



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY

Thursday

202111011

Vaccination

Covid can be transmitted by fully vaccinated people at home: Lancet study (The Tribune: 202111011)

<https://www.tribuneindia.com/news/coronavirus/covid-can-be-transmitted-by-fully-vaccinated-people-at-home-lancet-study-331453>

The researchers note that most Covid transmission is known to occur in households yet there is limited data on the risk of transmission of the Delta variant from vaccinated people with asymptomatic or mild infections in the community

Covid can be transmitted by fully vaccinated people at home: Lancet study

Fully vaccinated people can contract and pass on Delta variant of SARS-CoV-2, the virus that causes Covid, in household settings, but at lower rates than unvaccinated people, according to a study published in The Lancet Infectious Diseases journal.

Researchers led by Imperial College London, UK, found that vaccinated people clear the infection more quickly, but the peak viral load among them is similar to that seen in unvaccinated individuals, which may explain why they can still readily pass on the virus at home.

The researchers noted that most Covid transmission is known to occur in households yet there is limited data on the risk of transmission of the Delta variant from vaccinated people with asymptomatic or mild infections in the community.

"Vaccines are critical to controlling the pandemic, as we know they are very effective at preventing serious illness and death from Covid," said Professor Ajit Lalvani of Imperial College London, who co-led the study.

"However, our findings show that vaccination alone is not enough to prevent people from being infected with the Delta variant and spreading it in household settings," Lalvani added.

The researchers noted that the transmission between vaccinated people makes it essential for unvaccinated people to get immunised to protect themselves from acquiring infection and severe Covid, especially as more people will be spending time inside in close proximity during the winter months.

The study enrolled 621 participants, identified by the UK contact tracing system, between September 2020 and September 2021.

All participants had mild Covid illness or were asymptomatic. They had daily PCR tests to detect infection, regardless of whether or not they had symptoms.

The researchers performed PCR tests on swab samples provided daily by each participant for 14–20 days. Changes over time in viral load -- the amount of virus in a person's nose and throat -- were estimated by modelling PCR data.

A total of 205 household contacts of Delta variant index cases were identified, of whom 53 tested positive for Covid.

Among vaccinated contacts infected with the Delta variant, the median length of time since vaccination was 101 days, compared with 64 days for uninfected contacts, the researchers said.

This suggests that the risk of infection increased within three months of receiving a second vaccine dose, likely due to waning protective immunity, they said. PTI

Covid prevention & cure

WHO okays Covaxin; Merck's anti-viral pill holds promise (The Tribune: 202111011)

<https://www.tribuneindia.com/news/editorials/covid-prevention-cure-334413>

INDIA-MADE vaccine Covaxin has, finally, been okayed by the WHO. The UK has cleared the Merck-made anti-viral pill for the treatment of Covid-19. A testimony to the scientists' acumen, the two developments mark the latest significant milestones in the fight against the deadly pandemic. The momentous approvals have been much awaited, for they hold the hope of untangling many a knot besieging the world ever since Covid broke out exactly two years ago — in November 2019 — quickly engulfing the planet and causing unprecedented health and socio-economic upheavals.

As far as prevention goes, Bharat Biotech's Covaxin becoming the seventh vaccine to get WHO recognition for emergency use listing comes as a huge relief as foreign travel curbs on Indians

injected with its doses (over 120 million shots administered so far) would ease. Notably, no more quarantine upon arrival abroad for them, nor the need for other approved jabs for NRI students to attend offline classes. India gets a proud space among the select few countries making and exporting Covid vaccines as the approval clears the hurdles and scepticism that have beset Bharat Biotech till now. To meet the imminent sharp rise in demand globally, the pharmaceutical major will need to boost production.

Regarding cure, the Covid-weary world would be closely following Britain's use of a drug — molnupiravir — to treat adult patients having at least one risk factor for developing severe disease. To be taken at home on the doctor's advice, if the pill succeeds in easing the symptoms and hospitalisation of mild Covid (as trials show), it holds a groundbreaking, easy-on-the-purse promise. More so, since Merck has, commendably, agreed to allow all other firms to make its drug in a bid to enable poorer countries get equal access, even as the rich nations have placed bulk orders. With the wait for vaccination for millions of underprivileged nations being very long, molnupiravir could well be the answer to their ills. Pending review, time will tell if it proves effective or goes the way of some other drugs, like remdesivir, that were eventually taken off the Covid treatment protocol.

