



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20220316

Health Ministry

Health Ministry to begin covid vaccine for children aged 12-14 years from today; All you need to know

Corbevax received an emergency use authorisation (EUA) from India's drug regulator on February 21 for the age group of 12-18 years (The Indian Express:20220316)

<https://indianexpress.com/article/lifestyle/health/health-ministry-covid-vaccine-children-aged-12-14-years-importance-benefits-precautions-7820635/>

Children aged 12-14 years can get vaccinated from March 16, 2022 (Source: Pixabay) Indian health ministry has announced Covid-19 vaccination for children aged 12-14 years, which is all set to start from March 16, 2022. In a press statement, the Ministry has stated that “after due deliberations with scientific bodies”, it has decided to start Covid-19 vaccination for children above 12 years.

Also Read |Why get vaccinated? An expert answers your frequently-asked questions
The vaccination is for children who were born in 2008, 2009, 2010, or those who are above 12 years already.

It informed that the vaccine administered would be Hyderabad-based Biological E Limited's Corbevax. But it is developed by the Texas Children's Hospital Center for Vaccine Development and Baylor College of Medicine in Houston, Texas and Dynavax technologies based in Emeryville, California.

Corbevax received an emergency use authorisation (EUA) from India's drug regulator on February 21 for the age group of 12-18 years. It is a two-dose Covid-19 vaccine, which will be administered in a gap of 28 days just like Covaxin.

Also Read |Covid vaccine potentially benefits mental health, a study finds
Notably, those in the age group of 15-18 years are already being administered the covid vaccine from January 3, 2022.

Union Health and Family Welfare Minister, Mansukh Mandaviya also urged children's guardians to get them vaccinated.

Here's how you can register.

*In the same CoWIN app or Aarogya Setu, the child can be registered for vaccination using one of the parent's mobile phone.

*An OTP will be generated which is needed for verification.

*Once the child's identity proof is updated under the new category using the Aadhaar card or 10th ID card, the parent can book the child's vaccination slot at a preferred time at a nearby vaccine centre.

Why is it necessary?

While it helps prevent the child from getting infected and spreading coronavirus, according to UNICEF, if your child gets infected, a Covid-19 vaccine could prevent them from becoming severely ill in subsequent exposure to Covid-19 infection.

Addressing the myth that it is safer for a child to build immunity by getting infected with Covid-19 than to build immunity by getting the vaccine, Praveen Sikri, CEO of Ikris Pharma Network told indianexpress.com, "Children's risks are similar to adults. When children get COVID-19, they may be sick for several days and they may also be at risk for prolonged post-COVID-19 conditions. Getting a COVID-19 vaccination can protect a child from getting COVID-19. If a child does contract COVID-19, it can also protect them from developing severe disease, hospitalizations, or long-term complications. Immunization of children will boost herd immunity and aid in the prevention of future coronavirus waves. We strongly advise all parents to get their children aged 12 to 14 years old vaccinated as soon as possible."

corbevax Children in the age group of 12-14 will be vaccinated from March 16 (Source: Express Photo by Nirmal Harindran)

Are there any children who should not get the Covid-19 vaccine?

UNICEF informs in its FAQ guidelines that the vaccine shouldn't be given to a child with a known history of allergic reaction to any vaccine's ingredients. For children with comorbidities and any other current illness, consultation with their doctor to get correct guidance is essential.

Do children also experience mild side-effects post-vaccination like adults?

UNICEF notes that some children might have mild pain and swelling where they got the injection and could feel more tired than usual. Headache, body ache, and fever and chills are also possible. However, these side effects usually clear up within a day or two.

Precautions pre and post-vaccination according to UNICEF

*Avoid getting vaccinated on an empty stomach.

*Wait for 30 minutes at the vaccination site after being vaccinated.

Also Read | [A nutritionist shares full-day meal chart for when you take your Covid vaccine](#)

*If there is any concern during this period, consult the staff at the centre.

*Even during and after vaccination, one must follow the Covid-19 appropriate behaviour like hand sanitisation, wearing a face mask, and maintaining physical distancing.

with

Mental health outcomes

Severe Covid-19 linked with long-term mental health outcomes: Lancet study

The researchers noted that quicker recovery of physical COVID-19 symptoms may explain in part why mental health symptoms decline at a similar rate for those with a mild infection (The Indian Express:20220316)

<https://indianexpress.com/article/lifestyle/health/severe-covid-19-linked-long-term-mental-health-outcomes-lancet-study-7821068/>

Serious COVID-19 illness is associated with an increased risk of long-term adverse mental health outcomes, according to a study published in The Lancet Public Health journal.

