent reduction in “headache hours” each day. The group that increased their omega-3 intake without reducing their omega-6 consumption benefited as well, though they had a smaller improvement of two fewer days without headaches each month. Both of these groups reported shorter and less severe headaches than people in the control group. They also used fewer pain relievers like acetaminophen.

The researchers also noticed differences in important blood biomarkers. The two groups that increased their fish intake had greater levels of compounds known as oxylipins, which are involved in soothing pain. They had particularly high levels of 17-HDHA, an oxylipin that in other studies has been shown to reduce pain in people with arthritis.

ALSO READ |Health tips: Simple ways to manage migraine at work

Dr. Rebecca Burch, a neurologist who was not involved in the new study, said that the findings were striking. She wrote an editorial in the BMJ pointing out that recently approved migraine medications have been shown in studies to produce two to two and a half fewer “headache days” per month compared to placebo, which is less than the four-day reduction caused by the high omega-3, low omega-6 diet.

“Four days per month really outperforms anything we’ve seen from a pharmacological preventive,” said Dr. Burch, a headache medicine specialist at Brigham and Women’s Hospital and an assistant professor of neurology at Harvard Medical School.

Dr. Burch said that people who struggle with migraine headaches are often motivated to follow restrictive diets to try to find some relief for their condition. But until now there has not been much evidence that any particular diet works. “This is the first time that we’ve had a robust, solid diet that we can recommend to patients,” she added.

For people who want to try the diet on their own, the researchers said that the simplest way to increase omega-3 intake is to eat more fatty fish, such as sardines, anchovies, mackerel, salmon,

albacore tuna and trout. Some of the best and most affordable options are canned and pouched fish. For vegetarians, good plant sources of omega-3 fats are ground flaxseeds, chia seeds and walnuts.

Another important component of the diet is avoiding fried, processed and fast foods, which are typically made with oils that are low in omega-3s and high in omega-6s. Beth MacIntosh, a co-author of the new study, said that extra virgin olive oil, avocado oil, macadamia oil, coconut oil and butter tend to contain low amounts of omega-6 fats.

You can use these oils to cook meals or to make your own snack foods, like popcorn, hummus and granola. The researchers also encouraged people in the study to eat at least five servings of fruits and vegetables per day.

Vaccine (The Asian Age: 20210809)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15758874>

Shot in arm for vaccine effort

The decision to grant emergency use authorisation (EUA) to Johnson & Johnson's single-dose Covid-19 vaccine is a welcome move as it would augment the country's vaccine availability at a time when every dose counts. The company has claimed the single-shot vaccine is 85 per cent effective in preventing severe disease 28 days after vaccination. It will be administered to people aged 18 years and above.

As per the government's own claim, the US-based company applied for EUA on Friday and was granted it the same day by the Drugs Controller General of India. The fast-track approval marks a break from the past when the foreign manufacturers had far too many hurdles to clear before they were to get the clearance. The government has now relaxed several of the earlier conditions, which included production of data on the bridge trial conducted in India. At present, a vaccine with approval from regulatory bodies of other countries or on the list of the World Health Organisation would be given the EUA with the condition that clinical trials could be continued later. At present, India has five vaccines — Serum Institute's Covishield, Bharat Biotech's indigenously developed Covaxin, Russia's Sputnik V, Moderna and Johnson & Johnson.

Indian manufacturers have, of late, increased production of the vaccines but the fact remains that India is far from being on track to meet the December 31 deadline it had set for itself to vaccinate all eligible Indians. There are many segments of society, including teachers, traders and daily wage earners, whose vaccination is critical for the opening of the economy. The government may prioritise the use of the single dose vaccine keeping its advantages in mind for targeted vaccination. It may also adopt international practices in approving vaccines so that procedural delays do not stop their launch in the country.

