



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20220502

कोरोना

आज फिर घटे कोरोना के मामले, 24 घंटे में 3157 नए केस, 26 लोगों की मौत (Dainik Jagran: 20220502)

https://www.jagran.com/news/national-india-records-3157-new-covid-19-cases-active-caseload-at-19500-22677444.html?itm_source=website&itm_medium=homepage&itm_campaign=p1_component

देश में कोरोना वायरस के 3,157 नए मामले

Corona Cases in India भारत में बीते 24 घंटे में कोरोना के 3157 मामले सामने आए हैं। वहीं इस दौरान 2723 लोग ठीक हुए हैं। बता दें कि देश में कोरोना के एक्टिव केस बढ़कर अब 19500 हो गए हैं।

नई दिल्ली, आनलाइन डेस्क। देश में कोरोना (Corona Cases in India) के मामलों में थोड़ी राहत की खबर है। लगातार दूसरे दिन कोरोना के मामलों में कमी दर्ज की गई है। बीते 24 घंटे में कोरोना के 3,157 नए मामले सामने आए हैं। स्वास्थ्य मंत्रालय ने बताया कि इस दौरान कोरोना से 26 लोगों की मौत भी हुई है।

Covid-19 एक्टिव केस

कोरोना के एक्टिव मामलों में लगातार इजाफा हो रहा है। मंत्रालय ने बताया कि बीते 24 घंटे में कोरोना से 2,723 लोग ठीक हुए हैं। इसके साथ ही कोरोना के एक्टिव मामले बढ़कर अब 19,500 हो गए हैं।

लगातार दूसरे दिन कम हुए कोरोना के मामले

बता दें कि देश में लगातार दूसरे दिन कोरोना के मामलों में कमी दर्ज की गई है। 29 अप्रैल को कोरोना के 3,688 मामले सामने आए थे। 30 मई को कोरोना के 3,324 मामले दर्ज किए गए जबकि 1 मई को 3,157 संक्रमित पाए गए।

दिल्ली में जारी कोरोना की रफ्तार

देश की राजधानी दिल्ली में कोरोना की रफ्तार जारी है। दिल्ली में रविवार को कोरोना के 1485 मामले दर्ज किए गए हैं। इसके अलावा 1204 मरीज ठीक भी हुए हैं। राहत की बात यह है कि 24 घंटे में कोरोना से एक भी मरीज की मौत नहीं हुई है। हालांकि, सक्रिय मरीजों की संख्या 6 हजार के पार हो गई है।

यूपी में Coronavirus के 269 नए मामले

यूपी में कोरोना के 269 नए मामले सामने आए हैं। नोएडा में सबसे ज्यादा 115 मामले सामने आए हैं। वहीं, गाजियाबाद में 55, लखनऊ में 26 और आगरा में 15 केस दर्ज किए गए हैं। संक्रमण से चंदौली जिले में एक मौत भी हुई है। प्रदेश में अब कोरोना संक्रमण के 1587 सक्रिय केस हैं।

India's COVID-19 positivity rate past 1% again after two months (The Hindu: 20220502)

<https://www.thehindu.com/news/national/indias-covid-19-positivity-rate-past-1-again-after-two-months/article65374967.ece?homepage=true>

A healthcare worker takes a swab sample from a man for COVID-19 testing, at a school in New Delhi, on April 30, 2022. | Photo Credit: PTI

The number of active cases rose by 408 in a 24-hour span to reach 19,500

India's Covid case positivity rate went past one per cent again after over two months as the country witnessed a single-day rise of 3,157 infections and 26 fatalities, according to the Union Health Ministry data updated on Monday.

The rise reported on Monday pushed the country's overall COVID-19 tally to 4,30,82,345 cases and 5,23,869 deaths, the data said.

The number of active cases rose by 408 in a 24-hour span to reach 19,500, the data updated at 8.00 a.m. showed.

At 1.07%, the daily positivity went past one per cent again after a little over two months, the ministry said. It was at 1.11% on February 27.

