



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY

Tuesday

202101123

## Surging Covid cases

### **Austria enters nationwide lockdown to fight surging Covid cases (The Tribune: 202101123)**

<https://www.tribuneindia.com/news/coronavirus/austria-enters-nationwide-lockdown-to-fight-surging-covid-cases-341449>

Lockdown will last at least 10 days but could extend to 20, say officials

Austria enters nationwide lockdown to fight surging Covid cases

Police officers check the vaccination status of shoppers against COVID-19 at the entrance of a store in Vienna, Austria, on November 16, 2021. Reuters file

Austria went into a nationwide lockdown early Monday in a desperate effort to contain spiralling coronavirus infections.

The lockdown in the Alpine nation comes as average daily deaths have tripled in recent weeks and some hospitals have warned that their intensive care units are reaching capacity.

The lockdown will last at least 10 days but could extend to 20, officials said. People will be able to leave their homes only for specific reasons, including buying groceries, going to the doctor or exercising.

Austrian Chancellor Alexander Schallenberg also announced last week that Austria will introduce a vaccine mandate as of February 1.

The details of how the mandate will work aren't yet clear, but the government has said that people who do not adhere to the mandate will face fines.

Schallenberg apologised to all vaccinated people on Friday, saying it wasn't fair that they had to suffer under the renewed lockdown restrictions.

Earlier, Austria had tried out a lockdown just for unvaccinated people but it did not slow infections enough.

“I’m sorry to take this drastic step,” he said on public broadcaster ORF.

Not quite 66 per cent of Austria’s 8.9 million people are fully vaccinated, and inoculations have plateaued at one of the lowest rates in Western Europe.

Austria is among several Western European countries where infections are rising rapidly and where there are concerns that vaccination rates are insufficient to hold off a winter surge at hospitals.

Thanks largely to inoculations, hospitals in Austria are not under the same pressure they were earlier in the pandemic, but many are still straining to handle rising numbers of COVID-19 patients while also attempting to clear backlogs with exhausted or sick staff

Austria’s new lockdown is its fourth since the pandemic began and comes as the country has struggled without success to stop spiralling case numbers. On Friday, it reported 15,809 new infections, an all-time high.

Christmas markets, restaurants and most stores are closed for at least 10 days, while kindergartens and schools will remain open for those who need them, but all parents were asked to keep their children at home if possible.

After 10 days, the lockdown’s effects will be assessed. If virus cases have not gone down sufficiently, it can be extended to a maximum of 20 days. After that, the lockdown will be lifted for all vaccinated people but could stay in place for those who refuse to get vaccinated, the government says.

The new measures, especially the vaccine mandate, have been met with fierce opposition among some in the country. A Saturday protest in the capital city of Vienna drew 40,000 people, according to police, including members of far-right parties and groups. — AP

## **Vaccination**

### **Number of fully jabbed more than partially vaccinated in India (The Tribune: 202101123)**

<https://www.tribuneindia.com/news/coronavirus/number-of-fully-jabbed-more-than-partially-vaccinated-in-india-339385>

Number of fully jabbed more than partially vaccinated in India

The number of fully vaccinated individuals has surpassed the partially vaccinated eligible population for the first time in the country, Health Minister Mansukh Mandaviya said today.

The number of fully vaccinated individuals has surpassed the partially vaccinated eligible population for the first time in the country, Health Minister Mansukh Mandaviya said today.

In a tweet, the minister appealed to all eligible citizens to get vaccinated. As of now, 40 per cent have received both doses. The minister said he was confident the country would have every Indian vaccinated by the end of the “Har Ghar Dastak” campaign. The month-long vaccination campaign aims to ensure that all adult population is covered with the first dose while those already jabbed do not skip the second dose. The minister said there was no shortage of vaccine in the country.

40% got both doses

113.68 crore Vax administered

38,11,55,604 Fully vaccinated

37,45,68,477 Given only 1st dose

## **New Covid Cases**

**At 7,579, India records lowest Covid-19 cases in 543 days (The Tribune: 202101123)**

<https://www.tribuneindia.com/news/nation/at-7-579-india-records-lowest-covid-19-cases-in-543-days-341859>

Tally reaches 3,45,26,480; death toll climbs to 4,66,147 with 236 fresh fatalities

At 7,579, India records lowest Covid-19 cases in 543 days

Photo for representational purpose only. Tribune file

India logged 7,579 new coronavirus infections, the lowest in 543 days, taking the country’s total tally of Covid-19 cases to 3,45,26,480, while the active cases were the lowest in 536 days, according to the Union Health Ministry data updated on Tuesday.

The death toll climbed to 4,66,147 with 236 fresh fatalities, according to the data updated at 8 am.

The daily rise in new coronavirus infections has been below 20,000 for 46 straight days and less than 50,000 daily new cases have been reported for 149 consecutive days now.

The active cases declined to 1,13,584 and comprise 0.33 per cent of the total infections, the lowest since March 2020, while the national COVID-19 recovery rate was recorded at 98.32 per cent, the highest since March 2020, the ministry said.

A decrease of 4,859 cases has been recorded in the active COVID-19 caseload in a span of 24 hours.

India's COVID-19 tally had crossed the 20-lakh mark on August 7, 2020, 30 lakh on August 23, 40 lakh on September 5 and 50 lakh on September 16. It went past 60 lakh on September 28, 70 lakh on October 11, crossed 80 lakh on October 29, 90 lakh on November 20 and surpassed the one-crore mark on December 19.

India crossed the grim milestone of two crore on May 4 and three crore on June 23. PTI

## **ICMR**

### **ICMR toes WHO line, says booster shots not priority (The Tribune: 202101123)**

<https://www.tribuneindia.com/news/nation/icmr-toes-who-line-says-booster-shots-not-priority-341564>

The Indian Council of Medical Research (ICMR) on Monday reiterated its stand on Covid-19 boosters saying it was not a priority and administering the first two doses to the adult population was the current priority.