Mix Vaccine (Hindustan: 20210809)

https://epaper.livehindustan.com/imageview_973314_86842714_4_1_09-08-2021_0_i_1_sf.html

अध्ययन: मिश्रित खुराक संक्रमण रोकने में ज्यादा असरदार

कोविशील्ड के साथ कोवैक्सीन प्रभावी

नई दिल्ली | विशेष संवाददाता

कोरोना टीके कोविशील्ड-कोवैक्सीन की मिश्रित खुराक लेना ज्यादा असरदार साबित हो सकता है। भारतीय चिकित्सा अनुसंधान परिषद (आईसीएमआर) के नए अध्ययन से यह बात सामने आई है।

मई में यूपी के सिद्धार्थनगर में गलती से 20 लोगों को अलग-अलग खुराक लगने के बाद आईसीएमआर ने 18 लोगों पर शोध किया। शोध में एनआईवी पुणे और सिद्धार्थनगर के सीएमओ भी जुड़े। मई से जून के बीच 60-70 दिनों तक जांच हुई। शोध में 40-40 लोग ऐसे भी शामिल हुए जिन्होंने दोनों डोज कोविशील्ड या कोवैक्सीन की ली थी। अलग-अलग डोज लेने वालों में आईजीजी एंटीबॉडी और न्यूट्रोलाइजिंग एंटीबॉडी की मात्रा ज्यादा मिली। यानी संक्रमण रोकने में अधिक प्रभावी रही।

शोध के सह-लेखक आईसीएमआर के डॉ. रजनीकांत ने कहा, दोनों खुराक मिलाकर देने से कोई दुष्प्रभाव भी नहीं है। अस्पताल में भर्ती कराने की जरूरत नहीं। हालांकि, सरकार की टीकों को मिलाकर देने की अभी योजना नहीं है।

➤ महाबली बने पेज 08

05 टीके को मिल चुकी है देश में आपात मंजूरी

50 करोड़ से अधिक खुराकें लगीं देश में

अलग-अलग खुराक की जरूरत क्यों

1 सीमित उत्पादन

कई कंपनियां मांग के अनुरूप टीका उत्पादन और आपूर्ति करने में मुश्किलों का सामना कर रही। इससे टीकाकरण प्रभावित।



2 सुरक्षा चिंताएं

मस्तिष्क खून के थक्के जमने के कारण जर्मनी, फ्रांस जैसे देशों ने कोविशील्ड के इस्तेमाल पर रोक। सुरक्षा चिंताओं से शर्त प्रयोग।

3 वायरस के नए स्वरूप

वायरस के नए स्वरूपों को देखते हुए उन लोगों को ज्यादा असरदार 'बूस्टर डोज' देने की जरूरत हुई, जिन्हें पहली डोज में कम प्रभावी वैक्सीन लगी थी

क्या कहते हैं अध्ययन

ज्यादा एंटीबॉडी बने

स्पेन में हुए अध्ययन के मुताबिक जिन्हें एस्ट्राजेनेका के साथ फाइजर की वैक्सीन लगी, उनमें दूसरी डोज के 14 दिन बाद एंटीबॉडी ज्यादा बनी। लैब परीक्षण में ये एंटीबॉडी सार्स-कोव-2 वायरस को पहचान उन्हें निष्क्रिय करने में कारगर मिले।

कुछ दुष्प्रभाव भी

'लासेट जर्नल' में प्रकाशित एक ब्रिटिश अध्ययन में 50 वर्ष से अधिक उम्र के उन लाभार्थियों में मामूली से मध्यम स्तर तक के दुष्प्रभाव दिखे। इन्हें फाइजर-एस्ट्राजेनेका के टीके की मिश्रित खुराक लगाई गई थी। हालांकि, ये दुष्प्रभाव कुछ ही समय में दूर हो गए।

T B (Hindustan: 20210809)

https://epaper.livehindustan.com/imageview_973315_86822264_4_1_09-08-2021_2_i_1_sf.html

आसानी से पकड़ में नहीं आती फेफड़े से अलग अंगों में होने वाली टीबी

अध्ययन

नई दिल्ली | वरिष्ठ संवाददाता

देश में वर्ष 2019 में टीबी (क्षय रोग) के 79 लाख मरीज मिले थे और 79 हजार की इससे मौत हो गई थी। देश भर में टीबी के 26 फीसदी मामले ऐसे होते हैं, जिनमें मरीजों को फेफड़ों के अलावा दूसरे अंगों में टीबी पाया जाता है। यह आसानी से पकड़ में नहीं आती। जामिया हमदर्द मॉलिक्यूलर मेडिसिन संस्थान के ताजा अध्ययन पत्र में यह बात सामने आई है।

इसमें कहा गया है कि फेफड़ों के अलावा अन्य अंगों को प्रभावित करने वाली टीबी के लक्षण होने पर मरीज की सर्जरी कर उस अंग से गांठ के टुकड़े की जांच जरूरी है, जहां टीबी की आशंका है। अस्पताल के मेडिसिन विभाग के वरिष्ठ डॉक्टर सुरेंद्र कुमार शर्मा के नेतृत्व में शोध के दौरान पाया गया कि अन्य अंगों के टीबी का देरी से पता चलने से यह गम्भीर अवस्था में पहुंच सकता है।