The researchers found that hospitalised patients with a SARS-CoV-2 infection were more likely to experience depressive symptoms up to 16 months after diagnosis compared to those never infected.

Patients who were bedridden for seven days or more had higher rates of depression and anxiety, compared to those diagnosed with COVID-19 but never bedridden, they said.

The study found that symptoms of depression and anxiety mostly subsided within two months for non-hospitalised patients with COVID-19.

However, patients who were bedridden for seven days or more remained at increased risk of depression and anxiety over the 16-month study period.

ALSO READ |How to look after your mental health if you're at home with Covid-19

The researchers looked at symptom-prevalence of depression, anxiety, COVID-19 related distress, and poor sleep quality among people with and without a diagnosis of COVID-19 from 0-16 months. The analysis drew upon data from seven groups across Denmark, Estonia, Iceland, Norway, Sweden, and the UK.

Of the 247,249 people included, 9,979 (4 per cent) were diagnosed with COVID-19 between February 2020 and August 2021.

Overall, participants diagnosed with COVID-19 had a higher prevalence of depression and poorer sleep quality compared to individuals who were never diagnosed.

“Our research is among the first to explore mental health symptoms after a serious COVID-19 illness in the general population up to 16 months after diagnosis,” said study author Unnur Anna Valdimarsdottir, a professor at the University of Iceland.

“It suggests that mental health effects are not equal for all COVID-19 patients and that time spent bedridden is a key factor in determining the severity of the impacts on mental health,” Valdimarsdottir said.

ALSO READ |Mental health: How to deal with stress in a post-Covid world

The researchers noted that quicker recovery of physical COVID-19 symptoms may explain in part why mental health symptoms decline at a similar rate for those with a mild infection.

However, patients with severe COVID-19 often experience inflammation which has previously been linked to chronic mental health effects, particularly depression, they said.

“The higher occurrence of depression and anxiety among patients with COVID-19 who spent seven days or longer bedridden could be due to a combination of worrying about long-term health effects as well as the persistence of physical long COVID symptoms well beyond the illness,” said study co-author Ingibjorg Magnusdottir, from the University of Iceland.

“Equally, inflammatory responses among patients with a severe diagnosis may contribute to more persistent mental health symptoms,” Magnusdottir said.

In contrast, the researchers said, the fact that individuals with a mild COVID-19 infection can return to normal lives sooner and only experience a benign infection likely contributes to the lower risk of negative mental health effects observed.

ALSO READ |Mental health in India: A perspective

The authors acknowledged several limitations in the study.

First, individuals diagnosed with COVID-19 were slightly more likely to have past diagnoses of psychiatric disorders than individuals without disease diagnosis, the researchers said.

However, the absolute differences in the history of psychiatric disorders never exceeded 4 per cent in any of the groups and did not impact the interpretation of the findings, they said.

Second, the study reflects self-reported data of COVID-19 diagnosis and mental health effects – the coexistence of two or more conditions – that are interrelated to some extent, the researchers said.

Third, most of the comparison group responded between April and June 2020, and responses from COVID-19 patients were accumulated between April 2020 and August 2021, they said.

WHO

When a disease becomes 'endemic', it may still cause suffering and death:

WHO

Speaking to reporters, Dr Mike Ryan, executive director of the World Health Organization's Health Emergencies Programme, said "I think we need to be careful here in terms of the word 'endemic'." (The Indian Express:20220316)

<https://indianexpress.com/article/lifestyle/life-style/endemic-disease-meaning-covid-death-who-7817931/>

endemicRead on to know about what the word 'endemic' means. (Source: Representative Image/Pexels)

Throwing light on what the term entails, the World Health Organization (WHO) recently clarified that when a disease becomes "endemic," it may still cause suffering and death, referring to the dreaded coronavirus.

ALSO READ |Vegetarian diet could reduce cancer risk by 14 per cent, according to a new study

Speaking to reporters, Dr Mike Ryan, executive director of the World Health Organization's Health Emergencies Programme, said "I think we need to be careful here in terms of the word 'endemic'."

He clarified and said,"Yes, endemic means, in a sense, that the virus is present and transmitting at lower levels, usually with some form of seasonal transmission or increases that are seasonal or outbreaks on top of an endemic situation."