Centre: Appoint vax ambassadors

New Delhi: Keen to scale up vaccination, the government on Monday wrote to the states asking them to appoint local ambassadors to promote inoculation. TNS

ICMR chief Balram Bhargava said there was no current scientific evidence supporting the boosters.

Bhargava also downplayed studies that earlier claimed reduction in antibodies to Covid-19 after a few months of inoculation and therefore the need for boosters.

He said there was no need to measure antibodies as the immunity responses build up at various levels. On a study by one of its own regional centres in Bhubaneswar that said Covid vaccine induced antibodies lasted from two to four months and therefore boosters could help, Bhargava said, "Booster doses of Covid vaccine are not a central theme at the moment in the scientific discussion. Getting two doses of the vaccine is a major priority. Several scientific rationale are now available to suggest that antibody levels should not be measured. You can have all kinds

of immunity responses post vaccination — from cellular to mucosal immunity. These studies commenting on antibodies are piecemeal studies.”

## **Physical Functioning (The Asian Age: 202101123)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15984418>

# **HC resumes physical functioning restricted due to Covid-19 spread**

**AGE CORRESPONDENT**  
NEW DELHI, NOV. 22

The Delhi High Court on Monday resumed full-fledged physical functioning which was restricted due to the Covid-19 pandemic.

All the judges started holding physical hearings from Monday while continuing the hybrid system.

The high court has been holding proceedings through video conferencing since March 2020 following the Covid-19 outbreak.

Later, few benches started holding physical courts daily on rotation basis.

Some of them are also

holding hybrid proceedings, wherein lawyers have the option to attend the hearing via video conference instead of appearing in person.

On November 18, the high court issued its standard operating procedure (SOP) to regulate the entry of lawyers and litigants inside the court building and said that those displaying symptoms of flu, fever, and cough shall not be allowed.

In the protocol issued by Registrar General Manoj Jain, the high court has clarified that no litigant, who is represented by a lawyer, would be permitted entry unless there is a specific direc-

tion.

It has also said that those coming to the high court have to strictly follow social distancing norms and wear masks at all times.

The SOP also made it clear that advocates, party-in-person, and registered clerks above the age of 65 years and those suffering from co-morbidities may refrain from physically appearing in courts.

On October 29, the high court had said that it would resume complete physical hearings from November 22 while continuing to give an option to parties to request for video conferencing mode.

## **Covid Riots (The Asian Age: 202101123)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15984622>

# Europe's Covid riots follow pique, stress, radicalisation

**A**n increasingly violent backlash against Covid restrictions in the face of a new wave has placed Europe on edge. Peaceful demonstrators, too, are being sucked into a fight over a strict lockdown as in Austria or more restrictions over social gatherings and the right to enter public indoor spaces in many other countries. With hospital systems under stress again with galloping numbers of new cases, European countries, including France and Germany, are being forced to reconsider their strategy to contain the coronavirus pandemic.

The movement against a clampdown on civil liberties is gathering pace even as the anti-vaxxers are rebelling against vaccine mandates. The demonstrations in Austria, Italy, Croatia, Denmark, Belgium and Switzerland in Europe and in Australia are pointing to a modicum of radicalisation as populations strain against continuing measures against a virus that is simply not going away. Riots seem to be breaking out in countries where rightist movements have more vocal acolytes taking to the streets.

**The demonstrations in Austria, Italy, Croatia, Denmark, Belgium and Switzerland in Europe are pointing to a modicum of radicalisation as populations strain against continuing measures against a virus that is simply not going away**

Different countries have taken different routes at mitigation and containment, ranging from China's 'Zero Covid' determination to eliminate it altogether from its vast population to countries like the UK that have allowed the infection to spread in the community to an extent to invite herd immunity. The UK has leaned on vaccination to keep cases down to manageable levels. The UK's booster policy in administering 15 million third jabs for the most vulnerable sections of people after battling a wave in the summer has paid dividends and it looks askance at the civil unrest spreading across Europe now.

The point about immunisation mandates is whether countries can debar the unvaccinated from many aspects of the new normal like socialising and work from office, etc. Even democracies that guarantee personal liberties are being forced to think of severe measures in the face of vaccine hesitancy, besides the downright refusal by some to take the jab or the complacency brought on by falling numbers in several places, including India. However, the fear of successive waves of the pandemic is real as seen in Europe now and in the US which has had the world's highest case-load and new case numbers for a while now.

Scientists at WHO fear that half a million deaths could be recorded by March unless action is taken now. People must heed about being cautious rather than complacent as the Covid threat has not been eliminated. The choice is clear because majorly vaccinated populations are doing better at handling the virus while elsewhere the pandemic is more one of the unvaccinated. The point is whether democracies can enforce compulsory vaccination when the foundational principle is one of personal liberty, which boils down to each individual having a choice.

India has tried to incentivise vaccination and has about half the way to go towards getting two jabs into its adult population, which is roughly 900 million going by the voters list. The knowledge gathered so far suggests that the time for booster doses is not far away as immunity is seen to wane in the vaccinated even as the children wait for the vaccines. It appears this voluntary push for vaccination as the route out of the pandemic is best represented in the India model. Of course, it is moot whether that alone would suffice to ensure the safety of all.

**Healthy Eating (The Asian Age: 202101123)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15983078>

# When healthy eating becomes a disorder

CONSTANTLY WORRYING ABOUT WHAT TO CUT OUT FROM YOUR DIET TO STAY HEALTHY? YOU COULD BE SUFFERING FROM ORTHOREXIA — AN EATING DISORDER

Tom Brady restricts white salt, white sugar and white flour, keeps off peppers and tomatoes and uses nothing but coconut oil to cook



SWATI SHARMA

THE ASIAN AGE

Obsessive health consciousness has led to a new type of eating disorder — the clean-eating disorder, or orthorexia. The apparently surge in the obsession with healthy eating becomes all-consuming for some people. What's more, celebrities like NFL star Tom Brady and Instagram "health gurus" may be contributing to the rise of this disorder.

