



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Thursday 20220224

## Eye Care

**Doctors at Delhi hospital remove 3 live botflies from eye of American woman  
The patient visited with complaints of swelling in the right upper eyelid along  
with redness and tenderness (The Tribune: 20220224)**

<https://www.tribuneindia.com/news/health/doctors-remove-three-live-botflies-from-eye-of-american-woman-in-delhi-hospital-372382>

Doctors at Delhi hospital remove 3 live botflies from eye of American woman  
Woman treated for rare tissue infection in eye at Delhi hospital

An American woman, who had recently visited the Amazon forests, was diagnosed with a rare case of myiasis, a type of tissue infection, in her eye and underwent a "successful surgery at a private facility here, hospital authorities claimed on Monday.

During the operation, "three live human botflies almost 2 cm in size" were removed from the 32-year-old woman, they said.

Myiasis is the infection of a fly larva (maggot) in human tissue. This occurs in tropical and subtropical areas.

The patient visited the emergency department with complaints of swelling in the right upper eyelid along with redness and tenderness.

She also revealed that she had been feeling something moving inside her eyelids once in a while for the past 4-6 weeks, Fortis hospital, Vasant Kunj, said in a statement.

She had consulted doctors in the US, but the myiasis (botfly) could not be removed and doctors discharged her on a few symptomatic relief medications, it said.

Dr Mohammad Nadeem, consultant and head emergency department, at the hospital, said, "It was a very rare case of myiasis. Therefore, these cases need to be evaluated in detail urgently".

"The US national is a traveller and had a history of visiting the Amazon jungle two months back. Suspecting foreign body from her history of travelling, and noticing movements inside her skin, diagnosis was done," he said.

Dr Narola Yanger from the surgery department proactively managed to remove "three live human botflies almost of 2 cm in size -- one from the right upper eyelid, second one from back of her neck and third from her right forearm," the statement said.

The surgery was completed in 10-15 minutes with all aseptic precautions, without any anesthesia. The woman was discharged on symptomatic prescribed medicines from the emergency department, it said.

Myiasis burrow into delicate membranes and feed on underlying structures. Such cases have been reported earlier too from tropical and subtropical areas like Central and South Americas and Africa, the statement said.

In India, such cases have been reported mostly from rural areas particularly in children where the botflies have entered through either nasal opening or musculoskeletal skin lesions, it claimed.

Had the yiasis not been removed, it could have caused considerable destruction of tissues, resulting in complications such as extensive erosion of nose, face, and orbit. This could have led to rare meningitis and death, doctors claimed.

**COVID-19 vaccines against Omicron  
Study finds limited efficacy of COVID-19 vaccines against Omicron  
Says only individuals vaccinated with a third or booster dose of Covid  
vaccine form antibodies that can partially block Omicron (The Tribune:  
20220224)**

<https://www.tribuneindia.com/news/health/study-finds-limited-efficacy-of-covid-19-vaccines-against-omicron-372376>

Study finds limited efficacy of COVID-19 vaccines against Omicron  
Photo for representational purpose only. Reuters file

People who are double-vaccinated and those who have recovered from infection by previous strains of the SARS-CoV-2 virus have virtually no antibody protection against the Omicron variant, according to a study.

The research, recently published in the journal Allergy, found that only individuals vaccinated with a third or booster dose of the COVID-19 vaccine form antibodies that can partially block Omicron.

Researchers from the Medical University of Vienna examined an Austrian subpopulation of vaccinated and recovered individuals for their antibody status and protection against the Wuhan, Delta and Omicron variants.

They adapted for Omicron a test developed for the previous variants, which investigates whether the virus can bind to the receptor on human cells via its receptor binding domain (RBD).

RBD is used by SARS-CoV-2 to enter human cells via the ACE2 receptor on cells.

The researchers also examined people who had received different vaccines and combinations currently licensed in Austria.

The findings show that both COVID-19 convalescent individuals and individuals who had been vaccinated twice developed antibody protection against Delta.

However, the antibodies were not able to block receptor binding domain against Omicron, the researchers said.

The study found that blockade of Omicron was better in those individuals who had received a third vaccination.