The weekly positivity rate was 0.70%, according to the health ministry.

Face masks likely to be made compulsory in Maharashtra if COVID-19 cases rise

Positivity rate refers to percentage of all coronavirus tests performed that return positive result. A higher positive rate means higher transmission rate for the virus.

The death toll has now climbed to 5,23,869 with the latest 26 fatalities being reported, 21 of them from Kerala alone.

The active cases constitute 0.05% of the total infections. The country's COVID-19 recovery rate was recorded at 98.74%, the health ministry said.

The number of people who have recuperated from the disease rose to 4,25,38,976, while the case fatality rate was recorded at 1.22%.

The cumulative doses administered in the country so far under the nationwide COVID-19 vaccination drive has exceeded 189.23 crore.

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 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.

The 26 new fatalities include 21 from Kerala, two from Odisha and one each from Karnataka, Uttar Pradesh and West Bengal.

A total of 5,23,869 deaths have been reported so far in the country including 1,47,843 from Maharashtra, 69,068 from Kerala, 40,102 from Karnataka, 38,025 from Tamil Nadu, 26,175 from Delhi, 23,508 from Uttar Pradesh and 21,202 from West Bengal.

The health ministry stressed that more than 70% of the deaths occurred due to comorbidities.

“Our figures are being reconciled with (those of) the Indian Council of Medical Research,” the ministry said on its website, adding that state-wise distribution of figures is subject to further verification and reconciliation.

टीबी

मुजफ्फरपुर में निजी चिकित्सकों की ओर से सराहनीय पहल, खोजे 760 टीबी मरीज (Dainik Jagran: 20220502)

<https://www.jagran.com/bihar/muzaffarpur-commendable-initiative-by-private-doctors-in-muzaffarpur-find-760-tb-patients-22677629.html>

निजी चिकित्सकों को प्रत्येक टीबी मरीज की खोज पर 500 रुपये दिए जा रहे हैं।

निजी चिकित्सक के पास आने पर भी मरीज को निशुल्क मिलेगी सरकारी दवा। इस बारे में प्रभारी जिला यक्ष्मा पदाधिकारी डा. उपेंद्र चौधरी ने बताया कि जिले में 22 टीबी जांच केंद्र काम कर रहे हैं। हर पीएचसी में जांच की सुविधा दी गई है।

मुजफ्फरपुर, जागरण संवाददाता। जिले को टीबी मुक्त करने के लिए हर स्तर पर पहल चल रही है। सरकारी अस्पताल की तरह निजी क्लीनिक चलाने वाले चिकित्सक भी मरीज की खोज कर रहे हैं। उनके क्लीनिक पर जिन मरीजों की पहचान हो रही है, उन्हें भी मुफ्त में टीबी की दवा दी जा रही है। जानकारी के अनुसार, अगर कोई निजी दवा दुकानदार टीबी मरीज को नियमित दवा देता है तो उसको उचित पारिश्रमिक दी जा रही है। प्रभारी जिला यक्ष्मा पदाधिकारी डा. उपेंद्र चौधरी ने बताया कि निजी प्रैक्टिस करने वाले चिकित्सकों की ओर से 760 टीबी मरीजों की खोज की गई है। इसमें एमडीआर के 34 मरीजों की पुष्टि हुई है। डा. चौधरी ने बताया कि जिले में 22 टीबी जांच केंद्र काम कर रहे हैं। हर पीएचसी में जांच की सुविधा दी गई है। इसके साथ चार ड्रनेट मशीन जो जिला यक्ष्मा केंद्र, एसकेएमसीएच, बंदरा व पारू में लगाया गया है।

एक मरीज की पहचान पर मिले पांच सौ रुपये

जानकारी के अनुसार निजी चिकित्सकों को प्रत्येक टीबी मरीज की खोज पर 500 रुपये दिए जा रहे हैं। मरीज की खोज कर उनको सरकारी अस्पताल से जोड़ना है। मरीजों को यहीं छह माह तक मुफ्त में दवा मिलेगी। हर तरह की दवा व जांच सरकारी सेंटर पर मुफ्त उपलब्ध है।

ऐसे करें टीबी की पहचान

- दो हफ्ते से ज्यादा की खांसी

Infectious Diseases

Climate change may increase risk of new infections (The Hindu: 20220502)

<https://www.thehindu.com/sci-tech/climate-change-may-increase-risk-of-new-infections/article65369904.ece?homepage=true>

Over 3,000 mammal species might migrate and share viruses for next 50 years, if the world warms by 2°C.