Speaking of Tom Brady, he openly restricts white salt, white sugar and white flour, keeps off peppers and tomatoes and uses nothing but coconut oil to cook. As for his followers, they believe if it works for Tom Brady, it must be good. But that's debatable.

While better-known eating disorders like anorexia and bulimia focus on food quantity, orthorexia is all about the quality of food and



Orthorexia refers to an unhealthy obsession with eating 'clean' or 'pure' foods, and unsurprisingly, those who suffer with orthorexia may restrict certain food groups to the extent that they can become seriously malnourished.

about selecting foods that are "pure" and "clean". It's a diet that "clean eaters" try to mimic.

Ryan Fernando, sports nutritionist with a Master's degree in biochemistry, believes there's a certain population that's vain or narcissistic especially with the world moving towards being influenced by good-looking celebrities.

"To look good, many teenagers start off with eating disorders, which mostly continue through life. Such people not only get into the bandwagon of starving themselves and developing conditions like anorexia nervosa and bulimia but also begin excessively working out or focusing on healthy foods," says Ryan, whose clients include wrestler Sushil Kumar, Cricketers Virat Kohli, Rishabh Pant and Rohit Sharma.

**TIPPING OFF THE BALANCE**

Sadly, people with orthorexia may not

**To look good, many teenagers start off with eating disorders, which mostly continue through life. Such people not only get into the bandwagon of starving themselves and developing conditions like anorexia nervosa and bulimia but also begin excessively working out or focusing on healthy foods," says sports nutritionist Ryan Fernando, whose clients include Sushil Kumar (wrestler), Virat Kohli and Rohit Sharma**

even be aware that they're not getting enough food to sustain the amount of movement they undertake daily or that they're not getting the nutrients their bodies need.

Dr M Gayathri, Clinical Dietician, explains that such people are obsessed with food, body weight or shape of the body.

"They are concerned about the quality and source of food to an extent that leads to anxiety. They avoid outside food, assuming they won't meet their standards of cleanliness and its effect on their health because of which they avoid going out with friends or family and sometimes even stop socialising," she says.

Ryan also talks about the many clients and recreational marathon runners who've approached him for fitness, weight loss, improved timings and breaking marathon records. "Sometimes, fitness enthusiasts, both men and women, begin to change the way they eat for the sake of better performance.

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**Obsession about healthy food can lead to nutritional deficiencies, including compromised bone mass, extreme weight loss and malnourishment, which takes a mental toll, too**

Skincare (The Asian Age: 202101123)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15982859>

# LED TO STOP SKIN AGEING

HERE'S THE LATEST IN LIGHT THERAPY DEVICES, WHICH EXPERTS BELIEVE ARE GAME-CHANGERS IN THE SKINCARE LANDSCAPE

SWATI SHARMA

THE ASIAN AGE

Light-emitting-diode (LED) light therapy is a skin treatment that doesn't use ultraviolet light. Instead, it uses skin-safe, low-level light in different wavelengths and colours like amber, blue, red and green.

Developed by NASA for plant growth experiments, LED lights have been around since the 1960s but only recently began being used in skin treatment. These lights emit different wavelengths to penetrate the skin for smoother, plumper results.

## UNDERSTANDING LED LIGHTS

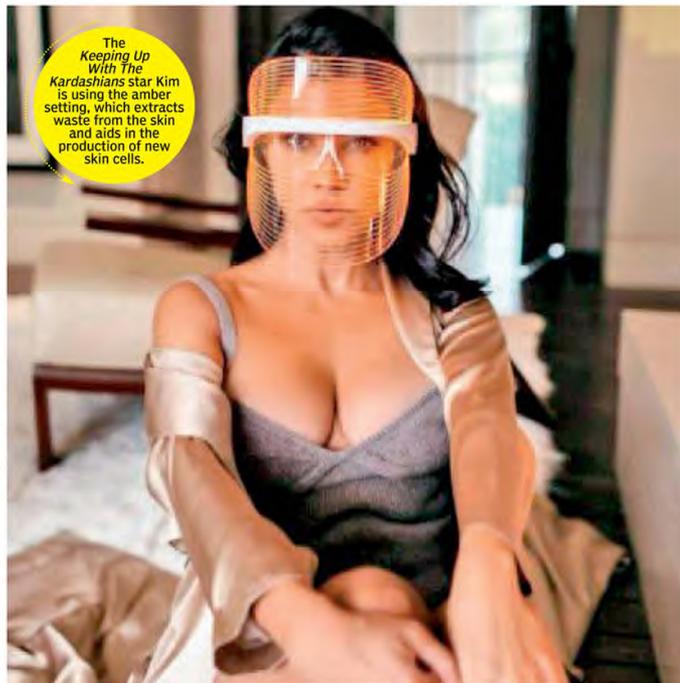
Face yoga practitioner and facialist expert Vibhuti Arora from House of Beauty shares some interesting aspects on the therapy. LED light therapy has been thoroughly tested, evaluated and validated by hundreds of universities and most importantly NASA, assures Vibhuti. "LED lights were made famous by NASA when they were used to heal astronauts up in space. They've been studied a lot and aren't dangerous because they don't contain UV rays. LED light is great for anyone who is looking at a luxury self-care investment for their skin."

Founder and director of Derma Miracle Clinic, Dr Navnit Haror, reminds us that ageing skin is not only associated with the natural process of ageing, but also a variety of other changes including atrophy (wasting away) and pigmentation. "Recent research has shown that LED phototherapy may be an effective way to treat these conditions because it's safe; this therapy can be easily combined into your current medical treatment plan or used alone for aesthetic purposes," says Dr Navnit.

