



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20211020

WHO

WHO chief discusses Covaxin, resumption of AstraZeneca vaccine supplies to COVAX facility with Health Minister Mandaviya (The Tribune: 20211020)

<https://www.tribuneindia.com/news/coronavirus/who-chief-discusses-covaxin-resumption-of-astrazeneca-vaccine-supplies-to-covax-facility-with-health-minister-mandaviya-327027>

The WHO Director-General says he also discussed with Mandaviya vaccine equity issues

WHO chief discusses Covaxin, resumption of AstraZeneca vaccine supplies to COVAX facility with Health Minister Mandaviya

Photo for representation purposes.

WHO chief Tedros Adhanom Ghebreyesus discussed the issue of the emergency use listing of Bharat Biotech's Covid vaccine Covaxin and resumption of supplies of the Serum Institute of India-manufactured AstraZeneca vaccine to the COVAX facility among other topics during a telephonic conversation with Health Minister Mansukh Mandaviya.

“Had a call with @mansukhmandviya, India's Health Minister, to discuss #India's ongoing #COVID19 vaccination programme; the need for a global pandemic agreement; digital health; & traditional medicine. We welcome India's support to strengthen WHO, incl. via flexible, sustainable financing,” Ghebreyesus tweeted on Tuesday.

The WHO Director-General said that he also discussed with Mandaviya vaccine equity issues: “the resumption of SII/AstraZeneca vaccine supplies to #COVAX; the Covaxin Emergency Use Listing process; and technology and licence sharing through C-TAP.”

Covid Technology Access Pool (C-TAP) was launched in May last year for facilitating timely, equitable and affordable access of Covid health products by boosting their supply.

Mandaviya had also tweeted that he had a “detailed interaction” with the WHO chief, accompanied by other senior officials of the global health agency “on various issues related to health, including pandemic management and WHO reforms.

“DG WHO lauded the mammoth efforts undertaken by the Indian government for #COVID19 vaccination,” Mandaviya tweeted.

The cumulative number of Covid vaccine doses administered in India crossed 99 crore on Tuesday and the country is close to administering 100 crore doses. According to official figures, around 74.45 per cent of India's eligible adult population has been administered at least one dose of the Covid vaccine and around 30.63 per cent have received both doses.

On Monday, WHO said it is expecting one additional piece of information from Bharat Biotech regarding its Covid vaccine Covaxin and emphasised that it has to thoroughly evaluate to ensure vaccines are safe and “cannot cut corners” before recommending a vaccine for emergency use.

“We are aware that many people are waiting for WHO's recommendation for Covaxin to be included in the #COVID19 Emergency Use Listing, but we cannot cut corners - before recommending a product for emergency use, we must evaluate it thoroughly to make sure it is safe and effective,” the global health organisation had said in a tweet.

“Bharat Biotech - the manufacturer of Covaxin - has been submitting data to WHO on a rolling basis and WHO experts have reviewed these data. WHO is expecting one additional piece of information from the company today,” it said. PTI

Vaccine

Vaccine may protect against other coronaviruses: Study (The Tribune: 20211020)

<https://www.tribuneindia.com/news/coronavirus/vaccine-may-protect-against-other-coronaviruses-study-326741>

Vaccine may protect against other coronaviruses: Study

A man sanitises a chapel in Moscow on Tuesday. REUTERS

Covid-19 vaccines and prior coronavirus infections can provide broad immunity against other, similar coronaviruses, according to a study.

The findings, published in the Journal of Clinical Investigation, build a rationale for universal coronavirus vaccines that could prove useful in the face of future epidemics.

The study found that plasma from humans who had been vaccinated against SARS-CoV-2 produced antibodies that were cross-reactive, or provided protection, against SARS-CoV-1 and the common cold coronavirus. The researchers found that mice immunised with a SARS-CoV-1 vaccine developed in 2004 generated responses that protected mice from intranasal exposure by SARS-CoV-2. — PTI

TRACKING VIRUS	
NATION	DEATHS
 US	7,46,509
 BRAZIL	6,03,521
 INDIA	4,52,454
 RUSSIA	2,25,325
 UK	1,38,629
WORLDOMETER TILL OCTOBER 19, 11 PM	

India reports 18 per cent decrease in Covid cases, 13 per cent decrease in deaths during Oct 11-17: WHO