African, Asian nations face the greatest threat of increased virus exposure from animals to humans

Climate change will result in thousands of new viruses spread among animal species by 2070 and that is likely to increase the risk of emerging infectious diseases jumping from animals to humans, according to a new study.

This is especially true for Africa and Asia, continents that have been hotspots for deadly disease spread from humans to animals or vice versa over the last several decades, including the flu, HIV, ebola and COVID-19.

Researchers, who published their findings on April 28 in the journal Nature, used a model to examine how over 3,000 mammal species might migrate and share viruses over the next 50 years if the world warms by 2°C, which recent research shows is possible.

They found that cross-species virus spread will happen over 4,000 times among mammals alone. Birds and marine animals were not included in this study.

Researchers said that not all viruses will spread to humans or become pandemic like the scale of the coronavirus but the number of cross-species viruses increases the risk of spread to humans. The study highlights two global crises, climate change and infectious disease spread.

Previous research has looked at how deforestation, extinction and wildlife trade lead to animal-human disease spread, but there is less research about how climate change could influence this type of disease transmission., the researchers said at a media briefing on Wednesday.

“We don’t talk about climate a lot in the context of zoonosis — diseases that can spread from animals to people,” said study co-author Colin Carlson, an assistant professor of biology at Georgetown University. “Our study brings together the two most pressing global crises we have,” he said.

Daniel R. Brooks, a biologist at University of Nebraska State Museum and co-author of the book The Stockholm Paradigm: Climate Change and Emerging Disease, said the study

acknowledges the threat posed by climate change in terms of increasing risk of infectious diseases.

“This particular contribution is an extremely conservative estimate for potential emerging infectious disease spread caused by climate change,” said Brooks.

Aaron Bernstein, a pediatrician and interim director of The Centre for Climate, Health, and the Global Environment at Harvard T.H. Chan School of Public Health, said the study confirms long-held suspicions about the impact of global warming on infectious disease emergence.

“The study indicates that these encounters may already be happening with greater frequency and in places near where many people live,” Bernstein said.

Study co-author Gregory Albery, a disease ecologist at Georgetown University, said that because climate-driven infectious disease emergence is already happening, the world should be doing more to learn about and prepare for it.

Jaron Browne, organising director of the climate justice group Grassroots Global Justice Alliance, said the study highlights climate injustices experienced by people living in African and Asian nations.

“African and Asian nations face the greatest threat of increased virus exposure, once again illustrating how those on the frontline of the crisis have very often done the least to create climate change,” Browne said.

Brain Tumour

No causal link between mobile phone usage, brain tumour (The Hindu: 20220502)

<https://www.thehindu.com/sci-tech/no-causal-link-between-mobile-phone-usage-brain-tumour/article65369749.ece?homepage=true>

There were no statistically significant associations with talking for at least 20 minutes per week or with at least 10 years use

The latest U.K. Million Women Study on cellular telephone use and the risk of brain tumours published online on March 29, 2021 in Journal of the National Institute of Cancer confirms the accumulating evidence that cellular telephone use under usual conditions does not increase brain tumour incidence. The topic

COVID- 19 Vaccine

COVID-19 booster dose may not alter disease severity trend: study (The Hindu: 20220502)

<https://www.thehindu.com/sci-tech/booster-dose-may-not-alter-disease-severity-trend-study/article65369711.ece?homepage=true>

There were fewer COVID-19 infections among people who received a booster dose compared to those who were not boosted

A cross-sectional survey of nearly 6,000 people across age groups including those over 80 years of age carried out through email and social media platforms between February 15 and March 10, 2022 in the midst of the third wave in India that lasted from late December 2021 and lasted till March 2022 has thrown up some interesting findings.