Further, speaking of the many ways of treating the signs of ageing, Dr Navnit asserts that the one way that just might be worth trying is LED phototherapy. "It's a relatively new skincare technology that has proven benefits for photageing. It can restore youthfulness by altering intrinsic cellular activity through absorption by chromophores located on our skin. This might result in desirable effects such as increased collagen production or reduced wrinkles," adds the doctor.



—Vibhuti Arora, face yoga practitioner and facialist expert



The Keeping Up With The Kardashians star Kim is using the amber setting, which extracts waste from the skin and aids in the production of new skin cells.

## DIFFERENT COLOURS AND THEIR EFFECTS

This seven-colour LED photon light therapy treatment helps in skin tightening facials, lightening the skin, anti-ageing, acne spots and scar removal, smoothing skin of wrinkles and fine lines. In fact, LED light therapy can trigger the skin to produce collagen, which is great to reduce fine lines and wrinkles.

While red light stimulates collagen production, red LED light could also improve scarring and signs of ageing, such as wrinkles. Incidentally, Amber LED light has also been studied in comparison to red

LED in a clinical trial, and both were found to have anti-ageing effects on the appearance of facial wrinkles. Blue light has bacteria-zapping properties that are great for acne sufferers. Blue light also reduces activity in the sebaceous glands, which are small oil-producing glands in the skin and may also kill a type of bacteria that contributes to acne by causing inflammation. Likewise, green light helps in lightening hyperpigmentation spots, revealing a brighter complexion. Its calming effect also has anti-inflammatory properties that soothe the surface of the skin.

Speaking of how this type of skincare device has gained popularity, Dr Navnit shares that over time, "LEDs can cleanse



be easily combined into your current medical treatment plan or used alone for aesthetic purposes

Recent research has shown that LED phototherapy may be an effective way to treat these conditions because it's safe; this therapy can be easily combined into your current medical treatment plan or used alone for aesthetic purposes — Dr Navnit Haror, dermatologist

pores by thinning oil within them—and photo-rejuvenation makes it possible to undo sun damage without harsh resurfacing or aggressive peels."

Vibhuti adds that one can choose to have LED light therapy at a dermatologist's office or to use a device at home. "It takes several treatment sessions before one can notice an improvement in the skin's appearance. In fact, people usually see the best results several weeks after their last treatment," says Vibhuti, adding, "It may also be necessary to have follow-up sessions to maintain these results."

## USES AND BENEFITS

LED light therapy can help treat a variety of skin problems, including the following:

- acne
- dermatitis
- dull skin
- eczema
- psoriasis
- rosacea
- scarring
- signs of aging, including wrinkles and age spots
- sun damage
- wound healing
- other inflammatory skin conditions

## RISKS OF LED LIGHT THERAPY

While LED light facials might be a better choice compared to other options like lasers as they generally have fewer side effects, they can also cause mild reactions, such as the following:

- Redness
- Swelling
- Itching
- Dryness

## LED LIGHT FACIAL DEVICES

Given below are a few of the devices used for the treatment:

- Light facial masks
- Light wands for targeted spot treatment
- Ultrasonic devices
- Mesotherapy electroporation devices
- Professional LED light machines



Supermodel Chrissy Teigen uses a LED Light Therapy mask for better skin

## **Lung Cancer Awareness Month**

### **Lung Cancer Awareness Month: How air pollution affects our health (The Indian Express: 202101123)**

<https://indianexpress.com/article/lifestyle/health/lung-cancer-awareness-month-air-pollution-health-lungs-respiratory-problems-7635005/>

Pollutants do not just cause cancer, they are also proven to cause increased cardiovascular/ischaemic heart disease leading to heart attacks and strokes, increased mortality among infants and children, increased asthma and COPD

Lung Cancer Awareness Month, Lung Cancer Awareness Month 2021, air pollution, pollution and lungs, how pollution harms the lungs, indian express news

Particulate pollution is a tiny particle that comprises acids, organic chemicals, metals, soil and dust. (File)

In the northern parts of the country, winter is usually synonymous with pollution. There is a thick blanket of smog (smoke and fog) which engulfs many cities. Prolonged exposure to smog can cause many health issues, and this Lung Cancer Awareness Month we look at how pollution particularly affects lungs.

Dr Niti Raizada, director, medical oncology and hemato-oncology at Fortis La Femme Hospital, Richmond Road, Bengaluru, says we generally associate lung cancer with tobacco smoking.

“Particulate pollution is a tiny particle that comprises acids, organic chemicals, metals, soil and dust. The ultra fine particles not only wade through the lungs, they can also easily enter our bloodstream and cause harm. These are mixtures of solid and liquid that are emitted largely by vehicles (nitrates), power plants, industries (sulphur dioxide). It can also be natural environmental (radon). Essentially, the air may appear clean as we cannot see these particles, but they all cause cancer,” the doctor explains.

According to her, these pollutants do not just cause cancer, they are also “proven to cause increased cardiovascular/ischaemic heart disease leading to heart attacks and strokes, increased mortality among infants and children, increased asthma and COPD (chronic obstructive pulmonary disease)”.

Dr Raizada warns that one does not need years and decades of exposure to get lung cancer, even short term exposure to high quantities is known to trigger the mutations causing lung cancer.

So, what steps can be taken to tackle this?

“We may not be able to get away from the pollution of big cities, but when we go outside for exercise, it is wiser to stay away from paths on which there are polluting vehicles. It is better to choose a park. Similarly, look out for sources of pollution like burning of fossil fuel stoves, diesel generator fumes, and ensure all safety measures for the fumes are properly channeled out through the exhausts much above the height of the buildings,” the doctor advises.