Pollution

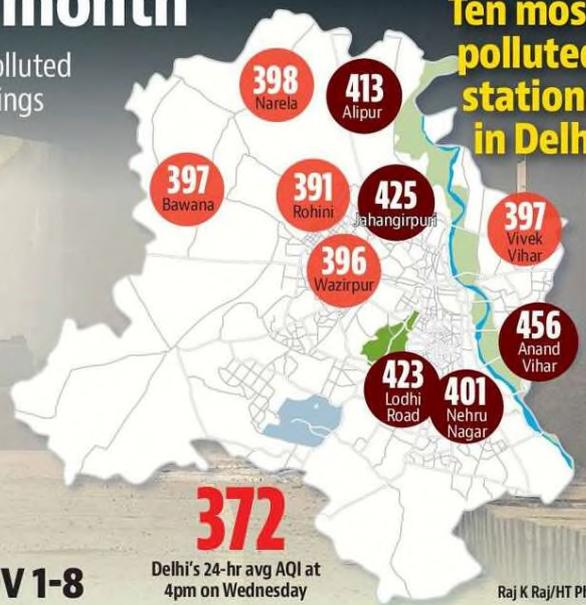
Parts of north Delhi among city's most polluted this month: DPCC (Hindustan Times: 202111011)

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

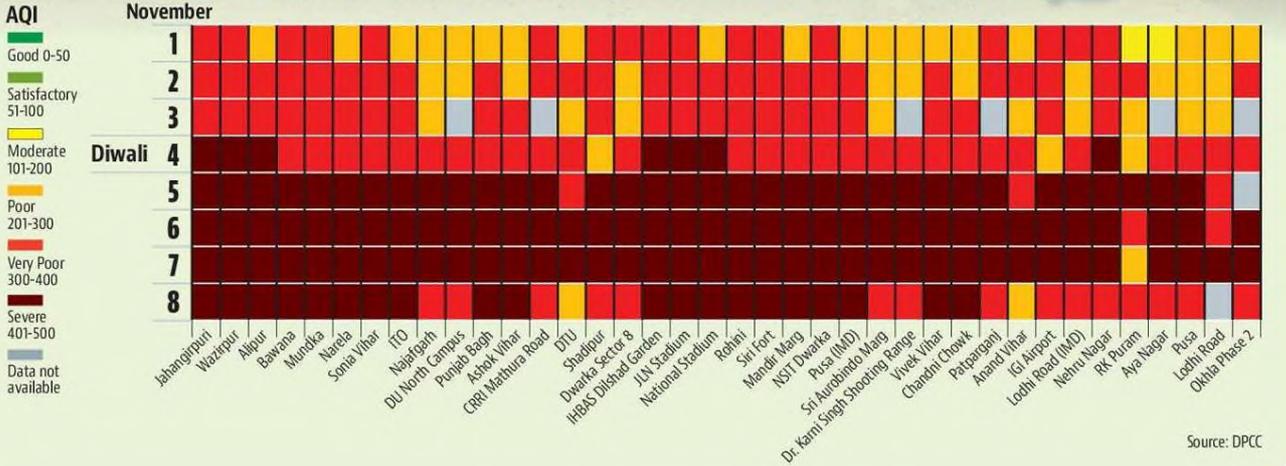
How AQI worsened this month

Officials said Jahangirpuri, which tops the list of most polluted areas in Delhi, records higher than city-average AQI readings primarily because it is located close to Ring Road

Ten most polluted stations in Delhi



STATION-WISE AQIS IN DELHI FROM NOV 1-8



Jahangirpuri, Wazirpur, Alipur, Bawana and Mundka topped a list of most polluted areas among 39 localities in the national capital where air quality is monitored regularly, according to an analysis by the Delhi Pollution Control Committee (DPCC).

The DPCC marked the 39 localities based on the average AQIs reported at these stations between November 1 and November 8.

To be sure, the air in Delhi has been at its worst in the first week of November this year, breaching levels not seen since January. The city recorded the season's first 'very poor' air day on November 2 — for the first time since June 9 — and its first 'severe' air day on November 5, for the first time since January 19, according to data from the Central Pollution Control Board.