The public health specialist explained that while the lower levels of transmission are "very classic for many infectious diseases", "endemic HIV, endemic tuberculosis and endemic malaria kill millions of people on this planet every year."

Emphasising on the fact, the expert issued a reminder again, "Please don't equate endemic with equals good."

"Endemic diseases require strong control programmes to reduce infections, to reduce suffering, to reduce death. Just changing from pandemic to endemic is just changing the label. That doesn't change the challenge that we face", the expert noted.

ALSO READ |Know the many healing properties of cardamom and how you can add it to your diet

Issuing notes for the future, in terms of how the Covid-19 virus transmission needs to be controlled, Dr Ryan said, "We need sustained control on this virus and we need sustained protection of our most vulnerable," referring to marginalised communities across the world.

He went on to continue, "We need strong health systems to deal with those infections we can't prevent, and we need to be able to continue to do that with the levels of infection we experience."

Spinal deformity since birth

Himeshwar's spine had a preoperative degree of 128, which was corrected to 61-degree post-surgery (The Tribune:20220316)

<https://www.tribuneindia.com/news/health/delhi-doctors-treat-young-boy-with-spinal-deformity-since-birth-378080>

Doctors here have successfully treated a 16-year-old boy suffering from spinal deformity, helping him stand straight on his feet for the first time in his life.

The boy, Himeshwar from Gurdaspur in Punjab, suffered from Kyphoscoliosis since birth. Due to his condition, he also developed breathing difficulty in the last three years as his chest could not expand. The patient had to carry an oxygen cylinder wherever he went due to his poor lung condition.

"Himeshwar's condition was so bad that while standing, his trunk tilted to one side, and he couldn't walk in an erect posture. His SpO2 (oxygen saturation) at rest was 48 per cent only and he was on continuous oxygen support for the last three years," Ankur Nanda, senior consultant spine surgeon at the Indian Spinal Injuries Centre (ISIC), New Delhi, said in a statement.

SpO2 is known as oxygen saturation or the percentage of oxygen in blood.

Nanda said that the boy needed correction of spine deformity to return to normal life. Such spine surgeries are extremely challenging with high chances of developing weakness of legs due to nerve stretching.

"Another challenge in this case was that if he was subjected to a major surgery, then due to his poor lung condition, he may never be able to come out of the ventilator after the procedure," he added.

Himeshwar's spine had a preoperative degree of 128, which was corrected to 61-degree post-surgery. After the surgical procedure, the boy could walk normally and no longer needed oxygen support, Nanda said.

"The boy got a new lease of life as he was able to walk normally the day after surgery. The patient has been doing well in the follow-up and is now active like other children of his age. He is now totally off oxygen support and leading a normal life. He is also able to attend school and prepare for his Class X board exams," said Nanda.

Paediatric orthopaedic cases

50% rise in paediatric orthopaedic cases, wrong postures during online classes to blame: Doctors

'Even teachers should ensure that during online classes they dedicate five minutes for some fun stretching activities(The Tribune:20220316)

<https://www.tribuneindia.com/news/health/50-rise-in-paediatric-orthopaedic-cases-wrong-postures-during-online-classes-to-blame-doctors-378057>

50% rise in paediatric orthopaedic cases, wrong postures during online classes to blame: Doctors

Photo for representation. — iStock

A 50 per cent rise in paediatric orthopaedic cases with complaints of excruciating pain in the neck and back have been noted in hospital OPDs with doctors attributing it primarily to wrong postures during online classes.

The rise in multiple skeletal issues among children can be attributed to incorrect posture. This, in turn, can be blamed on increased screen exposure following school closure due to Covid which made the children physically and mentally unwell, experts said.

Dr Shubhang Aggarwal, Orthopaedic and Robotic Joint Replacement Surgeon and Director at NHS Hospital in Jalandhar said, “Wrong sitting postures coupled with almost no physical activity are to be blamed.”

“Paediatric orthopaedic cases increased by 50 per cent. Most of them are overweight, have stamina and suffer from anxiety and attention deficit disorder,” Dr Aggarwal said.

According to Dr Surbhit Rastogi, Paediatric Orthopaedic Consultant, Indian Spinal Injuries Centre, Vasant Kunj, a lot of children have been experiencing cervical neck and back stiffness observed mainly among the working adult population.

This is mainly attributed to children being confined to their homes and not getting exposed to sunlight, the doctor said.