## **Mental health**

### **Can yoga impact the mental health of an unborn child? Find out (The Indian Express: 202101123)**

<https://indianexpress.com/article/lifestyle/health/yoga-impact-mental-health-unborn-child-pregnancy-7576303/>

Yogic studies show a pronounced effect on an unborn child when a mother incorporates yogic practices in her life, where her body is in complete alignment with her mind, says Advait Yogbhushan

yoga, yoga and mental health, yoga during pregnancy, pregnancy and mental health, how yoga affects the health of unborn, indian express news

Even before conceiving, the mother has certain hormones in her body that are directly related to her mental state, such as dopamine, serotonin, or endorphins. (Photo: Getty/Thinkstock)

The health of the mother directly impacts that of her child when they are in the womb. Advait Yogbhushan, the founder of Himalayan Yogi Institutes and a sacred science teacher, explains that a woman’s mental health, her internal state has a significant impact on the development of her unborn child. The health, illness, intelligence, and dealing with the environment outside the womb are all being conveyed to the fetus through the mother’s thinking process during the nine months of pregnancy.

“Even before conceiving, the mother has certain hormones in her body that are directly related to her mental state, such as dopamine, serotonin, or endorphins. These hormones are responsible for stabilising emotional health and the entire body. They enable brain cells and other nervous system cells to commute and transfer to the unborn child,” he says.

He continues by saying that as modern science and yogic studies explain, “genes only impact chemical balance, which takes place within the body and influences the new chromosomes to break and develop into new genes. The old gene patterns can be altered through working on oneself”.

When a woman conceives a fetus, therefore, it is already exposed to the outer environment through sounds, air, food consumed or the emotions she feels. The womb science (garbh vigyan) suggests it is mesmerising that there is a connection between the living being residing

inside the woman's womb to the outer world with the help of elements that nature offers to humankind.

“If we compare the cortisol level (main stress hormone present in the plasma) and the amniotic fluid (where the fetus is exposed the most) present in the womb of an anxious mother, the correlation would be higher as compared to a less-anxious woman. It has been proven that the placenta functions differently with anxious mothers and, thus, can increase the cortisol level in the amniotic fluid where the fetus is most exposed,” he explains.

ALSO READ |Yoga and pregnancy: Some asanas you can try to manage physical discomfort, emotional fluctuations

Modern science and ancient studies prove genes can be transferred through generations. A child can present a habit or apparent feature of their paternal great-grandfather or can have a similar feature as their maternal grandmother. The genes are constantly mutating, and different cells are forming, inherited from parents. These cells can be altered through certain practices, wherein we bring our mind to a still state; yogic practices teach us to connect with our inner self, he adds.

Advait yogic therapies explain the concept of the spine, where the motor nerves responsible for the productivity of our body, such as the respiratory system, have a direct impact on breathing or movement of muscles to sustain in our daily life routine.

“Using these techniques, we can extend and elongate the spine from the anterior end so the motor nerves can perform to their maximum ability. Yogic studies show a pronounced effect on an unborn child when a mother incorporates yogic practices in her life where her body is in complete alignment with her mind,” says Yogbhusan.

“Include breathing, postures and meditation of advait yoga, to attain a positive state throughout the journey,” he suggests.

## **Pregnancy**

### **Five things to consider while planning pregnancy in your 30s (The Indian Express: 202101123)**

<https://indianexpress.com/article/lifestyle/health/five-things-to-consider-planning-pregnancy-in-your-30s-reproductive-health-7635397/>

If you and your partner are planning a baby during your mid/late 30s, you need to gather information about your reproductive and physical health

pregnancy, planning a pregnancy in 30s, pregnancy in 30s versus pregnancy in 20s, reproductive health, healthy pregnancy, late pregnancy, indian express news

Before thinking about getting pregnant after 35, you must keep in mind that fertility treatments cannot solve all your age-related fertility complications. (Photo: Getty/Thinkstock)

Nowadays, many people push their pregnancy to their 30s, seeking financial stability and other factors before welcoming a child. While it is a personal decision and there is no definite time to plan motherhood, one needs to understand that from the standpoint of health, a few things need to be considered.

Dr Anindita Singh, fertility consultant, Nova IVF Fertility East, Kolkata, says getting pregnant after 35 can bring a lot of complications, affecting the fertility rate.

ALSO READ |Nutrition needs of preterm babies

- The odds of getting pregnant are lower
- The decline in fertility rate
- Increase in miscarriages
- Multiple complications placenta previa, premature delivery, chances of abnormalities like Down syndrome

“Early pregnancy during your 20s or early 30s has fewer or no complications. If you and your partner are planning a baby during your mid/late 30s, you need to gather information about your reproductive and physical health,” Dr Singh suggests.

Here are five important things to keep in mind:

#### 1. Pregnancy is possible in your mid/late 30s

Conceiving any time before turning 37 is considered suitable. You must be careful with your current health status and your proximity to menopause. Do not believe that once you hit 35, you have zero chances of getting pregnant. After 35, the quality of eggs and fertility rate start declining, which reduces chances, but it is not something that cannot happen at all.

ALSO READ |What causes breast milk to turn pink? Experts elucidate

#### 2. Your partner’s age matters

As much as your age matters during the process, you must keep in mind your partner’s age too. Male fertility also declines with age, but the rate is lower than women.

#### 3. Do not wait to seek medical intervention

If you and your partner are in your mid/late 30s and cannot conceive within six months of trying, do not hesitate to seek medical intervention. In fact, it is better to start with a fertility screening before you plan your baby. If there are complications, begin the treatment as soon as possible.

#### 4. Fertility treatments cannot solve all age-related fertility issues

Before thinking about getting pregnant after 35, you must keep in mind that fertility treatments cannot solve all your age-related fertility complications. Fertility treatments are more successful if the issue is found out early.