The localities were marked on the basis of the number of 'severe', 'very poor' and 'poor' air days recorded during the first eight days of the month.

Jahangirpuri, Wazirpur and Alipur, all located in north Delhi, recorded five severe air days — from November 4 to November 8. Bawana, Mundka, Narela, Sonia Vihar and ITO recorded

Source: DPCC

four severe air days each during this period — from November 5 to November 8, the analysis shows.

After recording the cleanest October air for at least six years, Delhi's air quality quickly spiked to dangerous levels on November 1, according to DPCC.

Senior environment department officials explained that Jahangirpuri, which topped the list of the most polluted areas in the Capital, regularly records higher than city-average pollution readings primarily because of the location of the air quality monitoring station in the area. They said that open burning of garbage and biomass in nearby slum areas also add to the area's pollution levels.

Officials attributed the toxic air in Wazirpur to an industrial cluster in the area. They also added that open garbage burning was rampant in Jahangirpur and Wazirpur, and acted as the primary contributor of particulate matter levels in these two areas.

Explaining the reasons behind high pollution levels in Alipur, the officials said it was emerging as a new pollution hot spot. They said high movement of heavy trucks and other traffic around Sanjay Gandhi Transport Nagar as well as the Bhalswa landfill could be the main factors responsible for the toxic air in the area.

With air levels consistently in the severe, and nearly severe zones in Delhi, health experts have advised residents to take precautions especially during morning hours when pollutants usually are at the highest levels. Doctors have warned that long-term exposure to the toxic air can lead to several health problems to people of all age groups, including increase in blood pressure, under-development of lungs in infants, and chronic lung conditions cancers, low immunity, and depression among adults.

Environment department officials said area specific action will be taken to curb pollution across the city. "There will be area-specific action that is required to fix pollution sources in these areas and the municipal agencies have been asked to sprinkle water, settle dust and look at any sources of pollution that can be fixed immediately," a senior environment department official asking not to be named.

Anumita Roychowdhury, executive director (research and advocacy), Centre for Science and Environment (CSE), said that to tackle specific, area-wise pollution concerns, Delhi needs localised air quality management plans.

"While there is a larger plan that is in place in the form of the Graded Response Action Plan (Grap) and the Delhi government's winter action plan, we also need plans on the localised level to function simultaneously. Many of the pollution hot spots have very specific geographical or demographic make, which are unique only to that are," Roychowdhury said.

Covid Vaccination (The Asian Age: 202111011)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15957426>



A woman wades through a waterlogged street at K.M. Garden in Purasaiwakkam, in Chennai, following heavy rain on Wednesday. PTI

Key Covid vaccination meet today

Mandaviya to meet health ministers of states, UTs on 'Har Ghar Dastak'

SANJAY KAW
NEW DELHI, NOV. 10

Union health minister Mansukh Mandaviya will hold a virtual meeting on Thursday with health ministers of all states and Union Territories to take forward "Har Ghar Dastak" campaign to ensure vaccination of all adults who have not got their first dose of Covid vaccine or are overdue for their second dose. The literal meaning of "Har Ghar Dastak" is "a knock on every door".

The government recently launched the month-long 'Har Ghar Dastak' campaign for house-to-house Covid-19 vaccination of those who are yet to take a dose and also those whose second dose is overdue.

Mr Mandaviya's meeting is in continuation of Prime Minister Narendra Modi's November 3 interaction with district magistrates and health officials of over 45 districts across 12 states and union territories where the first dose coverage was less than 50 per cent.

Of the 90.63 crore Covid-19 vaccine doses administered so far, about 79.2 per cent is the country's adult population which has received only one dose of vaccine. And, over 37 per cent of India's 94 crore adult population has been administered both the vaccine doses.

The top five states which have administered the highest number of doses are UP followed by Maharashtra, West Bengal, Gujarat and

Madhya Pradesh.

The ministry has also written to several states and union territories asking them to prioritise administering the second dose to beneficiaries who have not got themselves inoculated with the second shot even after the expiry of the prescribed interval between the two doses.

There were 11,466 Covid-19 cases reported in the last 24 hours, taking the country's tally of infections to 3,43,88,579. The count of active cases has now declined to 1,39,683, which is the lowest in 264 days.