“The third vaccination developed protective antibodies in many individuals however, there is also a significant proportion (20 per cent) in whom no protection was established,” said Rudolf Valenta, who led the research team.

The RBD differed only slightly in all previously known SARS-CoV-2 variants, so that infections with these and the currently available vaccines provided protection against the previous variants, the researchers said.

Omicron is the first variant that differs greatly from the previous variants in RBD, consequently infections with the previous variants and currently available vaccines provide little or no protection against Omicron, they said.

The researchers noted that the best protection would be to develop a broadly effective combination vaccine that protects against both the previous variants and Omicron.

“Until we have such a vaccine, only repeated vaccinations with the existing vaccines will provide some protection,” Valenta said.

“The protective effect achieved by vaccination can be evaluated with special tests that can be rapidly adapted to new virus variants,” the immunologist added.

## **India's Covid vaccination drive**

### **Global reports hail India's Covid vaccination drive(The Tribune: 20220224) Reports acknowledge robustness of Indian vaccine drive and major challenges faced in their delivery and administration**

<https://www.tribuneindia.com/news/nation/global-reports-hail-indias-vax-drive-372480>

Global reports hail India's Covid vaccination drive

Two newly published global reports backed by Harvard Business School have acknowledged the robustness of the Indian Covid-19 vaccine drive and the major challenges the government faced in delivering and administering vaccines to a majority of its 1.3 billion people.

Released by Health Minister Mansukh Mandaviya today, reports of the Institute for Competitiveness (part of the global network of the Institute for Strategy and Competitiveness and affiliated to Harvard Business School), hail the Centre's initiative of working with the state governments to ensure free and equitable distribution and effective management of vaccine eagerness along with addressing vaccine hesitancy prevalent in certain pockets.

Centre's initiative

Reports of the Institute for Competitiveness highlight all crucial aspects that have contributed to the success of India's vaccine development & administration efforts

It mentions the scientific and phased approach in covering beneficiaries, starting with frontline workers and then expanding it to cover all adults

They say India aligned itself with the world and entered the Covid vaccine manufacturing race on March 11, 2020, with the ICMR and Bharat Biotech announcing a partnership to develop an indigenous vaccine.

Titled "Covid-19 — India's Vaccine Development Story" and "India's Covid-19 Vaccination Administration Journey", the reports highlight all crucial aspects that have contributed to the success of India's vaccine development and administration efforts, including manufacturing of indigenous vaccines, sturdy and timely procedures and protocols for approvals that ensured the safe administration of vaccination. It also mentions the scientific and phased approach in covering beneficiaries starting with health and frontline workers and the elderly with comorbidities and then expanding to cover all adults and eventually 15 to 18-year-olds.

He said, "This documentation records the world's largest vaccination drive — India's scientific capacity demonstrated by the development of indigenous vaccines; our ability to trace, test, treat and contain the infection spread."

## **Door-to-door Covid vaccination**

### **Door-to-door Covid vaccination being done 3 days a week in Ludhiana Health workers will visit houses on Sunday, Monday & Tuesday (The Tribune: 20220224)**

<https://www.tribuneindia.com/news/ludhiana/door-to-door-vaccination-being-done-3-days-a-week-in-ludhiana-372309>

Door-to-door Covid vaccination being done 3 days a week in Ludhiana  
ASHA workers go door-to-door for Covid vaccination in Ludhiana.

With an aim to achieve 100 per cent Covid vaccination, door-to-door vaccination is being done by the Health Department. All those who have missed their second dose and those who are yet to get their first dose will be covered in the campaign.

Vaccination and adopting precautionary measures are the only protections against the virus. In Ludhiana district till now 108 per cent people have received their first dose, while 74.12 per cent have completed their vaccination by getting their second dose administered.

Three days have been reserved in the district for door-to-door campaign. Health workers will be visiting the houses on Sunday, Monday and Tuesday.

“ASHA workers, ANMs and Community Health Officers (CHOs) have been given the responsibility of going door to door. Plan has been chalked out for the areas where there is less vaccination among the masses. Teams will be going to such areas, creating awareness and motivating masses for vaccination,” said Civil Surgeon Dr SP Singh.