For example, the success rate with intrauterine insemination (IUI) will differ during your 20s and 30s.

ALSO READ |Why couples must get premarital health checkup done about six months before the wedding

## 5. Adopt a healthy lifestyle

A healthy lifestyle plays a pivotal role in ensuring that your fertility does not deteriorate. When you are over 35 years of age, you need to be careful with your diet and health. Your doctor/specialist may advise you to:

- \* Exercise regularly
- \* Eat a nutritious diet
- \* Change sleeping patterns and reduce stress
- \* Avoid sugar and caffeine
- \* Quit smoking and drinking alcohol

## Cancer Conversations: Costs of Treatment & Care

Reaching out to a financial planner and investing in a health insurance policy, specially crafted for cancer, can go a long way. For instance, Aditya Birla Sun Life Insurance offers comprehensive options with maximum coverage.

Cancer Conversations is about generating hope.

Cancer treatment can be expensive. That's why the launch edition of Cancer Conversations—an initiative to spread awareness and not fear—brought to you by The Indian Express and Aditya Birla Sun Life Insurance, delves into the expenses incurred so that you can plan for it.

Cancer not only impacts health, but it also takes a toll on your finances. The cost varies anywhere between Rs 50,000 to Rs 50,00,000. It depends heavily on the stage and type of cancer, types of treatments, post-treatment care, and duration of hospital stays. Many inflicted by the disease struggle to pay their bills, file for bankruptcy, or stop treatment so that they do not burden their families. The good news however is that you can eliminate the financial burden by planning for it in advance. But before that you need to know about the expenses that you may face. The launch edition of Cancer Conversations, an initiative by The Indian Express and Aditya Birla Sun Life Insurance, lists down the things to consider so that you can be on top of your finances.

## Loss of Income

Chances are that during cancer treatment, you may not have the strength to work as efficiently as you do right now. You may require a long leave of absence from work. Even your caregiver (who in most cases is a family member) may need to take time off. These leaves could very well be unpaid and can affect your treatment expenses as well as your household overheads.

### Medical expenses

This includes doctors' fees, diagnostic tests, time spent in hospitals, and other medical services like oxygen and blood transfusion, as well as medicines. The doctors' fees will depend on their experience and expertise. The cost of diagnostics varies as per the type of tests and the frequency with which you need to do them. Hospital costs in India depend on whether you choose a public or private hospital—the latter being twice as expensive or more. Apart from this, consider the cost of medication that will be used to treat you as well as prescribed to you to alleviate certain side effects. You should also factor in the cost of surgeries, prosthetics, and reconstruction.

### Non-medical expenses

Take into consideration that you and your caregiver may need to travel for treatment, either outside the country or to another city. So apart from medical costs, you will need to think about transport and stay. You may also need to hire an extra hand if you're a parent or have old parents depending on you. During treatment, you may not have the strength to take care of them. These expenses also include other supportive therapies like palliative care and pain management, mental health support, physical therapy, and nutrition therapy.

### What you should do

Instead of living from paycheck to paycheck, it would be wise to plan your finances as early as possible. Reaching out to a financial planner and investing in a health insurance policy, specially crafted for cancer, can go a long way. For instance, Aditya Birla Sun Life Insurance offers comprehensive options with maximum coverage. It also has an efficient ecosystem that supports patients and their families.

UP 2022 Election Campaign Live Updates: No plans for caste-based meets, Congress to focus on women

No plans for caste-based meets in Uttar Pradesh, Congress to focus on women

MoS Ajay Mishra absent on final day, not seen in photos with PM Modi

## **Cancer Conversations**

### **Cancer Conversations: Costs of Treatment & Care(The Indian Express: 202101123)**

<https://indianexpress.com/article/lifestyle/sponsored-lifestyle/cancer-conversations-costs-of-treatment-care-7636050/>

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## **Cancer Conversations**

### **Cancer Conversations is about generating hope. (The Indian Express: 202101123)**

<https://indianexpress.com/article/lifestyle/sponsored-lifestyle/cancer-conversations-costs-of-treatment-care-7636050/>

Cancer treatment can be expensive. That's why the launch edition of Cancer Conversations—an initiative to spread awareness and not fear—brought to you by The Indian Express and Aditya Birla Sun Life Insurance, delves into the expenses incurred so that you can plan for it.

Cancer not only impacts health, but it also takes a toll on your finances. The cost varies anywhere between Rs 50,000 to Rs 50,00,000. It depends heavily on the stage and type of cancer, types of treatments, post-treatment care, and duration of hospital stays. Many inflicted by the disease struggle to pay their bills, file for bankruptcy, or stop treatment so that they do not burden their families. The good news however is that you can eliminate the financial burden by planning for it in advance. But before that you need to know about the expenses that you may face. The launch edition of Cancer Conversations, an initiative by The Indian Express and Aditya Birla Sun Life Insurance, lists down the things to consider so that you can be on top of your finances.

#### Loss of Income

Chances are that during cancer treatment, you may not have the strength to work as efficiently as you do right now. You may require a long leave of absence from work. Even your caregiver (who in most cases is a family member) may need to take time off. These leaves could very well be unpaid and can affect your treatment expenses as well as your household overheads.

#### Medical expenses

This includes doctors' fees, diagnostic tests, time spent in hospitals, and other medical services like oxygen and blood transfusion, as well as medicines. The doctors' fees will depend on their experience and expertise. The cost of diagnostics varies as per the type of tests and the frequency with which you need to do them. Hospital costs in India depend on whether you choose a public or private hospital—the latter being twice as expensive or more. Apart from this, consider the cost of medication that will be used to treat you as well as prescribed to you to alleviate certain side effects. You should also factor in the cost of surgeries, prosthetics, and reconstruction.