The government had greenlighted a precaution or booster dose to everyone above 60 years with comorbidities and health-care and frontline workers from

Liver Disease

Common Liver Conditions in Children (The Indian Express: 20220502)

<https://indianexpress.com/article/parenting/sponsored-parenting/common-liver-conditions-in-children-7886035/>

Prevention and early detection of liver disorders is important rather than treatment of complications.

Common Liver Conditions

Liver is one of the most vital organs in the body and largest solid organ. It serves many important functions including facilitation of digestion, absorption of nutrients, maintenance of blood sugar, blood cholesterol and the energy balance. It is a very resilient organ and plays an important role in fighting infection and illness. Its role in breaking down many drugs and removing various toxic substances from the body is absolutely essential. Liver is a very friendly, tolerant organ with a good regenerating capacity. As much as the liver protects and helps us to achieve a healthy living we should also do our best to protect the liver. Prevention

and early detection of liver disorders is important rather than treatment of complications. Hence world liver day is observed on April 19th every year to create awareness about liver disorders and maintain a good liver health.

Symptoms of liver disease –

Liver conditions can manifest as jaundice which means yellowish discolouration of the eyes and skin, this is due to increased retention in the blood and staining by the bile pigment called bilirubin. Other symptoms that one might develop include dark coloured urine, pale stools, generalised itching, bleeding manifestations in the form of vomiting of blood, black coloured stools or fresh blood in the stools. Abdominal distention and swelling of the legs, face can happen in advanced liver disease. Tiredness and easy fatigability can also be present. Sometimes individuals can also present with acute liver failure having been healthy previously. Acute liver failure leads to multi-organ damage and death unless treated appropriately at the right time.

Conditions in children –

Liver diseases can be inherited or genetic conditions but many conditions are acquired due to infections or unhealthy eating habits and lifestyle. Infants and children can present with jaundice due to various conditions. One of the commonest such conditions is viral hepatitis due to hepatitis A and hepatitis E viruses. They spread through contaminated food or water and children can be asymptomatic or present with acute hepatitis. Most of them can be treated at home and recovery is usually good. During recovery there is no need to restrict their food intake or avoid oil, non-vegetarian food.

Newborn babies presenting with prolonged jaundice can be due to increased breakdown of red cells called haemolytic jaundice, thyroid dysfunctions or liver disorders. Jaundice due to liver disorders is called neonatal cholestasis, where they present with conjugated jaundice or direct hyperbilirubinemia. Stool colour should be reviewed by a doctor in such cases and babies who have pale coloured stools should be investigated immediately and thoroughly. Babies who have the condition called biliary atresia will require timely surgical intervention.

Another emerging threat to children's liver health is non-alcoholic fatty liver disease (NAFLD). Fatty liver is basically fat deposition in the liver and can be due to infections, certain medications, Wilson's disease or other metabolic conditions. However the entity called non-alcoholic fatty liver disease (NAFLD) is related to obesity and unhealthy lifestyle. It is considered the hepatic manifestation of metabolic syndrome and incidence is increasing in children. This is of huge concern as the condition can progress to non-alcoholic steatohepatitis (NASH), cirrhosis and liver failure, if not intervened early.

Prevention of liver disease –

Many liver conditions are preventable. Healthy lifestyle including healthy eating habits, avoiding intake of unnecessary drugs and self medications helps to maintain liver health and it's important these lifestyle changes happen in childhood.

While celebrating World Liver Day this week, I recommend the following in order to maintain your liver health and promote a healthier and happier future –

First, choose a healthy and balanced diet that is rich in fruits, vegetables, whole grains and healthy fats. Avoid saturated fats and refined carbohydrates, reduce or avoid consumption of processed foods.