India reports 18 per cent decrease in Covid cases, 13 per cent decrease in deaths during Oct 11-17: WHO(The Tribune: 20211020)

<https://www.tribuneindia.com/news/coronavirus/india-reports-18-per-cent-decrease-in-covid-cases-13-per-cent-decrease-in-deaths-during-oct-11-17-who-327035>

The Covid Weekly Epidemiological Update was released by the World Health Organisation on Tuesday

India reported an 18 per cent decrease in the new Covid cases along with a 13 per cent decline in the number of deaths during the week of October 11 to 17, the WHO has said, highlighting that all the regions globally, except the European Region, reported a fall in new weekly cases of the deadly virus.

The Covid Weekly Epidemiological Update, released by the World Health Organisation on Tuesday, said that with just over 2.7 million new cases and over 46,000 new deaths reported during the week of October 11 to 17, the global number of new cases and deaths remained similar to that of the previous week.

Apart from the European Region, which reported a 7 per cent increase in the number of new weekly cases when compared to the previous week, all the other regions reported declines in new weekly cases.

The update said that the largest decrease in new weekly cases was reported from the African Region (18 per cent), followed by the Western Pacific Region (16 per cent). The African Region also reported the largest decline in weekly deaths (25 per cent) followed by the South-East Asia and Eastern Mediterranean Regions with 19 per cent and 8 per cent declines, respectively.

The cumulative number of confirmed cases reported globally is now over 240 million and the cumulative number of deaths is just under 4.9 million.

The highest numbers of new cases were reported from the United States of America (582,707 new cases; 11 per cent decrease), the United Kingdom (283,756 new cases; 14 per cent increase), Russia (217,322 new cases; 15 per cent increase), Turkey (213,981 new cases; similar to the number reported in the previous week) and India (114,244 new cases; 18 per cent decrease).

The update said that declining trends continued in the South-East Asia Region, with just under 215,000 new cases and over 2,900 new deaths reported, a decrease of 13 per cent and 19 per cent respectively, as compared to the previous week.

All countries in the region reported a decline in new cases and deaths this week, apart from Thailand that reported a similar number of cases as compared to the previous week.

While India reported the highest numbers of new cases at 114,244, they were still an 18 per cent decrease over the previous week. Thailand (72,817 new cases) and Myanmar (9202 new cases) also reported high numbers of new cases in the South-East Asia Region.

In the region, the highest numbers of new deaths were reported from India (1,535 new deaths; a 13 per cent decrease), Thailand (582 new deaths; a 14 per cent decrease), and Indonesia (301 new deaths; a 37 per cent decrease). PTI

Hunger index ignominy

Grand ambitions should not sidestep stark truths (The Tribune: 20211020)

<https://www.tribuneindia.com/news/editorials/hunger-index-ignominy-325148>

INDIA has been ranked 101st out of 116 countries, compared to 94th out of 107 in 2020, in the peer-reviewed annual Global Hunger Index (GHI) report, prepared by Irish aid agency Concern Worldwide and German organisation Welthungerhilfe. The level of hunger in the country is alarming, it states, pointing to the devastating impact of the pandemic-related restrictions. Whatever be the reservations over methodology, even a higher rank could not have hidden how child nutrition remains a chronic problem for public administration. Instead of limiting itself to food deprivation, GHI tracks four key parameters which provide a far more comprehensive measure of hunger. India is said to have the highest child-wasting rate worldwide — the percentage of children below five years of age who have low weight for their height, reflecting acute undernutrition. The other parameters are undernourishment, child-stunting (low height for age, reflecting chronic undernutrition) and child mortality.

Making generalisations about neighbours like Nepal, Bangladesh, Myanmar and Pakistan doing better is a futile exercise. India's circumstances are hugely different, its challenges so much bigger. But then, so are its grand ambitions and its march to greatness, as the leaders do not forget to remind daily. India has to first and foremost contend with itself and confront the truth that the fight against hunger is off track. The food security situation is not an issue, but distribution is, inequity is, choice of meal is, systemic failure is. An acknowledgement of what's not working despite the best of intentions is the first step to finding better solutions.