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#### What you should do

Instead of living from paycheck to paycheck, it would be wise to plan your finances as early as possible. Reaching out to a financial planner and investing in a health insurance policy, specially crafted for cancer, can go a long way. For instance, Aditya Birla Sun Life Insurance offers comprehensive options with maximum coverage. It also has an efficient ecosystem that supports patients and their families.

#### **Skincare alert:**

#### **Skincare alert: This Ayurvedic trick can cure your acne(The Indian Express: 202101123)**

<https://indianexpress.com/article/lifestyle/life-style/skincare-alert-ayurvedic-trick-cure-acne-aloe-vera-skincare-7634005/>

Hint: It involves the humble aloe vera plant and its gel

acne, acne problem, how to cure acne, treatment for acne, cure for acne problem, home remedy for acne problem, aloe vera gel for acne, indian express news

Sliced aloe vera plant's gel can help ease your acne issues. (Photo: Getty/Thinkstock)

Acne is a common skincare problem around the world. While it is normal to have them during teenage years, adult acne becomes an issue — it could also be indicative of an underlying health condition. It is, hence, advisable to get it checked by a doctor.

Nonetheless, there is also no harm in finding out about the tips and tricks that can help control it, and get rid of the issue altogether. Mostly, acne is a result of poor skincare habits and eating problems. A balanced lifestyle that includes clean eating, staying hydrated and using the right skincare products, along with staying physically active, can help.

Dermatologist reveals popular skincare hacks that don't really work

Ruchita Acharya, the founder of Glow and Green, a beauty content platform, says the ancient science of Ayurveda combines modern lifestyles and health-conscious habits with natural substances, medicines, and herbs to help us live a disease-free and healthy life.

“The primary objective of Ayurveda is to restore the individual’s balance between mind, body and spirit. This provides us with the information that we need to cure our diseases, including acne and other skin-related issues,” she says.

Acharya shares a quick and easy remedy that — she claims — will not only help with your acne, but also save money.

“Aloe vera is effective and cost efficient. Besides antioxidants, enzymes, and vitamins A and C, its anti-inflammatory properties are exceptionally strong, making it a promising treatment for acne that manifests in inflammatory blemishes, such as pustules and nodules. Aloe vera is beneficial for gently cleansing the skin. It is an antiseptic that prevents bacteria from spreading. Polysaccharides and gibberellins are found in it, and in addition to helping with the growth of new cells, they reduce inflammation and redness. As an astringent, it shrinks the pores by flushing excess sebum, dirt, and microbes out. Acne, as well as burns and dry skin, can be treated with it,” she explains.

How to use aloe vera for acne

Find an aloe vera plant, cut it in half, and using a cotton swab, directly apply the gel on your pimple. Or buy a bottled variety from a health store and apply it according to the instructions provided.

Try this method for 10-15 days to see the results. Add this to your daily routine and see the effects for yourself!

While aloe vera does not have any side effects, make sure you are not allergic to it, the expert cautions.

## **Vaccine drive**

### **Centre to review vaccine drive in northeast and Puducherry (The Hindu: 202101123)**

<https://www.thehindu.com/news/national/centre-to-review-vaccine-drive-in-northeast-and-puducherry/article37614026.ece>

Poor first dose coverage in Manipur, Meghalaya, Nagaland

Union Health Minister Mansukh Mandaviya will hold a meeting on Monday to review the progress and planning of COVID-19 vaccination in Manipur, Meghalaya, Nagaland and Puducherry where the first dose coverage is less than 70%, official sources said.

The first dose coverage in Meghalaya was 56.7%, Manipur 54.2%, Nagaland 49% and Puducherry 65.7%, they said quoting government data updated on Sunday.

## **COVID-19:**

### **COVID-19: Odisha CM seeks extension of free rice distribution by another eight months (The Hindu: 202101123)**

In a letter to Prime Minister Narendra Modi, he pointed out that vulnerable sections of population required free foodgrains as the impact of COVID-19 was yet to fully fade away.

Odisha Chief Minister Naveen Patnaik has urged the Centre to consider extending additional allocation of rice at least for the next eight months under Pradhan Mantri Garib Kalyan Anna Yojana (PMGKAY) for its free distribution.

In a letter addressed to Prime Minister Narendra Modi, he pointed out that vulnerable sections of population required free foodgrains as the impact of COVID-19 was yet to fully fade away.

## **Post-COVID, positive change**

### **Post-COVID, positive change in police attitude towards public: Modi(The Hindu: 202101123)**

MoS Ajay Kumar Mishra absent from group photo with PM at annual DGPs' meet

Prime Minister Narendra Modi told a police meet on Sunday that post-COVID-19, there had been a positive change in police attitude towards the general public.

The Prime Minister addressed the valedictory session of the three-day annual DGPs' conference that was held in Lucknow in a hybrid format this year.

Pollution (Hindustan: 202101123)

तेज हवा चलने की वजह से सोमवार को एक्यूआई में 38 अंकों का सुधार, बुधवार से हवा की गति धीमी होने की संभावनाथोड़ी राहत के बाद कल से फिर बढ़ सकता है प्रदूषण

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



प्रदूषण में थोड़ी कमी आने के बाद सोमवार को नॉर्थ ब्लॉक में काफी चहल पहल दिखी। • सोनू मेहता

**35** किलोमीटर की रफ्तार से हवा बहने से प्रदूषण में थोड़ी कमी आई

**02** नवंबर के बाद से लगातार एक्यूआई 300 अंक से ऊपर बना है

# 311

रहा दिल्ली का वायु  
गुणवत्ता सूचकांक  
सोमवार को

## दक्षिण भारत में बदलाव का असर

राजधानी में हवाओं की गति के संबंध में मौसम विज्ञानी राजेन्द्र कुमार जेनामणि के मुताबिक, हाल के दिनों में तमिलनाडु समेत दक्षिण भारत में बारिश हो रही थी। इसका असर महाराष्ट्र तक देखने को मिल रहा था और पूर्वी हवाएं मजबूत थीं। उनके अनुसार, अब पूर्वी हवाओं के कमजोर होने के चलते पश्चिमी हवाएं मजबूत हुई हैं, जिसके कारण दिल्ली में हवा की रफ्तार में तेजी देखने को मिली है।