Second, maintain a healthy weight by consuming a healthy diet combined with regular exercise. This is important in the context of the recent pandemic, current social situation and unhealthy change in lifestyle.

Third, say no to alcohol, smoking and drugs.

Fourth, avoid unnecessary medications and self medications as even paracetamol overdose can cause acute liver failure

Fifth, be sure to vaccinate your children against hepatitis A and B. Hepatitis B vaccine is given to newborns and hepatitis A vaccine is given to children after their first birthday. Hepatitis B, C and D infections can also be prevented by avoiding high risk practices such as use of unscreened blood, sharing needles for injections, unhygienic tattooing or ear piercing, needle stick injury in health workers and high risk sexual practices.

And finally, seek help early if you are worried about your or your child's liver health. Conditions like chronic hepatitis C infection are completely curable with appropriate medications. Early detection and treatment of liver disorders will delay progression to chronic liver disease, cirrhosis and liver failure. Various newer and advanced modalities of treatment including liver transplant are widely available in the current scenario.

Anabolic steroids

Explained: What are anabolic steroids and how does it impact one's health? (The Indian Express: 20220502)

<https://indianexpress.com/article/explained/explained-what-anabolic-steroids-how-does-impact-ones-health-7896191/>

Anabolic steroids are essentially lab-made versions of the male hormone testosterone and have a similar effect of increasing muscle mass as the natural hormone does.

The anabolic steroids have a very limited medical role and are mainly used by doctors to help patients gain weight after a severe illness or injury. (File)

From two Tokyo Olympians being banned to Noida Police seizing fake drugs and supplements worth Rs 2 crore, anabolic steroids have often been in news, although not for the right reasons.

More than being a drug prescribed by doctors, anabolic steroids are usually used by bodybuilders. We take a look at what anabolic steroids are, why they are used, and how they are different from the ones prescribed by doctors.

What are anabolic steroids?

Anabolic steroids are essentially lab-made versions of the male hormone testosterone and have a similar effect of increasing muscle mass as the natural hormone does. It also increases male characteristics in a person, such as facial hair and a deeper voice.

These are, however, very different from the steroids that are prescribed by doctors for inflammations, several autoimmune diseases, or to suppress the body's immune system during a Covid-19 infection. These medicines are called corticosteroids and are lab-made molecules that mimic the action of the hormone called cortisol that controls the body's stress response, metabolism, and inflammation.

Unlike corticosteroids, anabolic steroids have limited medical use. "Anabolic steroids are mainly misused by athletes and sportspersons nowadays. Years ago, it was rampantly used by bodybuilders and was given to them in pudiyas. Although this practice is fading away, people still take it following the advice of their gym trainers. We keep telling them not to take any unknown supplement as it might have anabolic steroids," Dr Yash Gulati, an orthopaedic surgeon at Apollo hospitals, said.

What are they prescribed for?

The anabolic steroids have a very limited medical role and are mainly used by doctors to help patients gain weight after a severe illness or injury. It could also be prescribed in small doses to the elderly to build muscle mass and in some cases also helps to treat anaemia.

Doctors may also prescribe the medicine to men who have low levels of natural testosterone. "Some doctors use it for the treatment of osteoarthritis (a condition where bones wear down over time), but I personally do not. I think it should not be prescribed unless there is a deficiency," Dr Gulati added. "This is because a misuse can cause damage to the heart and kidneys, and lead to anger issues."

How are anabolic steroids misused?

The anabolic steroids are misused mainly by those who want to bulk up as it helps increase one's muscle mass. A 2019 study from Bhubaneswar of anabolic steroid users showed that only one of the 74 participants was a professional bodybuilder, with 18.9 per cent being students, indicating that it is used by people other than professional athletes.

Although no concrete estimate exists of the number of people using the drug across India, a 2018 study from Jammu and Kashmir found that 7.1 per cent of athletes used it.

What are the health impacts?

Use of anabolic steroids in the short-term can cause acne and hairfall. Extended misuse of the substance can also lead to gynaecomastia (growth of breasts in men) and erectile dysfunction.