An ASHA worker from a village near Samrala said they go to the areas where there is low vaccination in the record.

“The team members meet people, create awareness and encourage them for vaccination. We tell them about the benefits of vaccination and many people agree to get themselves vaccinated, despite being reluctant earlier due to some myths or reasons,” said the ASHA worker.

Balbir Kaur from Atiana village said many in her village did not get themselves vaccinated as there was a rumour that anybody who gets vaccinated will die within three years.

“A team came to our village, educated us and told us that nothing of this sort will happen. He also showed us some videos after seeing which we realised that these vaccines are for our safety only,” said she.

## Active Covid cases

**Active Covid cases in India settle below 2 lakh after 49 days(The Tribune: 20220224)  
13,405 new cases, 235 more deaths**

<https://www.tribuneindia.com/news/nation/active-covid-cases-in-india-settle-below-two-lakh-after-49-days-372056>

Active Covid cases in India settle below 2 lakh after 49 days  
Photo for representation purposes. Tribune

India added 13,405 new coronavirus infections in a single day, taking the virus tally to 4,28,51,929, while the active cases dipped below two lakh after 49 days, according to the Union Health Ministry data updated on Tuesday.

The death toll climbed to 5,12,344 with 235 fresh fatalities, the data updated at 8 am stated.

The daily Covid cases have remained below one lakh for 16 consecutive days.

The active cases declined to 1,81,075 comprising 0.42 per cent of the total infections, while the national recovery rate had further improved to 98.38 per cent, the ministry said.

A reduction of 21,056 cases has been recorded in the active caseload in 24 hours.

The daily positivity rate was recorded as 1.24 per cent while the weekly positivity rate as 1.98 per cent, according to the ministry.

The number of people who have recuperated from the disease surged to 4,21,58,510, while the case fatality rate was recorded as 1.2 per cent.

The cumulative doses administered in the country so far under the nationwide vaccination drive has exceeded 175.83 crore.

The 235 new fatalities include 128 from Kerala and 21 from Karnataka.

A total of 5,12,344 deaths have been reported so far in the country including 1,43,586 from Maharashtra, 64,273 from Kerala, 39,816 from Karnataka, 37,981 from Tamil Nadu, 26,105 from Delhi, 23,435 from Uttar Pradesh and 21,143 from West Bengal.

## **New 3D printed vaccine patch**

### **New 3D printed vaccine patch offers greater protection than jabs (The Hindu: 20220224)**

The ease of using a vaccine patch may also lead to higher vaccination rates, according to the researchers.

The ease of using a vaccine patch may also lead to higher vaccination rates, according to the researchers. | Photo Credit: Photo by special arrangement

The ease and effectiveness of the new vaccine may lead to a new way to deliver vaccines that is painless, less invasive than a shot with a needle and can be self-administered.

Scientists have developed a three-dimensional (3D) printed vaccine patch that provides greater protection than a typical immunisation shot.

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The team at Stanford University and the University of North Carolina at Chapel Hill (UNC) in the US applied the vaccine patch directly to the skin of animals, which is full of immune cells that vaccines target.

The resulting immune response from the patch was 10 times greater than vaccine delivered into an arm muscle with a needle jab, according to the study published in the journal Proceedings of the National Academy of Sciences.

The technique uses 3D-printed microneedles lined up on a polymer patch and barely long enough to reach the skin to deliver vaccine.

"In developing this technology, we hope to set the foundation for even more rapid global development of vaccines, at lower doses, in a pain- and anxiety-free manner," said lead study author Joseph M De Simone, professor at Stanford University.

The ease and effectiveness of the new vaccine may lead to a new way to deliver vaccines that is painless, less invasive than a shot with a needle and can be self-administered.

Also Read | Fake COVID-19 vaccination certificates sold on Telegram for \$75, says U.S.-Israeli cybersecurity firm

Study results show the vaccine patch generated a significant T-cell and antigen-specific antibody response that was far greater than an injection delivered under the skin.

That increased immune response could save vaccine doses as a microneedle vaccine patch uses a smaller dose to generate a similar immune response as a vaccine delivered with a needle, the researchers said.