“It’s essential to observe some precautionary measures such as having calcium-rich diet, sunlight exposure, taking small breaks every half an hour, doing some stretching exercises, switching to ergonomic chairs with proper back support and adding some indoor and outdoor physical activities in the daily routine of kids,” Dr Rastogi said.

Optimise nutrition

Optimise nutrition as you age (The Tribune:20220316)

<https://www.tribuneindia.com/news/health/optimize-nutrition-as-you-age-377738>

Let's pause to understand what healthy eating looks like for a woman. Literally. What should we be feeding our bodies so that we can enjoy good health throughout the changing stages of our lives? Whether you're a student attending online classes or a corporate honcho working from home these days; a homemaker who never gets a moment's rest or maybe you're none of the above but as a woman, you need to know what nutrition is right for you and more importantly, when.

Starting from the stage of a teenager, what you eat will define who you are in the years to come as nutrient needs are higher now than at any other time in your lifecycle.

"As teenage years are a time of rapid growth and development, eating a well-balanced diet is key, as healthy food is essential for proper hormonal balance. One must stay fit by consuming good fat from fish, avocado, nuts, olive oil etc. The onset of menstruation at this stage often causes low haemoglobin so load up on food rich in iron, protein and avoid junk food containing refined sugar, saturated and trans-fat," said Dr Ganesh Kadhe, Associate Director, Nutrition Medical and Scientific Affairs, Abbott.

She added, "If you're under 30, it's a good time to start increasing your calcium intake. In case the pandemic continues to play a spoilsport of how much sunshine vitamin you can absorb, add vitamin D into your diet to enable the absorption of calcium. If you're pregnant or breastfeeding then lean proteins, iron, and vitamin C (to absorb the iron) are all must-haves for you. In case you are planning a pregnancy, intake of supplements comprising of vitamin D, B12, iron, calcium and folic acid are essential. A well-balanced diet for all women this age should include some meat and dairy, seafood, green leafy veggies, pulses and grains, dry fruits, and citrus-rich fruit."

Make the transition into menopause a smooth one by limiting foods high in salt, preservatives, and saturated fats. "Women in their 40s and 50s must say hello to more calcium and iron, food rich in antioxidants like berries, cocoa, green tea and more fibrous food like whole grains, veggies, and fruit. In addition to vitamins D and C, another one that cannot be ignored as we age is B12 which is responsible for neurological function and is usually deficient in vegetarians so consciously supplement your diet with vitamin b12 fortified food if you don't get it naturally. As the onset of metabolic disorders and vitamin deficiencies are seen often in this age group, following a low glycaemic, low-fat high protein diet topped with regular exercise is essential." says Dr Ganesh.

"Age may only be a number but if you want to stay fit and active even over 60 then the number of nutrients in your food needs to increase in proportion. As a woman in her senior years, your diet should already include all that is recommended above. So that means foods rich in calcium, iron, protein get a big yes and processed foods, saturated fats and excess salt get a big no. The

other red flags at this age are spicy foods that can trigger acidity issues, too many sweets that can lead to sugar imbalance and eventually diabetes. One should be conscious that avoidance of dairy due to lactose intolerance is not a solution and they should rather consume dairy products rich in calcium and proteins."

No matter what age you are, drink plenty of water to keep your body well hydrated, add a nutritional drink to your diet for a healthy balance of nutrients, get enough sleep so that you feel fresh and rejuvenated; stay active with age-appropriate exercise and pay equal importance to your mental wellbeing. A lifestyle that combines all of this with a healthy, well-balanced diet will ensure that you relish womanhood at any stage in your life.

Air pollution impact

Mothers' exposure to air pollution impact baby's birth weight (The Tribune:20220316)

<https://www.tribuneindia.com/news/health/mothers-exposure-to-air-pollution-impact-babys-birth-weight-377724>

Mothers' exposure to air pollution impact baby's birth weight
Photo for representation only.

Pregnant women's exposure to air pollution has been identified as one possible factor for low-birth-weight in babies, which can further lead to poor health outcomes, researchers have shown.

The study, published in the journal Environmental Research, also revealed that mothers who are underweight and come from lower socioeconomic background, were more exposed to the possibility of being affected by air pollution.

Further, the study found that the association with air pollution was stronger among female babies and first births - a fact that is thought to be due to a biological mechanism that is yet to be identified.