The death toll due to the disease has climbed to 4,61,849, with 460 fresh fatalities reported in the same time span. Of the 460 fresh fatalities, 384 are

from Kerala and 27 from Maharashtra. The southern state of Kerala has been reconciling Covid deaths for the past few days, hence the toll of the state is high.

Out of the 4,61,849 total fatalities reported so far in the country, 1,40,430 are from Maharashtra, 38,122 from Karnataka, 36,238 from Tamil Nadu, 34,362 from Kerala, 25,091 from Delhi, 22,903 from UP and 19,252 from West Bengal.

The daily rise in new coronavirus infections has been below 20,000 for 33 straight days. The daily cases have also been less than 50,000 for 136 consecutive days. The tally of active cases, which has declined to 1,39,683, comprises 0.41 per cent of the total infections, the lowest since March 2020.

Medical Education (The Asian Age 202111011)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15957445>



During the height of the Covid-19 wave last year, the Gujarat government deployed top IAS and IPS officers who held a degree in medicine to tackle the pandemic in the worst-affected areas. The move to use officers with administrative as well as medical skills worked well for the state given the emergency-like situation.

However, a proposal by the Madhya Pradesh government to appoint IAS officers to run 13 medical colleges in the state has not been welcomed by the doctors. While senior babus of the health department have dismissed such reports, the state medical education minister, Vishwas Sarang, has been cautious while saying that the proposal is being studied and a decision will be taken only after careful consideration.

The death of four infants in a fire at a Bhopal hospital recently has focused attention on the state hospital administration. Chief minister Shivraj Singh Chouhan has been pressed into ordering a fire safety audit of all government and private hospitals in the state. Additional chief secretary for health and education Mohammed Saleem is conducting a high-level probe and the report will

be submitted to chief secretary Iqbal Singh Bains soon.

However, the medical community fears that such appointments will not improve the conditions of medical colleges in the state but rather make matters worse.

SANJIV CHATURVEDI WINS HIS DAY IN COURT

Embattled Uttarakhand whistleblower Sanjiv Chaturvedi, who is a 2002-batch Indian Forest Service (IFS) officer, currently posted as the chief conservator of forests in Haldwani, has won a skirmish in his larger battle with the Centre after the Uttarakhand high court overruled the order of the Central Administrative Tribunal (CAT) in December last year.

Last year, Mr Chaturvedi, who is a Magsaysay Award recipient and crusader against corruption, had filed a petition in the National bench of CAT alleging that the lateral recruitment of joint secretary-level posts through the contract system was "arbitrary, irrational and ridden with irregularities" and needed to be probed. He also challenged the 360-degree system for the appraisal of babus. The tribunal, however, transferred

the hearing of the petition from the National bench to the principal bench in Delhi. The high court has said it saw no reason for the case to be transferred since all benches are equal and it cannot be suggested that the principal bench in Delhi is a superior bench.

Much of Mr Chaturvedi's career has been spent in courts or battles with various state governments and the Centre. He was a whistleblower in the forestry case in Haryana and later in the capital when he was the chief vigilance officer of AIIMS where he exposed several financial scams. Currently, he is probing the alleged role of forest officers in illegal construction and felling of trees in the Jim Corbett Tiger Reserve. He has now won his day in court, but his battles will continue.

MEA GETS BUSY WITH NEW POSTINGS

Foreign policy wonks see in the recent major reshuffle of diplomatic postings as a precursor to the retirement of foreign secretary Harsh Shringla early next year. At this early stage, it is not clear whether Mr Shringla who has worked long and fruitfully with external affairs minister S Jaishankar will

retire or be given an extension. Such decisions are usually known only close to the D-Day. In terms of seniority though, the current high commissioner to the UK, Gauri Issar Kumar, is in line to step up. But, these days nothing can be taken for granted, as Mr Jaishankar himself knows too well.

The current round of postings is focused on the Middle East region. Pavan Kapoor who is ambassador to the UAE will now be our ambassador to Russia. Mr Kapoor has been replaced by Sanjay Siddhir who was the high commissioner in the Maldives. Our man in Oman Munnu Mahawar replaces him. Meanwhile, Dinesh Patnaik, who was director-general of the Indian Council for Cultural Relations (ICCR), is the new ambassador to Spain and secretary, consular passports and visas. Sanjay Bhattacharya is likely to become our envoy to Switzerland.

There will likely be more churning at the MEA in the weeks and months ahead, so watch this space for updates.