Malnourishment in early childhood has long-lasting negative impacts. Child and maternal malnutrition also contribute significantly to the total disease burden. Programmes of the Integrated Child Development Services scheme, which cover pregnant and lactating mothers too, and Poshan Abhiyaan are critical instruments. Any shortcoming or underperformance plays a huge role in slowing down the pace of improvement. The 'Clean India' campaign brought in the much-needed construct of hygiene and consequent well-being, but here, too, a forthright assessment of its progress would serve the government and the country better.

Vaccination drive

Retain focus, no room for complacency (The Tribune: 20211020)

<https://www.tribuneindia.com/news/editorials/vaccination-drive-326421>

That the country has come a long way in its vaccination drive against the Covid-19 virus ever since it began in January this year is a matter of great relief, with the milestone of a billion doses being administered expected to be achieved soon. The drive has struggled to overcome difficulties like ensuring the availability of vaccines, their prices, adequate spacing between doses and setting up mechanisms to ensure that it reaches all sections of society, to protect lives and livelihoods, so very essential for the resumption of economic activities. Also, the recovery rate at over 98 per cent might be the highest since March 2020 and the active caseload might have fallen below the 2-lakh mark, the lowest in over six months, the battle is far from over, with the target of covering adults with both doses yet to be achieved and the December deadline all set to get pushed into the next year.

The drive has to guard against the risk of reaching a plateau and complacency setting in. Export of vaccines should not be at the cost of its availability at home. With travel, social and political gatherings increasing, the country has to sort out the issue of acceptability of its vaccine certificates by other countries so that its nationals are able to go abroad without any hindrance. Along with this, there is still need to adhere to Covid-appropriate behaviour to minimise risks.

The government is also faced with the task of deciding on vaccinating children against Covid-19. The emergency use authorisation of Covaxin on 2 to 18 years old has been recommended, but the DCGI nod is awaited. Another vaccine, ZyCov-D, was approved for emergency use in those above 12 years. While the US and the UK have already inoculated adolescents, India will have to take an informed decision, with students gradually returning to classrooms. Amid a sense of achievement, it is also important for the vaccination drive to not lose its focus and steam. Much has been achieved but a lot more remains to be done.

Breast Cancer Awareness Month

Breast Cancer Awareness Month: When should a woman go for mammograms? (The Indian Express: 20211020)

<https://indianexpress.com/article/lifestyle/health/breast-cancer-awareness-month-when-should-a-woman-go-for-mammograms-health-cancer-7579398/>

Younger women do not believe they are at risk of breast cancer. But, it can strike at any age.

Breast Cancer Awareness Month, breast cancer screenings, mammograms, what are mammograms, when are mammograms needed, why are mammograms important, indian express news Screening can begin at 25 for women with genetic mutations, and screening is often initiated 10 years before the first affected relative in the family with a history of breast cancer. (Photo: Getty/Thinkstock)

Breast cancer is one of the leading causes of death for women around the world. But there are some preventive measures that can extend their life, and regular screening is one of them.

A mammogram is a standard approach for screening breast cancer. According to Dr Madhuri Burande Laha, consultant obstetrician and gynaecologist, Motherhood Hospital, Kharadi, Pune, the right age for women to go for mammograms varies. According to some research, it is recommended to do it in your 30s and some others suggest it is ideal to get it done before the age of 45.

ALSO READ | Signs and symptoms of breast cancer, besides the lump

“Screening mammograms can detect breast cancer early, and it should begin at the age of 40. The findings of randomized trials involving women in their 40s and 50s show that screening mammograms reduce the risk of breast cancer deaths,” says the doctor, adding that mammogram screening is not without defects. “Another study found that even though mammogram screening has resulted in more early breast cancer diagnoses, the number of advanced breast cancers has not decreased.”

Dr Laha explains that doctors are unable to predict which breast cancers will spread beyond the breast and which will remain contained. As a result, annual mammograms are considered best for detecting cancer early, increasing the chances of curing and lowering the risk of death.

“The main issue with mammograms for breast cancer screening is the possibility of a false-positive result. This means that something unusual has been detected, but further testing reveals it is not cancer. False positives are more common in 40s and 50s,” she adds.

“Younger women, in general, do not believe they are at risk of breast cancer. Breast cancer, on the other hand, can strike at any age. Women under the age of 40 account for 5 per cent of all breast cancer cases. All women should be aware of their personal breast cancer risk factors.”