"It is now clear that governments need to set up the infrastructure to integrate environmental and health data at the personal level," said Professor Hagai Levine of the Hebrew University (HU)-Hadassah Braun School of Public Health.

The team looked at the link between air pollutant PM2.5 and the birth weight of 3,80,000 singleton babies born to mothers all over in Israel between 2004-2015.

Israel, a country with the highest fertility rate among countries under OECD (Organisation for Economic Co-operation and Development) and high levels of the air pollutant PM2.5, made it an ideal location to look for an association between low birth weight and poor air quality.

The team used personal, anonymised data and detailed high-resolution pollutant data to produce more accurate statistical analysis.

The model included siblings, and it enabled the estimation of the variance in low birth weight to be accounted for by variances between different mothers, leading to more accurate estimates.

The data used by the research team included: personal anonymised data on the mothers, including the area where they lived and the weight of their babies at birth; and daily air pollutant concentration over each square kilometre of Israel, derived from satellite data.

The study clearly showed the association between the level of the air pollutant PM2.5 and low birth weight.

The association of air pollutants with low birth weight raises the question of whether the governments should take the impact on the developing baby into account and increase its efforts to reduce pollution.

Public health measures

Should public health measures like masking continue beyond the pandemic? Data on viral infections show their benefits (The Tribune:20220316)

<https://www.tribuneindia.com/news/health/should-public-health-measures-like-masking-continue-beyond-the-pandemic-377470>

Should public health measures like masking continue beyond the pandemic?

Photo for representation only. File photo

Public health measures, such as masking and physical distancing that have been a high-profile part of the COVID-19 response for the past two years are now beginning to lift. However, surprisingly little attention has been paid to the remarkable effects of these measures on other respiratory illnesses caused by or exacerbated by viral infections.

These effects are a valuable research discovery from the pandemic. It's a discovery that suggests that selective, non-mandated use of public health measures like masking, physical distancing and hand-washing may have a continued role as we enter the endemic phase of COVID-19. Collectively, these measures are known as non-pharmacologic public health interventions (NPIs).

Following the onset of the pandemic in March 2020, many regions around the world reported a dramatic decrease in demand for acute healthcare services, including urgent care visits to emergency departments and inpatient hospital stays.

Early on, this was likely driven by stringent lockdown measures, patients avoiding healthcare settings due to fears of contracting COVID-19 or the perception that hospitals were overwhelmed and unable to accommodate non-emergency cases.

However, as public health measures were relaxed over the following months, there was a rapid rebound in healthcare services for conditions such as heart disease and appendicitis. Meanwhile, the decrease persisted for respiratory illnesses attributed to non-COVID-19 viruses.

In Canada, the usual annual surge in influenza infections has not occurred during the two winters since the beginning of the pandemic.

Our research group — all front-line healthcare workers — analyzed nationwide admissions data that revealed that hospital admissions for major respiratory illnesses dropped sharply in the year following the start of the first lockdown.

Specifically, flare-ups of chronic obstructive pulmonary disease (COPD), a severe lung disease related to long-term smoking, and community-acquired non-COVID-19 pneumonia decreased by nearly 40 per cent across Canada following the implementation of NPIs like masking and social distancing.

These findings were supported by another study of 15,677 patients from nine countries. That study reported a 50 per cent reduction in hospital admissions for COPD following the onset of the pandemic.

This is not surprising as both COPD and non-COVID-19 pneumonia are often triggered by common cold viruses.

So, what's the big fuss about a few runny noses and colds? While a viral infection such as the common cold or influenza is unlikely to harm a healthy individual significantly, it can be debilitating and sometimes deadly for the elderly, immunocompromised or suffering from lung disease. In severe cases, it can result in acute care in the hospital or the ICU, and some patients do not survive.

In Canada, acute and chronic respiratory diseases are the third most significant cause of death, trailing behind only cancer and heart disease. This also means virally linked respiratory illnesses place a substantial burden on limited healthcare resources.

During the pandemic, there were several periods when our healthcare systems were functioning overcapacity. There was a fear that hospitals would need to triage resources and deny ICU care to critically ill patients.

Thankfully, this did not come to pass, and it seems that the likely reason was the significant additional capacity that became available due to hospitalizations avoided for other virally linked respiratory illnesses.

People have become weary of ongoing public health restrictions as the pandemic drags on. With vaccination rates in Canada among the highest globally and expected to reach even higher with the approval of vaccinations for pediatric populations, many are looking forward to a time when NPIs may no longer be needed.