"Our approach allows us to directly 3D print the microneedles which gives us lots of design latitude for making the best microneedles from a performance and cost point-of-view," said lead study author Shaomin Tian, researcher at the UNC School of Medicine.

The study overcomes some past challenges - through 3D printing, the microneedles can be easily customised to develop various vaccine patches for flu, measles, hepatitis or COVID-19 vaccines.

The COVID-19 pandemic has been a stark reminder of the difference made with timely vaccination. However, getting a vaccine typically requires a visit to a clinic or hospital.

Also Read | Google to offer COVID-19 vaccine slot details through Search, Maps, Assistant

The researchers said there are issues that can hinder mass vaccination - from cold storage of vaccines to needing trained professionals who can give the shots.

The vaccine patches, which incorporate vaccine-coated microneedles that dissolve into the skin, could be shipped anywhere in the world without special handling and people can apply the patch themselves, they said.

The ease of using a vaccine patch may also lead to higher vaccination rates, according to the researchers.

The team is now formulating RNA vaccines, like the Pfizer and Moderna COVID-19 vaccines, into microneedle patches for future testing.

## **Health Minister**

### **COVID-19 vaccines showed India's prowess: Health Minister (The Hindu: 20220224)**

<https://www.thehindu.com/news/national/mansukh-mandaviya-releases-reports-on-indias-covid-vaccination-journey-says-jabs-showed-our-prowess/article65077344.ece?homepage=true>

Nation addressed crisis, generated blueprint for the world for future health emergencies, says report.

Prioritisation of population groups, procurement strategies, pricing, cold-chain management and issues of logistics were some of the questions the Government of India needed to tackle for the success of the COVID-19 vaccination journey said a set of two reports – 'COVID-19-India's Vaccine Development Story' and 'India's COVID-19 Vaccination Administration Journey' — released by Union Health Minister Mansukh Mandaviya on Wednesday.



The reports have been compiled by the Institute for Competitiveness, India which is part of the global network of the Institute for Strategy and Competitiveness and affiliated to Harvard Business School.

Speaking on the occasion, Health Minister Dr. Mandaviya said that these reports document the massive efforts that have been undertaken by India, during the world's largest vaccination drive.

“India's scientific capacity demonstrated by the development of many indigenous vaccines, which have been approved by the WHO; our ability to trace, test, treat and contain the infection spread through a strong surveillance network; the solidarity displayed by our healthcare professionals, frontline workers and citizens, coupled with collaboration with States and other ministries, have made the COVID-19 vaccination drive successful,” said the Minister.

“The institute studies competition and its implications for company strategy, the competitiveness of nations, regions and cities and thus generates guidelines for businesses and those in governance and suggests solutions for socio-economic problems,” said Amit Kapoor, chair, Institute for Competitiveness at the release.

The report states that India's advantageous global position as a leading vaccine manufacturer, and in contrast, a vulnerable developing nation in the face of the pandemic, made India a unique case and its journey of COVID-19 vaccine development and delivery is worth documenting.

#### ALSO READ

A moment to savour for India's public health system

Through both the processes of indigenous development and manufacture of vaccines through technology transfer, India was able to prepare two vaccines for its inoculation drive by the end of the year 2020 — Covaxin and Covishield, said the reports.

It added that India's battle against the COVID-19 pandemic did not end with the successful development of the vaccines.

“An equally huge challenge was the delivery of vaccines to over 1.3 billion people of India. Ensuring fair and equitable distribution was another challenge and the prevalence of vaccine eagerness coupled with pockets of vaccine hesitancy due to the immense size and heterogeneity of the population further complicated the process,” it said.

As per the report, India followed two strategic choices in COVID-19 vaccine development where one of the choices was to foster indigenous vaccine development. Stating that since India possessed the capacity and expertise to develop an indigenous vaccine, the Indian Government decided to incentivise innovation in this field.

“The Drug Discovery Hackathon 2020 (DDH2020), India's first ever national initiative for supporting drug discovery process, launched on 2nd July, 2020 was one of the initiatives in this direction. GoI's ₹100 crores allocation from the PM-CARES fund and “Mission COVID Suraksha” gave further boost to indigenous innovators,” it said.