Breast Cancer Awareness Month, breast cancer screenings, mammograms, what are mammograms, when are mammograms needed, why are mammograms important, indian express news If breast cancer does develop, early detection and treatment can significantly improve chances of survival. (Photo: Getty/Thinkstock)

Measures that all women can take to reduce their risk of breast cancer:

- Obtaining and maintaining a healthy body weight.
- Consuming alcohol in moderate amounts.

- Regular physical activity.
- Breastfeeding.

“If breast cancer does develop, early detection and treatment can significantly improve chances of survival. More than 90 per cent with early-stage breast cancer survive,” says the doctor.

Young women should be counselled and encouraged to report any breast changes to their healthcare provider, such as:

And, should women under 40 have mammograms?

“In general, screening mammograms are not advised for women under the age of 40. Screening can begin at 25 for women with genetic mutations, and screening is often initiated 10 years before the first affected relative in the family with a history of breast cancer. Breast MRI is frequently recommended in addition to mammography for high-risk women,” Dr Laha concludes.

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Mixing vaccines ‘highly effective’ against Covid

Study finds mixing vaccines ‘highly effective’ against Covid; experts call for ‘larger analysis’ (The Indian Express: 20211020)

<https://indianexpress.com/article/lifestyle/health/lancet-study-mixing-vaccines-highly-effective-against-covid-experts-consider-7580017/>

Dr Ravi Shekhar Jha said that mixing of vaccines is not recommended as "every vaccine is made differently and may react differently for different people".

vaccinesHere's what experts say on mixing Covid vaccines (Source: Express Photo by Amit Mehra)

A new Lancet study has said that mixing Covid-19 vaccines can be ‘highly effective’, leading to ‘lower risk of infection’. Published in The Lancet Regional Health – Europe journal, the study noted that since the use of AstraZeneca’s vector-based vaccine was halted for people younger than 65 years of age due to safety concerns, people in Sweden who had already received their first dose were recommended an mRNA vaccine as their second dose.

“Our study shows a greater risk reduction for people who received an mRNA vaccine after having received a first dose of a vector-based, as compared to people having received the

vector-based vaccine for both doses,” said Peter Nordstrom, a professor at Umea University, Sweden said, reported PTI.

The study, that included seven lakh individuals, also noted that during a 2.5-month average follow-up period after the second dose, the study showed a 67 per cent lower risk of infection for the combination of AstraZeneca and Pfizer vaccine shots. However, for people who received two doses of the AstraZeneca vaccine, known as Covishield in India, the risk reduction was 50, the authors said stating that it was valid to even the Delta variant.

Is it safe and better?

Stating that the mix of vaccines started in Europe due to “due to non-availability or shortage of vaccines”, Dr Manoj Sharma Senior Consultant Internal Medicine Fortis Hospital Vasant Kunj, New Delhi, said “there is not enough data anywhere in the world to decide if this is a good idea”. “We don’t have any compelling reason to mix or match as we don’t have shortage. We also don’t have enough data to comment about it and how it will fare in the long run,” he told indianexpress.com.

In a video podcast dated September 17, 2021, Dr Katherine O’Brien from World Health Organization spoke about the efficacy of a few clinical trials combining with a first dose, either AstraZeneca or an mRNA vaccine and then the second dose, with switching over to the other product. “What we know about the safety is that the amount of reaction in your arm and some of the general short-term reactions that people get, not feeling well or a low grade fever are generally speaking the same, whether you mix and match or whether you use the same regimen. So we do have safety evidence on this,” she said.

Dr Ravi Shekhar Jha, additional director and head of department pulmonology, Fortis Escorts Hospital, Faridabad said that mixing of vaccines is not recommended as “every vaccine is made differently and may react differently for different people”. This is just one such study, the scope needs a larger analysis, he opined.

A small Indian Council of Medical Research study also found that vaccine mixing is safe, and offers better immunity. The researchers of the study among 18 participants, found that a combination of Covishield and Covaxin shots is safe and, in fact, offers better immunogenicity than two doses of the same vaccine. However, they made it clear that the evidence is very limited and called for multi-centre randomised clinical trials to conclusively prove the findings. The study has been accepted for publication in the International Journal of Travel Medicine.