However, before dispensing the measures entirely, it is essential to consider whether their demonstrated benefits warrant continued use. The fact that hospitalizations for non-COVID-

19 respiratory illnesses have remained low, despite the relaxation of stringent lockdown measures, suggests that these benefits may be sustained using masking and practices such as frequent hand-washing.

Even before the pandemic, public masking was common in many Asian countries. With this now being the norm in Canada, continuing these practices may have significant merit and offer protection to the most vulnerable demographics of our society.

This will undoubtedly be challenging given opposition from a vocal minority and the lack of awareness among the general public about the benefits of continuing the use of NPIs. Currently, the most available evidence is mainly observational, as no randomized trials have yet evaluated the efficacy of NPIs for reducing non-COVID-19 viral respiratory illnesses at a population level.

Additionally, there is no consensus on which specific NPIs may be most effective in preventing disease spread. It's also unknown whether reductions in acute care use have translated into decreased mortality rates for particular conditions.

These limitations are currently being addressed in a large-scale Albertan study of over 500,000 patients. The preliminary results — which will be published in the 2022 American Thoracic Society International Conference proceedings — show that NPIs are an effective strategy for preventing both acute care visits and mortality related to respiratory illnesses.

However, in the interim, public policy-makers should consider this compelling evidence and weigh in on whether the continued use of masking and other NPI measures is warranted, especially for individuals at high risk for severe illness from viral respiratory infections and those close to them.

Recommendations, policies, or, if deemed necessary, mandates can be amended in the future as new evidence emerges. Until then, NPI use, even on an interim basis, may reduce the strain on our healthcare system and help protect the most vulnerable members of our society. The Conversation

Hair health

Follow these yoga asanas, tips for hair health

"Inverted postures where crown of the is facing the floor boosts blood circulation towards the head and helps to strengthen your hair roots," said yoga practitioner and fitness influencer Juhi Kapoor (The Indian Express:20220316)

<https://indianexpress.com/article/lifestyle/health/yoga-asanas-easy-tips-hair-health-7819001/>

wrinkles, wrinkles around the neck, skincare, home remedies, indian express, indian express news Try out some effective yoga asanas to improve hair health (Source: Getty Images/Thinkstock)

Many of us struggle with good hair health owing to a multitude of factors. Experts suggest it is important to take some measures instead of stressing out. According to yoga practitioner and fitness influencer Juhi Kapoor, certain yoga asanas and some essential hair care tips can come handy when practised regularly.

Yoga and physical Fitness

Exercise may help treat long Covid-induced diabetes, depression: Study According to the US Centers for Disease Control, Long COVID is "a constellation of other debilitating symptoms" including brain fog, muscle pain, and fatigue that can last for months after a person recovers from the initial infection (The Indian Express:20220316)

<https://indianexpress.com/article/lifestyle/health/exercise-help-treat-long-covid-diabetes-depression-study-7819066/>

exercise, brain health Exercise a must to cope with Covid conditions (Source: Pixabay) Exercise may lower inflammation that can lead to diabetes and depression months after a person recovers from SARS-CoV-2, the virus that causes COVID-19, according to a study.

Researchers at Pennington Biomedical Research Center in the US noted that it is unclear how many people infected by the SARS-CoV-2 virus suffer from Long COVID, a constellation of other debilitating symptoms long after a person has recovered from the disease.

Also Read | 'I had never felt worse': Long Covid sufferers are struggling with exercise However, estimates range from 15 per cent to 80 per cent of the people infected with the virus suffer from the condition, they said. "We know that Long COVID causes depression, and we know that it can increase blood glucose levels to the point where people develop diabetic ketoacidosis, a potentially life-threatening condition common among people with type 1 diabetes," said Candida Rebello, a research scientist at Pennington Biomedical Research Center. "Exercise can help. Exercise takes care of the inflammation that leads to elevated blood glucose and the development and progression of diabetes and clinical depression," Rebello said.

According to the US Centers for Disease Control, Long COVID is "a constellation of other debilitating symptoms" including brain fog, muscle pain, and fatigue that can last for months after a person recovers from the initial infection.

exercise Exercise helps to beat long covid, a study says (Representative) (Source: Pixabay) "For example, a person may not get very sick from COVID-19, but six months later, long after the cough or fever is gone, they develop diabetes," Rebello said.

The study, published in the journal *Exercise and Sport Sciences Reviews*, found that one solution is exercise.