Also coming in for positive reaction was the Central government's decision to push collaborations between Indian pharmaceutical companies and global vaccine candidates for

India trials, technology transfer and mass manufacturing in India in case of global approvals and launch.

Going for technology transfer agreements, according to the report, took the pressure off of indigenous vaccine developers and helped in hedging the risks related to vaccine development.

“In addition, early-stage tie-ups gave an opportunity to test potential vaccines in the country, which helped gauge the risks early as well as gave a push to the concerned regulatory body to ease up regulatory pathways,” said the report.

## **Health Care Services**

### **Hospitals asked to discontinue testing of asymptomatic patients prior to hospitalisation, surgeries (The Hindu: 20220224)**

<https://www.thehindu.com/news/national/karnataka/hospitals-asked-to-discontinue-testing-of-asymptomatic-patients-prior-to-hospitalisation-surgeries/article65078318.ece?homepage=true>

After recently directing all hospitals to start both COVID and non-COVID services, the State Government on Wednesday instructed hospitals to discontinue routine COVID-19 testing of clinically asymptomatic persons prior to hospitalization (regular and day care) and other procedures.

This is based on the ICMR’s recent advisory on purposive testing strategy. The State’s Technical Advisory Committee (TAC) had also recommended the practice of testing all asymptomatic patients before hospitalization and surgeries should be stopped. However, testing of symptomatic persons should be continued, stated a circular issued here.

Meanwhile , Karnataka on Wednesday reported 667 new cases of COVID-19 taking the total to 39,38,699. Bengaluru Urban recorded 368 cases. The day’s test positivity rate in the State reduced to 0.91%.

With 21 deaths, the State’s toll rose to 39,866. With this, the day’s Case Fatality Rate (CFR) touched 3.14%. This is apart from 37 deaths of patients due to non-COVID-19 reasons.

As many as 1,674 persons were discharged on Wednesday taking the total recoveries to 38,89,418. Active cases fell below 10,000 touching 9,378.

As many as 72,915 tests were conducted in the last 24 hours, including 54,483 RT-PCR tests. With this, the total number of tests rose to 6,42,13,345.

## Coronavirus live

### Coronavirus live | Novavax starts shipping COVID-19 vaccines to EU states (The Hindu: 20220224)

<https://www.thehindu.com/news/national/coronavirus-live-novavax-starts-shipping-covid-19-vaccines-to-eu-states/article65079529.ece?homepage=true>

A health technician collecting samples from a woman for COVID-19 test at a testing centre at Tummalapalli Kalakshetram in Vijayawada on Wednesday

A health technician collecting samples from a woman for COVID-19 test at a testing centre at Tummalapalli Kalakshetram in Vijayawada on Wednesday | Photo Credit: K.V.S. GIRI

The cumulative number of COVID-19 vaccine doses administered in the country crossed 176.47 crore on Wednesday, the Union health ministry said

Prioritisation of population groups, procurement strategies, pricing, cold-chain management, and issues of logistics was some of the questions the Government of India needed to tackle for the success of the COVID-19 vaccination journey said a set of two reports – ‘COVID-19-India’s Vaccine Development Story’ and ‘India’s COVID-19 Vaccination Administration Journey’ — released by Union Health Minister Mansukh Mandaviya on Wednesday.

You can track coronavirus cases, deaths and testing rates at the national and State levels here. A list of State Helpline numbers is available as well.

Here are the latest updates

#### INTERNATIONAL

Sanofi, GSK to seek authorisation for COVID-19 vaccine

Drugmakers Sanofi and GlaxoSmithKline said Wednesday they will seek regulatory approval for a new COVID-19 vaccine after human trials showed it provided a high level of protection against the disease.

Late-stage trials found that two doses of the vaccine were about 58% effective in preventing infection and 75% effective in preventing moderate to severe disease, the companies said in a statement. A separate study on the vaccine’s use as a booster showed that it “induced a significant increase in neutralizing antibodies,” they said. -AP

#### INTERNATIONAL

AstraZeneca signs deal with Canada for 100,000 doses of COVID-19 drug

AstraZeneca plc signed an agreement with Canada for 100,000 doses of its antibody therapy for prevention of COVID-19 in some high-risk patients, the country’s government said on Wednesday.