In women, it can lead to growth of facial hair. It may also cause extreme anger, paranoia, and impaired judgement.

Long-term use can lead to kidney disease and even failure, liver damage and tumours, enlarged heart, and high blood pressure. It can also lead to stunted growth in teenagers.

Nutrition/ Diet

Is breakfast really the most important meal of the day? (Medical News Today: 20220502)

<https://www.medicalnewstoday.com/articles/is-breakfast-really-the-most-important-meal-of-the-day>

Breakfast is often described as the most important meal of the day, but is skipping this morning meal really detrimental to health? Newer research suggests this may not be as bad as many of us believe. In this Honest Nutrition feature, we take an in-depth look at breakfast and whether skipping it is really harmful.

This series of Special Features takes an in-depth look at the science behind some of the most debated nutrition-related topics, weighing in on the facts and debunking the myths.

Design by Diego Sabogal.

Breakfast literally means “to break the fast.” It is the first meal of the day after a stretch of not eating overnight.

Breakfast earned its title as the most important meal of the day back in the 1960s after American nutritionist Adelle Davis suggested that to keep fit and avoid obesity, one should “eat breakfast like a king, lunch like a prince, and dinner like a pauper.”

Though around 15% of people in the United States regularly skip breakfast, many still believe it to be the most important meal of the day. Breakfast provides the body with

important nutrients, to start the day feeling energized and nourished. Many also believe that it can promote weight loss.

But is breakfast really the most important meal of the day?

As with most things in nutrition, the answer is complex. While some research suggests that skipping breakfast is not harmful, other research suggests otherwise.

Eating regular meals and snacks, including breakfast, allows for more opportunities throughout the day to give the body the energy and nutrients it needs to function optimally.

However, as long as a person can fit their nutrients in during other meals, breakfast may not be the most critical meal of the day.

Here is what the science says.

Evidence in support of eating breakfast

Most of the claimed benefits of eating breakfast are primarily derived from observational studies, which cannot prove cause and effect.

For example, one 2021 systematic review^{Trusted Source} of 14 observational studies found that those who eat breakfast seven times per week have a reduced risk for:

heart disease

diabetes

obesity

high blood pressure

stroke

abdominal obesity

cardiovascular-related death

elevated low-density lipoprotein (LDL) cholesterol.

Again, this particular group of studies can only suggest that those who eat breakfast are more likely to have a reduced risk for the cardiovascular and metabolic diseases mentioned above. It cannot prove that breakfast is what is causing it.

However, an analysis of data on over 30,000 North Americans shows that people who skip breakfast may miss out on important nutrients.

The most common nutrients those who skipped breakfast fell short on include:

folate

calcium

iron

vitamin A

vitamins B1, B2, B3

vitamin C

vitamin D.

What is more, one randomized control trial published in 2017 that included 18 participants with type 2 diabetes, and 18 healthy participants found that skipping breakfast caused disrupted circadian rhythms Trusted Source in both groups.

Those who skipped breakfast also experienced larger spikes in blood glucose levels after eating. The authors of the study thus suggested that eating breakfast is vital for keeping our internal clock running on time.

Does skipping breakfast cause weight gain?

Although many people report increased feelings of satiety after starting their day off with breakfast, studies Trusted Source suggest that those who omit or consume breakfast both end up with nearly identical total daily calorie intakes.

Another randomized control trial Trusted Source carried out over 4 months tested the effectiveness of a recommendation to eat or skip breakfast on weight loss in 309 adults with overweight or obesity trying to lose weight in a free-living setting.

At the end of the study, researchers concluded that eating breakfast did not have any significant impact on weight loss compared with not eating breakfast.

According to a 2019 review of 13 randomized control trials published in The BMJ Trusted Source, the addition of breakfast may not be a good weight loss strategy. Researchers further added that caution should be used when recommending breakfast for weight loss because it may actually have the opposite effect.