## दबाव में निर्माण की इजाजत दी : कांग्रेस

**नई दिल्ली (प्र.सं)।** दिल्ली कांग्रेस अध्यक्ष चौ. अनिल कुमार ने आरोप लगाया है कि दिल्ली सरकार ने बिल्डर-ठेकेदार माफिया के दबाव में निर्माण कार्य को इजाजत दे दी है। जबकि, अभी दिल्ली की हवा में प्रदूषण का जहर घुला हुआ है।

चौ. अनिल ने कहा कि अगर सरकार हवा की गुणवत्ता में सुधार और श्रमिकों को होने वाली असुविधा के प्रति संवेदनशील है तो उसे बिल्डर की कठपुतली बनने की बजाय मजदूरों को आर्थिक सहायता प्रदान करनी चाहिए। चौ. अनिल ने कहा कि जब दिल्ली सरकार ने प्रदूषण संकट में सरकारी कार्यालयों में घर से काम करने व स्कूल-कॉलेज और शिक्षण संस्थानों में ऑनलाइन क्लास के आदेश दिए हैं तो फिर अत्यधिक प्रदूषण करने वाले निर्माण कार्यों को क्यों इजाजत दी गई?

## नई दिल्ली | प्रमुख संवाददाता

तेज हवाओं के बाद भी लोगों को प्रदूषण से बड़ी राहत नहीं मिल पाई है। दिल्ली का औसत वायु गुणवत्ता सूचकांक सोमवार को भी 300 के पार यानी बेहद खराब श्रेणी में ही रहा। सफर के अनुसार, बुधवार से हवा की रफ्तार धीमी होने के आसार हैं, जिसके चलते प्रदूषण के स्तर में बढ़ोतरी होगी।

दिल्ली के लोगों के लिए नवंबर का महीना अबतक भारी प्रदूषण भरा साबित हुआ है। 2 नवंबर के बाद से लगातार दिल्ली का वायु गुणवत्ता सूचकांक 300 अंक से ऊपर यानी बेहद खराब श्रेणी या गंभीर श्रेणी में रहा है। तेज हवाओं के चलते सोमवार को राहत मिलने की उम्मीद जताई जा रही थी, लेकिन हवा की तेज गति के बाद भी उम्मीद के अनुरूप साफ नहीं हुई है। वायु गुणवत्ता सूचकांक अब भी बेहद गंभीर श्रेणी में बना हुआ है। हालांकि, पिछले दिनों की तुलना में इसमें थोड़ा सुधार हुआ है। केन्द्रीय प्रदूषण नियंत्रण बोर्ड के मुताबिक सोमवार को वायु गुणवत्ता सूचकांक 311 के अंक पर रहा। रविवार को सूचकांक 349 के अंक पर था। चौबीस घंटे के भीतर इसमें 38 अंकों का सुधार आया है।

**35 किलोमीटर रही रफ्तार :** राजधानी में दोपहर तीन बजे के लगभग हवा की रफ्तार सबसे तेज रही। मौसम विभाग के मुताबिक, पालम मौसम केन्द्र में तीन बजे के लगभग हवा की रफ्तार 35

किलोमीटर प्रति घंटे तक पहुंच गई थी। इसके चलते प्रदूषक तत्वों का बहाव तेज हुआ। सफर का अनुमान है कि मंगलवार को भी हवा की रफ्तार तेज रहेगी। इसके चलते प्रदूषण के स्तर में थोड़ा सुधार संभव है। हालांकि, हवा बेहद खराब श्रेणी के निचले स्तर पर या खराब श्रेणी में रहने की ही संभावना है।

### राजधानी में एक्यूआई के हफ्तेभर का हाल

16 नवंबर 403

17 नवंबर 375

18 नवंबर 347

19 नवंबर 380

20 नवंबर 374

21 नवंबर 349

22 नवंबर 311

(हवा में प्रदूषक कणों के स्तर से वायु गुणवत्ता सूचकांक (एक्यूआई) तैयार किया जाता है। दिल्ली में हवा की गुणवत्ता मापने के 40 केंद्र हैं।)

### **Anxiety disorder**

#### **Study suggests adults with ADHD more likely to have generalised anxiety disorder (New Kerala: 202101123)**

: One in four adults aged 20-39 with attention deficit hyperactivity disorder (ADHD) had a generalised anxiety disorder (GAD), found a new nationa-> View it—

> <https://www.newkerala.com/news/2021/165828.htm>

### **Vitamin D, inflammation in Covid patients**

#### **Scientists explore link between vitamin D, inflammation in Covid patients (New Kerala: 202101123)**

Scientists have found that vitamin D functions to reduce inflammation caused by immune cells that might be relevant to the responses during severe Covid-19. -> View it--> <https://www.newkerala.com/news/2021/165614.htm>

## **Booster Dose**

### **Booster Dose: What top health experts have to say (New Kerala: 202101123)**

The discussion about booster dose has gained momentum among top health experts as they recommend it to people with comorbidities and healthcare workers. Some also argue that the pr-> View it--> <https://www.newkerala.com/news/2021/165609.htm>

## **Metabolic syndrome**

### **Certain lifestyle habits may develop metabolic syndrome:: A new study has found that certain (New Kerala: 202101123)**

Lifestyle habits play a significant role in the possibility of developing metabolic syndrome. The study has been published in t-> View it-->

<https://www.newkerala.com/news/2021/165541.htm>