Share a babu experience! Follow [dilipcherians/Twitter.com](https://twitter.com/dilipcherians). Let's multiply the effect.

Skin Care (The Asian Age 202111011)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15956340>



Effects of Skincare Actives

Many skincare actives are currently popular, especially Retinol, used as an anti-aging agent. "Using such an anti-aging product with, say, an anti-acne product containing Alpha hydroxy acids and Beta hydroxy acids (AHA/BHA) can lead to skin irritation and cause more harm than good. It is advisable to consult a dermatologist before making such choices," warns Dr Kaustav Guha, Head of R&D at SkinKraft Laboratories.



SKINCARE ACTIVES LIKE RETINOL, VITAMIN C, AND AHAS/BHAS HAVE BECOME THE 'GO-TO' CHOICE FOR QUICK SKIN FIXES, BUT THEY CAN CAUSE LONG-TERM SKIN DAMAGE.

— DR. SHILPI BEHL, *Clinical Cosmetologist & Facial Aesthetics Specialist.*

"Customised skincare products with guidance on overall skincare regime are preferred over generic ones and making mix-and-match choices."

"Skincare actives like retinol, Vitamin C, and AHAs/BHAs have become the 'go-to' choice for quick skin fixes, and are easily available over the counter. But they could also cause long-term skin damage," cautions Dr Shilpi Behl, Clinical Cosmetologist & Facial Aesthetics Specialist.

DR SHILPI THROWS LIGHT ON THE EFFECTS OF SKINCARE ACTIVES

- Actives used in skincare contain a concentration of mainly acids like AHA and BHA, which, if not used correctly over time, can affect the PH value of the skin.
- The skin can become sensitive to such actives, causing irritation and sensitivity to light and sun.
- Over-the-counter products containing skincare actives can dehydrate the skin, leads to fine lines, wrinkles and premature aging.

Diabetes management

Diabetes management: Nutritionist busts five common myths (The Indian express: 202111011)

<https://indianexpress.com/article/lifestyle/health/nutritionist-busts-common-diabetes-myths-management-diet-fitness-7571227/>

"Don't fall for these myths! Talk to your nutritionist or doctor if you have any concerns about your risk of diabetes," said Lovneet Batra

Here's how to better manage diabetes. (Source: Getty Images/Thinkstock)

Diabetes, a chronic metabolic condition that is characterised by high blood-sugar levels, affects around 422 million people worldwide, according to the World Health Organisation. However, despite being a common condition today, diabetes continues to have various myths associated with it.

From eating certain foods to avoiding many others, people tend to mismanage the disease a lot of times due to lack of awareness. As such, here is nutritionist Lovneet Batra busting some common myths.

"Diabetes is so common, yet there are still many misconceptions about its causes, treatments and how living with diabetes affects your everyday routine. Bust the myths, and you're on your way to better management of the disease," she said.

Childhood cancer in India

Childhood cancer in India: From symptoms to role of nutrition, all you need to know(The Indian express: 202111011)

Approximately 50,000 children are diagnosed with cancer every year in India; that's about one child every 11 minutes

80 per cent of children abandon treatment due to financial constraints, alternative medicine or the misinformation that cancer is incurable. (File photo)

Cancer is one of the most dreaded diseases, with millions of people succumbing to it every year worldwide. But, the diagnosis becomes much more worrying when the patient is a child. In a grave prediction, the Lancet Oncology Commission in 2020 estimated that in the next 30 years, around 13.7 million children will be diagnosed with cancer and a staggering 11.1 million

children would succumb to it if adequate attention to health care services and cancer treatment is not paid.

What makes this prediction much more worrying is that over 9 million deaths will take place in low and middle-income countries like India. Delayed diagnosis and inaccessibility to holistic and supportive care are the key reasons. Moreover, according to the research, 80 per cent of children abandon treatment due to financial constraints, alternative medicine, or misinformation that cancer is incurable.

Childhood cancer in India

Approximately 50,000 children are diagnosed with cancer every year in India; that's about one child every 11 minutes. Dr Sukriti Gupta, consultant, paediatric hemato oncology, Action Cancer Hospital said, "Childhood cancer accounts for around 2-4 per cent of overall cancer in Indian population." In countries like India, only an estimated 15-45 per cent of children are cured of cancer as compared to more than 80 per cent in high-income countries.