However, it is important to note that this review did have limitations. The types of foods consumed were not included, and the studies were not very long in duration. Additionally, researchers cited the need for additional studies to determine the long-term effects of skipping breakfast.

Interestingly, another study found that skipping breakfast may actually lower total daily calorie intake by 252 calories. Researchers did note, however, that it decreased the overall diet quality when any meals were skipped.

At this time, there does not appear to be any strong evidence that ties breakfast intake to weight gain.

According to one 2018 observational study^{Trusted Source}, those who frequently eat breakfast often pay more attention to their overall nutrient intake, regularly participate in physical activity, and adequately manage stress.

Conversely, those who skip breakfast tend to have unhealthier lifestyle habits such as frequent smoking and drinking. They also tend to have diets higher in fat, cholesterol, and calories than habitual breakfast eaters.

These findings suggest that lifestyle habits may contribute to the overall health status of breakfast eaters, not eating breakfast.

Should you eat breakfast?

Because breakfast gives us the opportunity to fuel our body with nutrients, it is an important meal. However, according to recent studies, it may not be the most important meal of the day.

Eating breakfast and listening to your hunger cues is very important if you wake up hungry in the morning. However, if you get busy and skip breakfast one day, there is no need to feel guilty.

If you habitually skip breakfast, it is important to ensure you are optimizing your nutrient intake at other meals.

Certain groups of people, such as fitness professionals or athletes who train early in the morning, may also feel better after eating breakfast.

What should you eat for breakfast?

If you enjoy breakfast, begin your day with nutritious foods.

Some healthy breakfast foods include:

eggs

oatmeal

greek yogurt

berries

whole-grain toast

chia seeds

cottage cheese

avocado

nuts.

Find what works best for you

Recent nutrition research continues to show us that there is no one-size-fits-all approach when it comes to food. What is important when it comes to achieving optimal health is adopting a healthy lifestyle.

Ways to improve your health [Trusted Source](#) include:

get at least 150 minutes of moderate physical activity a week

strength training activities for all major muscle groups two or more days a week

maintain a healthy weight

limit added sugar, saturated fat, and processed food

eat a variety of nutrient-dense foods

pay attention to your body and hunger cues

drink plenty of water

avoid tobacco products and excessive alcohol use

get at least 7 hours [Trusted Source](#) of sleep within a 24-hour period.

The bottom line

Although research suggests that breakfast may not be the most important meal of the day, it is still important. It serves as an opportunity to help you fuel your day and provide key nutrients that your body needs.

If you choose not to eat breakfast, there is no reason to feel guilty, and there is not much evidence that it can negatively impact your health.

What is important is to eat in a way that works best for you while living a healthy lifestyle and ensuring your nutrient needs are being met during your other meals.

If you are finding it challenging to meet your nutritional needs, consider speaking with a registered dietitian who can help you navigate through any questions you may have.

Hepatitis

Hepatitis outbreak in children in US and Europe may be linked to adenovirus (Medical News Today: 20220502)

<https://www.medicalnewstoday.com/articles/hepatitis-outbreak-in-children-in-us-and-europe-may-be-linked-to-adenovirus>

An outbreak of acute hepatitis is impacting young children in a dozen countries.

Mysterious cases of serious liver damage or hepatitis in kids have been reported in a dozen countries, including the U.S., the U.K., Japan, and Canada.

Health officials say there have been nearly 200 cases, 17 liver transplants, and one death.

Health officials report that the outbreak may be linked to adenovirus, a common cold virus.

Any child showing signs of jaundice, a symptom of hepatitis, should be evaluated by a medical professional as soon as possible.

This is a developing story. We will provide updates as more information becomes available.

Health officials are searching for clues as a puzzling outbreak of serious liver disease impacts young children in Europe, North America, and Asia.

Worldwide, there have been nearly 200 cases, 17 liver transplants, and one death linked to “acute hepatitis of unknown origin,” according to the World Health Organization Trusted Source and the European Centre for Disease Prevention and Control (ECDC). The WHO did not say where the death was reported.