इन अंगों में संभव

फेफड़ों के अलावा ब्रेन, यूटरस, मुंह, लिवर, किडनी, गले आदि में भी टीबी हो सकती है। टीबी का बैक्टीरिया शरीर के जिस भी हिस्से में होता है, उसके टिशू को पूरी तरह नष्ट कर देता है और इससे उस अंग का काम प्रभावित होता है।



किसे खतरा अधिक

कमजोर इम्यूनिटी वाले को अधिक खतरा। अंधेरी और सीलन भरी जगहों पर टीबी ज्यादा होती है क्योंकि टीबी का बैक्टीरिया अंधेरे में पनपता है। धूम्रपान करने वाले को अधिक खतरा है। मधुमेह पीड़ित, स्टेरॉयड लेने वालों और एचआईवी मरीजों को भी खतरा ज्यादा होता है।

क्या है लक्षण

यह जिस अंग में होती है, वहां सूजन या दर्द रहता है। गांठ बन जाती है। गांठ से पानी निकाल कर जांच की जाती है या संबंधित अंग का सीटी स्कैन कराया जाता है। हल्का बुखार और रात में पसीना आता है। भूख नहीं लगती। सामान्य स्थिति में नौ से 12 माह और गंभीर स्थिति 24 माह में इलाज।

क्या है अंतर

फेफड़े की टीबी को पल्मोनरी और शरीर के अन्य हिस्से की टीबी को एक्स्ट्रा पल्मोनरी टीबी कहते हैं। एक्स्ट्रा पल्मोनरी के मरीजों से दूसरों को संक्रमण का खतरा नहीं होता है। इस बीमारी की वजह रोग प्रतिरोधक क्षमता में कमी बताई जाती है।

यह असर पड़ता है

अगर फेफड़े में टीबी है तो फेफड़े को धीरे-धीरे बेकार कर देती है। यूटरस में है तो इनफर्टिलिटी (बांझपन) की वजह बनती है। हड्डी में है तो हड्डी को गला देती है। ब्रेन में है तो मरीज को दौरे पड़ सकते हैं। लिवर में है तो पेट में पानी भर सकता है।

Anaemia treatment

Efficacy, safety of oral drug for anemia treatment associated with kidney disease (New Kerala; 20210809)

During a recent study, pooled results from recent clinical trials indicated roxadustat, an oral drug, is an effective treatment for anemia in pati-> View it--> <https://www.newkerala.com/news/2021/112557.htm>

Pan-coronavirus vax (New Kerala; 20210809)

Scientists have discovered human antibodies that can neutralise several different coronaviruses and pave the way for a pan-coronavirus vaccine. These antibodies have been detected in some people who have recove-> View it--> <https://www.newkerala.com/news/2021/112518.htm>

COVID-19 medication

Study finds potential COVID-19 medication among tapeworm drugs (New Kerala; 20210809)

The findings of a new study suggest that a group of medications that have been long prescribed to treat tapeworm has inspired a compound that shows two-pronged effec-> View it--> <https://www.newkerala.com/news/2021/112481.htm>

SARS-CoV-2 infection

Licensed drug may cut SARS-CoV-2 infection by up to 70pc (New Kerala; 20210809)

A licensed drug normally used to treat abnormal levels of fatty substances in the blood could reduce infection caused by the SARS-CoV-2 virus by up to 70 per cent, a new-> View it--> <https://www.newkerala.com/news/2021/112405.htm>

Heart health

Heart health can be improved by exercising, cutting 200 calories daily (New Kerala; 20210809)

Cutting just 200 calories a day coupled with moderate exercise reaped bigger rewards than exercise alone for older, obese adults, according to the findings -> View it--> <https://www.newkerala.com/news/2021/112209.htm>

Vaccine administration

Tuning the private sector share in vaccine administration (The Hindu: 20210809)

<https://www.thehindu.com/sci-tech/health/tuning-the-private-sector-share-in-vaccine-administration/article35788623.ece>

Asking the companies not to earmark for the private sector 25% of the vaccines is a tacit acknowledgement of the failed vaccine sharing formula

When the Indian government, under 'Liberalised Pricing and Accelerated National Covid-19 Vaccination Strategy', earmarked for the private sector 25%