ALSO READ | Childhood obesity is a more serious concern than coronavirus, says Dr Chris van Tulleken

"Major problem lies in the access to proper diagnostic and treatment facilities. There is a huge discrepancy in detection as well as treatment. At least in all childhood blood cancers, the cure rate is in excess of 80-90 per cent in developed countries. Whereas in India, the treatment despite being curable, is not affordable for the majority of children. Very few patients take the entire treatment, and this is the major reason for the lower cure rate," Dr Sarita Rani Jaiswal, consultant, department of bone marrow transplantation and hematology, Dharamshila Narayana Superspeciality Hospital said.

Possible signs and symptoms of cancer in children

Listing a few common symptoms of childhood cancer, Dr Gupta said, "The initial symptoms may include fever, progressive drop in haemoglobin, petechial rashes etc."

"An ongoing pain in one area of the body or bone with or without unusual lump or swelling especially in the abdomen, neck, chest, pelvis, or armpits, easy bruising or bleeding or sudden vision changes can also be the presenting symptoms," Dr Jaiswal added.

Childhood cancer

The most common among childhood cancers are blood cancers. (Source: Getty Images/Thinkstock)

To lower the risk, Dr Gupta emphasised the need for early detection of cancer. "Parents should seek medical care even when minor symptoms occur or any unusual symptom presents. These apparent symptoms may include pallor in child, any unusual swelling, rashes, loss of appetite or weight loss etc."

Most prevalent childhood cancers

“Most common amongst childhood cancers are blood cancers. Among them acute lymphoblastic leukaemia (ALL) is most common, followed by high-grade lymphoma and myeloid leukaemia, which can be found in certain circumstances with specific genetic abnormalities,” Dr Jaiswal said.

Dr Niti Raizada, Director, Medical Oncology and Hemato-Oncology, Fortis Hospitals, Bangalore explained that the type of cancer depends largely on age and history. “In infants or children who are less than a year old, neuroblastoma happens to be one of the most common cancers. In children who are between the age of one and four, leukaemias are very common. Other solid cancers include bone cancer, eye cancer, liver cancer and kidney cancers. The age group in which cancers are most common is when the child is growing up. Between 9 to 16 years of age, bone cancers are very common.”

Childhood cancer and role of nutrition

Experts have pointed out that proper nutrition “helps a child to tolerate chemotherapy and its effects while malnutrition can pose additional risks as it adds more to the weakness”.

As per the Indian Journal of Cancer, 40 per cent of children with cancer in India are already malnourished at diagnosis. It, further, highlights that “children with cancer are at a high risk of becoming malnourished even if they may be well-nourished at the time of diagnosis”.

Therefore, it becomes significant to address nutrition in children for better outcomes during cancer treatment. And bridging this gap between cancer treatment and nutrition, with a focus on underprivileged children, is the Mumbai-based non-profit organisation, Cuddles Foundation.

nutrition

It is significant to address nutrition in children for better outcomes during cancer treatment. (Source: Pixabay)

“This is done through formal partnerships with government and charitable cancer hospitals. Currently covering 35 hospitals in 12 states around India, we are strategically present at key nodes of India’s vast geography,” Purnota Dutta Bahl, founder and CEO, Cuddles Foundation told indianexpress.com.

The Foundation’s FoodHeals program is currently covering 35 government and charity cancer hospitals in 12 states around India. It is active in hospitals like Tata Memorial Hospital (Mumbai), Sher-i-Kashmir Institute of Medical Sciences (Srinagar), AIIMS (Delhi), Christian Medical College (Vellore), NRS Hospital (Kolkata), Dr B Baruah Cancer Institute (Guwahati), amongst others.

During the Covid-19 pandemic, the foundation provided nutrition counselling to more than 6,000 patients. “We found that despite therapies like chemotherapy and radiation, 80 per cent of patients improved or maintained their nutritional status. Also, 94 per cent of patients we counselled returned for a second visit or continued treatment,” Bahl said.

She added that “the average BMI z-score between first and last visits improved by 16 per cent, indicating an overall improvement in health”.