The cases were first recorded in the United Kingdom where a majority of the cases have been identified. The outbreak has since spread to at least 12 countries, including the United States, Canada, and Japan.

In the U.S., cases have been identified in several states, including Alabama, North Carolina, Illinois, and Wisconsin.

The children’s ages range from 1 month to 16 years old.

So far, none tested positive for known hepatitis viruses A, B, C, D, or E, suggesting novel pathogenesis.

Hepatitis is indicated by excessively high liver enzyme levels. Medical experts are scrambling to identify the cause of the outbreak. While not confirmed, there is evidence that a common virus, adenovirus, may be involved, the U.K.’s Health Security Agency (UKHSA) said in a technical briefing Monday.

According to the WHO, a strain of adenovirus known as F type 41 was detected in more than 70 cases.

“While adenovirus is a possible hypothesis, investigations are ongoing for the causative agent,” the agency said in a statement.

As the medical community is on the lookout for new cases, the number of affected children is expected to rise as more cases have been reported in Ireland, Spain, Israel, and other countries.

A growing outbreak

On April 21, the Centers for Disease Control (CDC) issued a Health Alert Network Health Advisory notifying clinicians and public health authorities about a cluster of unexplained child hepatitis cases in Alabama. In November 2021, a large hospital informed the CDC that they had seen five children with significant, unexplained liver injury. Three of them experienced acute liver failure. By February, the hospital had identified another four patients^{Trusted Source}. All had adenovirus type 41 infections.

Health officials in the U.K. had already notified the World Health Organization^{Trusted Source} on April 5, of 10 cases of severe acute hepatitis in central Scotland. One case occurred in January of this year, and the remainder were reported by March. By April 8, the number of cases had risen to 74. Some of these, children, too, had the adenovirus.

There has been no consistent link to SARS-CoV-2, though some children tested positive for it.

Hepatitis symptoms

According to the CDC, standard symptoms of hepatitis include “fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, light-colored stools, joint pain, and jaundice.”

Dr. Anupama Kalaskar, a pediatric infectious diseases specialist at Children’s Minnesota Hospital in Minneapolis, told Medical News Today:

“We are learning more about the cases of acute hepatitis in children and trying to understand any similarities in cases that could help us to identify them sooner. Some common symptoms that have been reported in known cases are the presence of diarrhea and jaundice in the absence of fever. Diarrhea is a quite common symptom in children and can be seen with a number of infectious causes, including many kinds of viruses, as well as non-infectious causes.”

“Jaundice, however, especially in the age group in which the hepatitis cases have been more common, is a more rare symptom,” said Dr. Kalaskar. “Any child with diarrhea and jaundice should be seen for evaluation.”

About adenovirus type 41

With the presence of adenovirus F type 41 reported in many affected children, the virus is currently the medical community's best clue regarding the source of hepatitis. However, Dr. Kalaskar added:

“We are still learning more about what exactly has led to the known cases. It's true that a specific strain of adenovirus (41) has been identified in the majority of cases, but if and how this has possibly triggered the illness is not yet known. More investigation including testing and identification of this virus and other viruses will be needed to help establish a connection, if any.”

More than 100 adenoviruses have been identified to date. They are common pathogens for humans that primarily affect the eyes, airways, and intestine, but they can also cause disease in the liver, urinary tract, and adenoid glands.

Adenovirus type 41 — and adenovirus type 40 — are associated with worldwide diarrhea and diarrhea mortality in children.

Vigilance

Medical puzzles such as this can take time to sort out, according to Dr. Kalaskar:

“Mystery illnesses are generally not common, and it can take some time to notice a pattern in cases if they do not happen within a short timeframe. In the case of these [newly] reported illnesses, cases in Alabama occurred over approximately a five-month period, and it became clearer that this was an unusual illness with numbers in this range not typically seen.”

“Once that new pattern has been established, then more can be done to investigate further to hopefully help determine the potential cause, for earlier recognition and diagnosis,” she added.