Exercise can induce the release of circulating factors that mediate the anti-inflammatory response, support brain homeostasis, and increase insulin sensitivity, the researchers said.

Also Read |Khushbu Sundar's post-Covid fitness mantra: 'Go easy, but do it'

"You don't have to run a mile or even walk a mile at a brisk pace. Walking slowly is also exercising," Rebello said.

"Ideally, you would do a 30-minute session of exercise. But if you can only do 15 minutes at a time, try to do two 15-minute sessions," she added.

The researchers noted that even walking for 15 minutes once a day is enough to start with, adding people can gradually build up to the recommended level of exercise.

"We know that physical activity is a key component to a healthy life," said Pennington Biomedical Executive Director John Kirwan, a co-author of the research paper.

"This research shows that exercise can be used to break the chain reaction of inflammation that leads to high blood sugar levels, and then to the development or progression of type 2 diabetes," Kirwan added.

Maternal Mortality Ratio MMR

Maternal Mortality Ratio of India declines by 10 points (The Hindu:20220316)

<https://www.thehindu.com/news/national/maternal-mortality-ratio-of-india-declines-by-10-points/article65224041.ece>

The Maternal Mortality Ratio (MMR) of India has declined by 10 points as per a special bulletin released by the Registrar General of India. It has declined from 113 in 2016-18 to 103 in 2017-19 (8.8 % decline). The country had been witnessing a progressive reduction in the MMR from 130 in 2014-2016, 122 in 2015-17, 113 in 2016-18, and to 103 in 2017-19, said the release issued on Monday.

With this persistent decline, India was on the verge of achieving the National Health Policy (NHP) target of 100/lakh live births by 2020 and certainly on track to achieve the Sustainable Development Goal (SDG) target of 70/ lakh live births by 2030, it noted.

COVID-19 vaccine for 12-14 years from March 16

COVID-19 vaccine for 12-14 years from March 16(The Hindu:20220316)

<https://www.thehindu.com/news/national/covid-19-vaccine-for-12-14-years-from-march-16/article65223905.ece>

Precaution dose has been extended for all over 60 years

The Centre has decided to start COVID-19 vaccination for the 12-14 age groups (those born in 2008, 2009 and 2010. i.e those who are already above 12 years of age) from March 16.

In a release issued on Monday, the Union Health Ministry said the decision was taken after due deliberations with scientific bodies. The vaccine to be

mix vaccines

Care should be taken not to mix vaccines, particularly for 12-14 years' age group: Health Ministry (The Hindu:20220316)

<https://www.thehindu.com/news/national/care-should-be-taken-not-to-mix-vaccines-particularly-for-12-14-years-age-group-health-ministry/article65227163.ece>

Govt yet to issue official statement on mixed-use dose of vaccine for any cohort

There should be no mixing of vaccines, particularly for 12-14 years age group, and vaccinators and vaccination teams need to be trained to ensure this, the Union Health Ministry said on Tuesday, a day before the country begins integration of this cohort into the COVID-19 vaccination programme. The government is yet to issue an official statement on mixed-use dose of vaccine for any cohort.

Only those who had attained the age of 12 on the date of vaccination are to be vaccinated; if the beneficiary had registered but not attained the age of 12 on the date of vaccination, the vaccine is not to be given. Those born in 2008, 2009 and 2010, i.e., those who are already above 12 years are now eligible to get the vaccine from March 16, the Ministry stated.

Comments will be moderated by The Hindu editorial team.

Comments that are abusive, personal, incendiary or irrelevant cannot be published.

Jabs for 12-15 to start at govt centres today

Jabs for 12-15 to start at govt centres today20220316)

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

People in 15-18 age group at a vaccination centre. SANCHIT KHANNA/HT

New Delhi : Inoculation of children against Covid-19 in the 12-15 age cohort will begin on Wednesday and initially take place only at government vaccination centres across India till Biological E, the maker of Corbevax, announces the price of its vaccine for the private sector, according to people familiar with the matter.

“For now, it will be available only at government vaccination facilities,” an official said on condition of anonymity. “Once the company (Biological E) notifies its rate for private hospitals, as was done by Serum Institute of India and Bharat Biotech, then private hospitals can procure and its vaccine will also be available at private Covid vaccination centres.”

Covid-19 vaccination will be open for all children born on or before March 15, 2010, the government said in its guidelines issued on Tuesday. P11