According to Dr Jaiswal, the way to lower the risk of childhood leukaemia, if it is not genetically predisposed, is to allow normal growth and development of the child in the natural environment. “If the child mingles around with other children, he/she will be able to build strong immunity and will be less susceptible to develop either cancer or allergy. So, apart from the nutrition, it’s very important to have a normal environment for the growth of the child which has been severely compromised in the past few years due to pain Covid 19 pandemic.”

Bahl added, “Unless we invest and strategically collaborate to ensure that children have access to timely diagnosis, holistic and supportive care including nutrition through their treatment, and support families so they can complete their child’s treatment, we won’t be able to improve our cure rates.”

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Coronavirus

कोरोना की वजह से मरीजों में ब्रेन स्ट्रोक का खतरा बढ़ा (Hindustan:2021011011)

मस्तिष्क को तनाव से दूर रखें

अपने मस्तिष्क को तनाव से दूर रखें। नई प्रक्रिया अपने दिमाग के अंदर बनाएं और जो हो चुका है उसको भूल कर आगे बढ़ें। शरीर को पूरी नींद दें और सामाजिक गतिविधियों में खुद को सक्रिय रखें ताकि आपके मस्तिष्क की सक्रियता भी बढ़ती रहे। जिन लोगों को ब्रेन स्ट्रोक हुआ है उन लोगों के लिए सबसे जरूरी है कि वह अपने न्यूरो डॉक्टर से दवाइयां सुचारु रूप से चालू रखें। प्रदूषण से दूर रहें। धूम्रपान न करें।

- डॉक्टर पद्मा, प्रमुख, न्यूरो विभाग, एम्स

इनसे बढ़ सकता है खतरा

● उच्च रक्तचाप ● वायु प्रदूषण ● मोटापा ● धूम्रपान ● गलत खानपान ● पर्याप्त नींद न लेना ● मोबाइल, कम्प्यूटर का हद से अधिक इस्तेमाल

नई दिल्ली | वरिष्ठ संवाददाता

कोरोना संक्रमण के बाद ठीक हुए लोगों में न्यूरोलॉजिकल समस्याएं देखी जा रही हैं। वहीं, जिन मरीजों को पहले से न्यूरो की समस्याएं हैं उनके लक्षण बढ़ गए हैं।

डॉक्टरों का कहना है कि कोरोना से ठीक हुए कुछ मरीजों में ब्रेन फॉगिंग की समस्या देखने को मिल रही है। अगर आप छोटी-छोटी बातों को भूल रहे हैं या फिर आपके लिए किसी बात को याद रखने में मुश्किल आ रही है, तो इसे ब्रेन फॉगिंग का लक्षण माना जा सकता है।

कोरोना से जंग जीतने के बाद अब ब्रेन फॉगिंग लोगों के लिए परेशानी खड़ी कर रहा है। इसके अलावा ब्रेन स्ट्रोक के मरीजों की रिकवरी दर भी आधी रह गई है। डॉक्टरों के मुताबिक ब्रेन फॉगिंग के कई सारे प्रकार हैं, जिसमें किसी मरीज को याददाश्त से संबंधित समस्या आ रही है तो किसी को बोलने में दिक्कत आती है। या फिर कोई अपना ध्यान एक जगह नहीं रख पा रहा है। किसी मरीज को नींद नहीं आ रही है। किसी के काम करने की क्षमता कम हो गई है।

स्ट्रोक अधिक जानलेवा हुआ : कोरोना की वजह से मरीजों को न सिर्फ ब्रेन स्ट्रोक का खतरा बढ़ जाता है बल्कि ऐसे मरीजों में स्ट्रोक से रिकवरी दर भी कम पाई गई है। एम्स के आंकड़ों के मुताबिक ऐसे मरीज जिन्हें कोविड संक्रमण था और ब्रेन स्ट्रोक हो गया, उनमें रिकवरी दर मात्र 34 फीसदी रही, जबकि जिन्हें कोविड नहीं था और उन्हें ब्रेक स्ट्रोक हुआ, उनकी रिकवरी दर 65 फीसदी तक हुई।

डॉक्टर की सलाह

ठीक होने की दर घटी

एम्स के न्यूरोलॉजिस्ट डॉक्टर रोहित भाटिया ने कहा कि हमने देश के 18 शहरों के अलग अलग अस्पतालों के आंकड़े देखे तो पाया कि कोविड ब्रेन स्ट्रोक के मरीजों की ठीक होने की दर को बहुत कम कर देता है।