AstraZeneca’s Evusheld is under review by Health Canada for use as a preventive treatment against the disease in those who are immunocompromised. - Reuters

#### INTERNATIONAL

Swiss to donate up to 15 million COVID-19 vaccine doses

Switzerland will donate up to 15 million COVID-19 vaccine doses to other countries by the middle of this year, having secured more than enough to cover its own population of around 8.7 million, the government said on Wednesday.

Around 34 million doses of vaccine will be available to Switzerland in 2022 - 20 million in the first half of the year and 14 million in the second, the cabinet said. - Reuters

#### INTERNATIONAL

Novavax starts shipping COVID-19 vaccine to EU states

Novavax Inc said on Wednesday it had started shipping doses of its COVID-19 vaccine to European Union member states, with France, Austria and Germany expected to be the first to receive the shots in the coming days.

Shipments of Nuvaxovid to additional EU member states from the company's Netherlands distribution center are expected to quickly follow, adding to the stockpile of the region as it struggles with a surge in infections due to the Omicron variant. - Reuters

#### INTERNATIONAL

WHO announces 2nd hub for training countries to make COVID-19 vaccines

The World Health Organization said on Wednesday it has set up a hub in South Korea to train low- and middle-income countries to produce their own vaccines and therapies, and is expanding its COVID-19 vaccine project to a further five nations.

The new training hub comes after the U.N. agency set up a technology transfer hub in Cape Town, South Africa, last year to give companies from poor and middle-income countries the know-how to produce COVID-19 vaccines based on mRNA technology. -Reuters

#### KARNATAKA

With more oxygen plants commissioned, State-run hospitals in Karnataka now have surplus  
Although the third wave has not seen any rise in demand for oxygen, the State is continuing its efforts to augment its oxygen generation infrastructure under CSR funds from the private sector.

On Tuesday, Health and Medical Education Minister K. Sudhakar inaugurated a pressure swing adsorption (PSA) oxygen generation plant with a capacity of 960 tonnes in K.C General Hospital.

### **Anxiety**

**Focus on things within your power to better deal with feelings of anxiety  
(The Indian Express: 20220224)**

Self-validation and compassion are two keys to a happy life

<https://indianexpress.com/article/lifestyle/life-positive/dealing-with-anxiety-for-a-happy-life-7717640/>

Anxiety has taken a toll on many people's mental health and lives. (Representative photo/Pixabay)

Anxiety and overthinking have taken a toll on most of us. Some think it'll get better by helping someone else, others just over-analyze a small thing and start getting anxious. The real question is why does it affect so many of us much?

Jesse Giunta Rafah, a psychotherapist and certified success coach, shares her views in a TEDx Talk.

She says that a normal "how are you doing", has let her clients bring up their underlying anxiety. "Over the past 15 years, I've noticed a generational shift in what young people think they need in their lives in order to be happy. It has shifted from buying a Benz or an expensive luxury bag for being happy to having a job or making a difference in the world."

She says, "These are the genuine hopes of a generation that wants to make the world a better place to live in. But what happens when big dreams meet reality anxiety, low self-worth, panic attacks, and a crippling sense of doom. It turns out big dreams get weighted down by big expectations."

ALSO READ |Living with anxiety: Watch this motivational talk by a therapist

Reality has overburdened us so much that we are not able to work for our dreams. There are a lot of "shoulds" while working towards something. She gives a few instances like "...I need to have the perfect relationship but if I can't have that then I need to have the perfect uncoupling and I need to work harder than my peers and make time for networking and cultivating hobbies..."

Jesse has a different view on why we need these internal goals or "shoulds" for happiness. "Our brains are not wired to be happy our brains are not wired to be happy; they're wired for survival to protect us." Many technologies and things have come up for helping with anxiety, but then more and more people are seeking help.

She says a lot of people are in a constant spiral with anxiety and say "it's so stupid I'm having feelings about this. Why can't I just get over it?" She says that self-reflection is important to understand the reason behind anxiety. "When we give ourselves compassion and love, that's when we start to have a better understanding of ourselves and that's when we can start using anxiety to our benefit."