ALSO READ |Covid-19 vaccination: Expert tips to follow before, during and after you get the jab

However, Dr Shuchin Bajaj, founder director, Ujala Cygnus Group of Hospitals believes it is a “good development” nonetheless. “It is giving us hope that we can also work on some other diseases based on this module of mixing the vaccine technologies because mostly till now we have only one kind of vaccine for diseases. Usually we do not develop another kind of vaccine when one vaccine is working well for a disease,” he said.

He further described that one of the first principles of the branches of medicine is giving two medicines rather a maximum dose of one. “For instance, if you have high blood pressure, we prefer to add one more medicine to the first medicine if the blood pressure is not controlled, instead of increasing the first medicine dose to the maximum. This ensures that the side effects are lower because the lower the dose, the lesser is the side-effect,” he added.

Uttar Pradesh DySP held for abetment of suicide sacked from service

Lakhimpur Kheri violence: SIT releases six photos, seeks leads about suspects

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Physical challenge

‘Weight loss is not a physical challenge...it’s a mental one’: Lizelle Remo D’Souza on her fitness transformation (The Indian Express: 20211020)

<https://indianexpress.com/article/lifestyle/fitness/weight-loss-physical-challenge-mental-lizelle-remo-dsouza-fitness-40kilos-7579273/>

"Little by little, day by day... one pound at a time," said Lizelle Remo D'Souza, who lost 40 kilos in two years

Lizelle D'SouzaLizelle D'Souza's fitness transformation has been incredible. (Source: Lizelle D'Souza/Instagram)

Lizelle Remo D’Souza’s incredible weight loss transformation had taken the social media by storm recently. Ever since, the 41-year-old has only been setting fitness goals with each passing day.

The film producer and wife of renowned choreographer Remo D’Souza, who lost more 40 kilos in two years, has now shared that she believes weight loss is more than just a physical challenge.

“Weight loss is not a physical challenge... it’s a mental one...little by little, day by day... one pound at a time,” she captioned a series of photographs of herself at the gym.

ALSO READ |‘Never a day where she said no to even a single training’: Trainer on Lizelle Remo D’Souza’s transformation

Previously, she also shared a video of herself doing a lat pull down exercise, which works on the back and biceps.

Mental health taboo

Spain’s ‘Crying Room’ seeks to banish mental health taboo (The Indian Express: 20211020)

<https://indianexpress.com/article/lifestyle/health/spains-crying-room-seeks-to-banish-mental-health-taboo-7579475/>

"It is a really excellent idea to visualise the mental health issue. It is stigmatised to cry in Spain as in many other countries," said Jon Nelsson, a Swedish student.

crying rooms, mental health, mental health awarenessA woman poses for a photo inside a bathtub, simulating that she is calling her psychologist, in a crying space named 'La Lloreria' to raise awareness about mental health in Madrid. (REUTERS/Juan Medina)

“Enter and cry,” one sign tells visitors. “I too have anxiety,” glows another notice in pink. There are phones in one corner with the names of people you can call when you are feeling down, including a psychologist.

ALSO READ |‘Time to practise what we preach’: Therapists on taking care of their mental health amid pandemic

Welcome to La Lloreria, or the Crying Room. Anyone can drop in at the project, housed in a building in central Madrid, which aims to remove the stigma in society attached to mental health, crying and seeking help.

crying rooms, mental health, mental health awareness Two women stand close to a neon light sign that reads “feeling bad is also fine” in ‘La Lloreria’. (REUTERS/Juan Medina)

“It is a really excellent idea to visualise the mental health issue. It is stigmatised to cry in Spain as in many other countries,” said Jon Nelsson, a Swedish student who lives in the Spanish capital.

ALSO READ |‘We hold unrealistic standards, feel even worse about ourselves’: How social media impacts mental health

A week ago Spanish Prime Minister Pedro Sanchez separately announced a 100-million-euro (\$116 million) mental healthcare drive, which will include services such as a 24-hour suicide helpline.

Bronchiolitis cases

A sudden spike in bronchiolitis cases among infants and young children': Doctors(The Indian Express: 20211020)

<https://indianexpress.com/article/lifestyle/health/bronchiolitis-cases-infants-young-children-doctors-7573262/>

As per doctors, while there is an increase in paediatric respiratory cases they are non-Covid at present.

Covid in children Is your child sick? (Source: Getty Images/Thinkstock)

There has been a sudden uptick in the number of bronchiolitis cases, caused due to respiratory syncytial virus (RSV) infection, in children, say experts. The spike, they say, is due to seasonal changes, as winter is fast approaching. Thus, parents need to make sure of proper hygiene and appropriate ventilation at home.

ALSO READ | Monsoon illnesses in children: Know symptoms, treatment, and prevention

Dr Tushar Parikh, consultant neonatologist and paediatrician, Motherhood Hospital, Kharadi, Pune, said bronchiolitis is a lung infection seen in infants and young children between 0-2 years.

“It leads to inflammation, swelling, and congestion in the small airways (bronchioles) of the lung, and is commonly seen ahead and during winter owing to cold weather. This condition causes breathing problems. Premature babies (discharged from the hospital) are more severely affected as their lungs are immature. Most cases of bronchiolitis are seen due to RSV, and the virus can spread via air when one coughs or sneezes or even handshakes. Germs can be present on hands, toys, faucets, doorknobs, tissues, and other surfaces. It is contagious for several days or even weeks. Children complain of symptoms like wheezing, cold, rapid breathing, dry cough, congested or runny nose, poor feeding, irritability, tiredness, fever, sneezing, and a headache for a week. I have treated around 100 children with this condition in the last 2 -3 months,” said Dr Parikh.

cold, cough The number of children with bad cough, cold, and fever has gone up, doctors say. (Source: Getty Images/Thinkstock)

As per doctors, the number of children with cough, cold, and fever has gone up. On investigation, they test negative for Covid-19 but come positive for common cold viruses like respiratory syncytial virus (RSV) or Parainfluenza viruses, leading to bronchiolitis.

Dr Pradeep Alhate, paediatrician, Apollo Spectra Hospital Pune said bronchiolitis usually occurs when RSV infection spreads to the lower respiratory tract. It occurs in young children, especially premature infants and those who have underlying lung disease, heart disease, or a weak immune system. This illness starts like common cold and may last for a week to a month.

“Treatment is saline nasal drops, oxygen, propped up position, and ensuring good fluid intake. Also, it must be noted that symptoms of RSV infection overlap with Covid-19,” noted Dr Alhate.

“Other factors like preterm birth, underlying lung condition, when the children haven’t breastfed, second-hand smoke, spending a lot of time in crowded environments, and lack of hygiene can also be the culprits. Not treating children at the right time can lead to low SPO2 levels, dehydration, pauses in breathing, hospital admissions, viral pneumonia, and respiratory failure. Moreover, children with RSV likely be susceptible to Covid-19,” Dr Parikh said.

Treatment

Proper diagnosis holds the key, and over-the-counter medication must be avoided, say experts. “The treating doctor will decide the line of treatment. There is no vaccine to treat this condition. Taking precautions like avoiding kissing the baby or handshaking, wearing a mask near children, keeping the baby away from sick people, breastfeeding the baby, and keeping children hydrated can make a lot of difference,” said Dr Alhate.

Dr Parikh added that there is no specific treatment. “The infection goes away within a week or two. Some premature babies may get severely ill needing oxygen for which hospital or ICU admission is needed. Various measures like washing hands before touching children, avoiding social gatherings, and crowded places with the babies till they turn 1, cleaning and disinfecting the frequently touched surfaces, covering mouth while coughing, and sneezing near the baby, not smoking when the baby is around and washing the child’s toys regularly can be helpful in preventing bronchiolitis,” he stated.

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WHO-recommended malaria vaccine?

Explained | Will India benefit from the WHO-recommended malaria vaccine? (The Hindu: 20211020)

<https://www.thehindu.com/sci-tech/health/explained-will-india-benefit-from-the-who-recommended-malaria-vaccine/article37032053.ece>

What has the WHO recommended for children in sub-Saharan Africa?

The story so far: On October 6, the World Health Organization made a hi

Moderna vaccine

Why three countries have paused Moderna vaccine (The Hindu: 20211020)

<https://www.thehindu.com/sci-tech/health/why-three-countries-have-paused-moderna-vaccine/article36918614.ece>

After reports showed an increase in myocarditis and pericarditis cases, Denmark, Sweden and later Finland paused use in people under 30 years

On October 6, Sweden and Denmark suspended the use of Moderna's mRNA vaccine for younger age groups after reports pointed to an increase in the number of myocarditis and pericarditis cases. Myocarditis causes inflammation of heart muscle which can limit the organ's ability to pump blood and can cause changes in heartbeat rhythms, while pericarditis causes inflammation of the outer lining of the heart.

A day later, Finland followed suit and paused the use of the Moderna vaccine in people younger than 30 years. Both Finland Health institute and the Swedish Public Health Agency now recommend Pfizer's mRNA vaccine for people younger than 30 years as there is greater experience with the vaccine in this age group. The Swedish Agency said its decision is valid till December 1 this year.

Mental health helpline

Centre launches 24/7 toll-free mental health helpline (The Hindu: 20211020)

<https://www.thehindu.com/sci-tech/health/centre-launches-247-toll-free-mental-health-helpline/article32545325.ece>

It will provide support to people facing anxiety, stress depression and suicidal thoughts

The Union Social Justice and Empowerment Ministry on Monday launched a 24/7 toll-free helpline to provide support to people facing anxiety, stress,

Mix-and-match vaccines highly effective against COVID-19

Mix-and-match vaccines highly effective against COVID-19: Lancet study (The Hindu: 20211020)

During a 2.5-month average follow-up period after the second dose, the study showed a 67 per cent lower risk of infection for the combination of AstraZeneca and Pfizer vaccine shots.

People who received a first dose of the Oxford-AstraZeneca COVID-19 vaccine followed by an mRNA vaccine shot had a lower risk of infection compared to those immunised with both doses of the AstraZeneca preventive, according to a nationwide study in Sweden.

Since the use of AstraZeneca's vector-based vaccine against COVID-19 was halted for people younger than 65 years of age due to safety concerns, all

Dengue

कोरोना से उबरे हैं तो डेंगू से ज्यादा सतर्क रहें (The Hindu: 20211020)

<https://epaper.livehindustan.com/>

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**डेंगू से डरिए मत
सौवधान रहिए**

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शरीर को ढंककर रखें

- मच्छरों से बचने के लिए शरीर को पूरी तरह से ढंकने वाले कपड़े और जूते पहनें
- घर के अंदर-बाहर जल जमाव न होने दें, जिन जगहों पर पानी जमा हो उनसे दूर रहें
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- पानी के भंडारण के लिए इस्तेमाल होने वाली बाल्टी, ड्रम और बर्तनों को ढंककर रखें
- मच्छरों को पनपने से रोकने को कचरा इकट्ठा न होने दें, कूड़ेदान रोज साफ करें
- शारीरिक रूप से सक्रिय रहें, योग-व्यायाम के लिए समय निकालें, मच्छरदानी का प्रयोग करें
- भोर से शाम की अवधि के बीच डेंगू के मच्छर ज्यादा सक्रिय, इस अवधि में खिड़की-दरवाजे बंद रखें

लक्षणों पर ध्यान दें

मच्छर के काटने के बाद डेंगू से जुड़े लक्षणों पर करीबी नजर रखें। बुखार, अत्यधिक कमजोरी और हड्डियों-मांसपेशियों में दर्द की शिकायत उभरने पर फौरन डॉक्टर से संपर्क करें।

नई दिल्ली | हिन्दुस्तान ब्यूरो

कोरोना से संक्रमित रह चुके लोग डेंगू के प्रति ज्यादा संवेदनशील होते हैं। ऐसे में विशेषज्ञ कोविड-19 को मात देने वाले मरीजों को डेंगू के खतरे को लेकर सतर्क रहने की सलाह देते हैं।

बेंगलुरु स्थित नारायणा हेल्थ सिटी के डॉ. महेश कुमार कहते हैं, डेंगू से पीड़ित ऐसे कई मरीज सामने आ रहे हैं, जो अतीत में कोरोना के शिकार रह चुके हैं। चूंकि, उनमें 'सेल मीडिएटेड इम्युनिटी' यानी प्रतिरोधक कोशिकाओं को सक्रिय करने की क्षमता कम होती है, लिहाजा डेंगू वायरस ऐसे मरीजों में न सिर्फ अधिक तीव्र लक्षणों को जन्म देता है, बल्कि प्लेटलेट्स की संख्या में भारी गिरावट का सबब भी बनता है। इससे मरीज को स्वस्थ होने में ज्यादा समय तो लगता ही है, साथ ही उसकी जान जाने का जोखिम भी बढ़ जाता है।

कचरा, पानी इकट्ठा न होने दें