ALSO READ |'Inspiration is a beautiful and powerful thing; when you have it, just seize it': Naval Ravikant

Although she recommends practising gratitude, but says it focuses on external factors. She explains that compassion eliminates anxiety, not gratitude, and adds, "You focus on the things within your power and within your control your cultivating self-love because the better we feel about ourselves. The more empowered and confident we become and that's when we're using anxiety in a productive way."

She concludes by saying, "Instead of running from anxiety or masking it or trying to beat it into submission, is that you actually deal with it. Practicing self-appreciation allows you to see more and more of who you are and who you have the potential to be. But whether it's through

my self-appreciation practice or finding a therapist or just admitting it to a friend, you know I'm not abnormal for feeling this. I can face it. I can create change.”

## Nutrition

**Is it possible to outgrow a food allergy? Experts answer**  
**"Food allergies that develop during adulthood, or persist into adulthood, are likely to be lifelong allergies," said Deepti Khatuja, clinical nutritionist (The Indian Express: 20220224)**

<https://indianexpress.com/article/lifestyle/health/is-it-possible-to-grow-out-of-a-food-allergy-experts-answer-7763926/>

food allergy Here's everything you need to know about food allergies, and if you can grow out of them. (Photo: Pexels)

A food allergy is a condition in which consumption of a certain food item can trigger an unusual immune response, caused by immunoglobulin E (IgE) antibody wherein the body's immune system mistakenly treats proteins found in food as a threat. While food allergies are quite common, they can also be life threatening when these involve respiratory and/or cardiovascular distress. Although it is possible for any food to cause an allergy, there are some common ones like shellfish and nut allergies in adults, and milk, eggs, fish, peanuts and other nuts in children.

“Food allergies are mostly developed during childhood (children under the age of 3) but can develop at any age in life. Food allergies that develop during adulthood, or persist into adulthood, are likely to be lifelong allergies,” said Deepti Khatuja, head clinical nutritionist at Fortis Memorial Institute, Gurgaon.

ALSO READ | Gluten intolerance: Everything you need to know  
shellfish Shellfish allergy is common in adults. (Photo: Pexels)  
Symptoms of food allergy

Khatuja notes the following as common symptoms of a food allergy:

- an itchy sensation inside the mouth, throat or ears
- a raised itchy red rash (urticaria, or “hives”)
- swelling of the face, around the eyes, lips, tongue and roof of the mouth (angioedema)
- vomiting

Difference between food allergy and intolerance

A food intolerance is difficulty digesting certain foods and having an unpleasant physical reaction to them. It causes symptoms such as bloating and tummy pain, which usually happen a few hours after eating the food, and does not include the immune system. The symptoms are

triggered only if a substantial amount of the food is consumed, unlike an allergy, where just traces can trigger a reaction, said Khatuja.

## **Caffeine alert**

### **Caffeine alert: How many cups of coffee should you drink daily?**

**"The healthiest way to take your coffee is hot-brewed and black. One cup has virtually no calories or carbs, no fat, and is low in sodium," said Sakina Diwan, a dietician (The Indian Express: 20220224)**

<https://indianexpress.com/article/lifestyle/health/caffeine-how-much-coffee-per-day-research-experts-7785235/>

coffeeShould you be having more than one cup of coffee? (Source: Pexels)

Many of us love to kickstart our day with a cup of coffee. While there is enough research on how coffee can help boost brain function, there is still not much understanding on what type and how much coffee should one consume on a daily basis. Addressing some of these concerns, Uma Naidoo, a nutritional psychiatrist and director of nutritional and lifestyle psychiatry at Massachusetts General Hospital, said that one should have three cups of coffee.

Also Read |How much coffee is too much coffee? Here's what a nutritionist says

According to Naidoo, a study which tracked coffee consumption and cognitive health of 676 elderly men over 10 years noted that coffee drinkers had less than half the cognitive decline as compared to non-coffee drinkers, and those who had three cups a day had the least decline. A Harvard study also examined the likelihood of death in more than two lakh participants over more than 20 years, and suggested that coffee drinkers were less likely to die, with those who had 3.1 to five cups of coffee a day living longer.

How does coffee impact brain function and overall health?

In a post on Instagram, Naidoo listed the following points: