



## DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Thursday 20220526

### मंकीपाक्स

कोरोना की दहशत कम नहीं हुई, अब चेचक जैसी बीमारी मंकीपाक्स को लेकर अलर्ट, एडवाइजरी जारी  
(Dainik Jagran: 20220526)

<https://www.jagran.com/uttar-pradesh/aligarh-city-the-panic-of-corona-did-not-subside-now-alert-regarding-monkeypox-like-disease-like-smallpox-advisory-issued-22745039.html>

कोरोना संक्रमण का खतरा अभी टला नहीं है और एक नयी बीमारी सामने आ रही है जिसका नाम मंकीपाक्स। कई देशों में मंकीपाक्स के मरीज सामने आने के बाद अलीगढ़ स्वास्थ्य विभाग भी अलर्ट हो गया है। इसके लिए सरकार ने एडवाइजरी भी जारी कर दी है।

अलीगढ़, जागरण संवाददाता। कोरोना संक्रमण अभी खत्म नहीं हुआ और मंकीपाक्स का खतरा मंडराना शुरू हो गया है। कई देशों में मंकीपाक्स के मरीज सामने आने के बाद स्वास्थ्य विभाग अलर्ट हो गया है। चेचक जैसी इस बीमारी से बचाव के लिए सरकार ने एडवाइजरी जारी कर दी है। इसके अंतर्गत दूसरे देशों से आए यात्रियों पर नजर रखी जाएगी। संदिग्ध रोगियों के सैंपल लेकर नई दिल्ली स्थित नेशनल सेंटर फार डिजीज कंट्रोल में जांच को भेजे जाएंगे।

### मंकीपाक्स की दहशत

अपर निदेशक (चिकित्सा, स्वास्थ्य एवं परिवार कल्याण) डा. वीके सिंह ने बताया कि विगत 21 दिनों में यदि कोई व्यक्ति यूके, यूएसए, यूरोप, आस्ट्रेलिया और कनाडा जैसे ऐसे देशों की यात्रा करके लौटा हो और शरीर पर चकत्ते, दाने, बुखार या फिर सूजन आदि दिखाई दे, वे तुरंत जिला सर्विलेंस

अधिकारी से संपर्क करें। यह मंकीपाक्स हो सकता है। यह जानवरों से मानवों में या एक व्यक्ति से दूसरे व्यक्ति में फैलता है। यह वायरस कटी-फटी त्वचा और बहुत छोटे घाव से सांस नली या म्यूकोसा के माध्यम से शरीर में प्रवेश करता है। खांसने-छींकने पर बड़े आकार के रेस्पिरेट्री ड्रॉपलेट के माध्यम से दूसरे को संक्रमित कर सकता है। अन्य श्रोत में दीर्घ अवधि का निकट संपर्क आवश्यक है। शारीरिक द्रव्यों या घाव के श्राव के साथ सीधे संपर्क से अथवा अप्रत्यक्ष संपर्क जैसे संक्रमित व्यक्ति के कपड़ों तथा बिस्तर के माध्यम से भी संचरित हो सकता है। इनक्यूबेशन पीरियड आम तौर पर सात से 14 दिन का होता है।

### बीमारी के प्रसार की आशंका

मंडलीय सर्विलेंस अधिकारी डा देवेन्द्र वाष्ण्य ने बताया कि भारत में मंकीपाक्स का कोई मरीज सूचित नहीं पाया गया। लेकिन, 20 मई 2022 तक कई देशों से मंकीपाक्स के मामले सूचित हुए हैं। हालांकि, कोई मृत्यु सूचित नहीं हुई है, लेकिन बीमारी के प्रसार की आशंका बनी हुई है। सभी को सावधानी बरतनी चाहिए। विभाग भी ऐसे यात्रियों पर नजर रखेगा। चिकित्सकों की सलाह दी गई है कि वे त्वचा रोगियों के मामले में सावधानी बरतें। संदिग्ध रोगियों की जांच कराने में संकोच न करें। ये सेंपल नेशनल सेंटर फार डिजीज कंट्रोल को भेजे जाएंगे।

### ऐसे होगा बचाव

- मास्क लगाए, दो गज की दूरी बनाएं रखें।
- हाथों को सैनिटाइज करते रहें।
- अपने आसपास घर में सफाई रखें।
- विदेश से आए यात्री कुछ दिन आइसोलेट रहें।
- कोई भी समस्या होने पर डाक्टरी सलाह जरूर लें।

## **The monkeypox virus: origins and outbreaks (The Hindu: 20220526)**

<https://www.thehindu.com/sci-tech/health/the-monkeypox-virus-origins-and-outbreaks/article65459957.ece?homepage=true>

How did monkeypox spread? What are the observations from genome sequencing?

The story so far: With cases being reported from across the world, monkeypox has caught everyone's attention. The present outbreak has a toll of over 220 confirmed cases spread across 19 countries. U.K., Spain and Portugal are leading the pack with the highest number of confirmed cases but no deaths reported till date.

The present outbreak has been interesting in many ways. While sporadic outbreaks have occurred in Africa and a few outside of Africa in regions which

## **Treating monkeypox with antivirals: findings (The Indian Express: 20220526)**

<https://indianexpress.com/article/explained/treating-monkeypox-with-antivirals-findings-7934373/>

The study documents patients' response to two antiviral medications – brincidofovir and tecovirimat. These were developed to treat smallpox, and have previously demonstrated some efficacy against monkeypox in animals.

A new study on monkeypox suggests that some antiviral medications might have the potential to shorten symptoms and reduce the amount of time a patient is contagious. The retrospective study, published in The Lancet Infectious Diseases journal, was conducted on seven patients diagnosed with monkeypox in the United Kingdom between 2018 and 2021.

The medications

The study documents patients' response to two antiviral medications – brincidofovir and tecovirimat. These were developed to treat smallpox, and have previously demonstrated some efficacy against monkeypox in animals.

The study found little evidence that brincidofovir was of clinical benefit, but concluded that further research into the potential of tecovirimat would be warranted.

Between 2018 and 2019, four patients were treated for monkeypox in High Consequence Infectious Disease (HCID) units in England. Three of these cases were imported from West Africa. The fourth occurred in a healthcare worker, the first example of monkeypox transmission in a hospital setting outside of Africa.

Three further cases were reported in the UK in 2021 in a family travelling from Nigeria, with two of these cases being the first examples of household transmission outside of Africa.

#### How they responded

The three patients of 2018-19 whose infections were imported from West Africa were treated with brincidofovir seven days after the onset of the rash. Brincidofovir was not observed to have any convincing benefit. The researchers noted, however, that it is not known whether brincidofovir administration earlier in the course of the disease or at a different dosing schedule would have yielded different outcomes. All four patients fully recovered.

The three patients of 2021 included a child, who experienced mild illness and recovered. One of them was treated with tecovirimat and experienced a shorter duration of symptoms and upper respiratory tract viral shedding than the other cases in this cluster. However, the authors noted that conclusions cannot be drawn on antiviral effectiveness in such a small cohort. They called for further research into antivirals.

None of the patients experienced the common severe complications of monkeypox such as pneumonia or sepsis.

#### Implications

Monkeypox, a rare disease, is caused by a virus that is a close relative of the smallpox virus. There are currently no licensed treatments.

As optimum infection control and treatment strategies for this disease are not yet established, data from the study could help inform global efforts to further understand the clinical features of the disease as well as transmission dynamics, the authors said.

“As public health officials are trying to understand what is causing the May 2022 monkeypox outbreaks in Europe and North America – which have affected several patients who reported neither travel nor an identified link to a previously known case – our study offers some of the first insights into the use of antivirals for the treatment of monkeypox in humans,” said Dr Hugh Adler of the Liverpool University Hospitals NHS Foundation Trust, lead author on the paper.

## डाइट

हर वक्त कमजोरी का होता रहता है एहसास, तो डाइट में शामिल करें ये चीज़ें (Dainik Jagran: 20220526)

<https://www.jagran.com/lifestyle/health-healthy-foods-eat-these-food-items-to-get-rid-of-weakness-22743093.html>

सुबह उठने के बाद या काम करने के दौरान या यों कहें हर वक्त थकान और कमजोरी का एहसास होता रहता है तो इसके लिए आपको डाइट में सुधार करना चाहिए। यहां दिए गए फूड आइटम्स कमजोरी दूर करने में हैं बेहद फायदेमंद।

नई दिल्ली, लाइफस्टाइल डेस्क, Healthy Foods: हर वक्त कमजोरी और थकान का एहसास होता रहता है तो आपको सबसे पहले अपनी डाइट की ओर ध्यान देने की जरूरत है। यहां दी गई चीज़ों को अपने खानपान का हिस्सा बनाकर आप काफी हद तक थकान की समस्या को दूर कर सकते हैं।

### बादाम

बादाम प्रोटीन और फैट का बेहतरीन स्रोत है। 100 ग्राम में लगभग 21 ग्राम प्रोटीन होता है। इसके रोजाना सेवन से कमजोरी दूर होती है। बादाम को पानी में भिगोकर खाना ज्यादा फायदेमंद होता है और दूसरा दूध के साथ खाना। तो रात को बादाम पानी में भिगो दें और सुबह इसका छिलका उतारकर खाएं।

### अंडे

अंडे में भी प्रोटीन की अच्छी-खासी मात्रा मौजूद होती है। रोजाना एक अंडा खाने की सलाह एक्सपर्ट्स भी देते हैं। अंडा न सिर्फ कमजोरी दूर करता है बल्कि हार्ट को भी हेल्दी रखता है। एक अंडे में लगभग 6.5 ग्राम प्रोटीन होता है।

### दूध

दूध पीना बच्चों से लेकर बड़ों तक के लिए फायदेमंद है। इससे शरीर में कैल्शियम की कमी तो पूरी होती ही है साथ ही प्रोटीन की भी। कैल्शियम की भरपूर मात्रा से बढ़ती उम्र में हड्डियों से जुड़ी बीमारियों से दूर रहा जा सकता है। एक लीटर दूध में लगभग 40 ग्राम प्रोटीन मौजूद होता है।

## मूंगफली

मूंगफली में प्रोटीन और फैट दोनों की ही भरपूर मात्रा मौजूद होती है। तो इसे आप जिस तरीके से चाहें खाएं और शरीर की कमजोरी को दूर करें। बटर के रूप में, चिक्की की तरह, चटनी और लड्डू में भी मूंगफली का इस्तेमाल कर उसे स्वास्थ्यवर्धक और टेस्टी बनाया जा सकता है।

## मूंग की दाल

वेजिटेरियन्स के लिए प्रोटीन के स्रोतों की कोई कमी नहीं होती। इतनी तरह की दालें, साबुन अनाज और फल होते हैं कि आप इनसे प्रोटीन की कमी को काफी हद तक पूरा कर सकते हैं। मूंग की दाल को अंकुरित करके खाने से इसमें प्रोटीन की मात्रा कई गुना तक बढ़ जाती है। प्रोटीन के अलावा ये फाइबर का भी बेहतरीन स्रोत होता है। जिससे पाचन तंत्र हेल्दी रहता है और वजन भी काबू में रहता है।

**यूरीन में हो रही जलन से लेकर सिरदर्द तक को दूर करने में फायदेमंद है तरबूज (Dainik Jagran: 20220526)**

<https://www.jagran.com/lifestyle/health-watermelon-benefits-tarbooj-is-very-healthy-in-many-health-and-skin-related-problems-22745130.html>

तरबूज का सेवन गर्मियों में कई तरीकों से लाभकारी है। इसे खाने से बॉडी तो हाइड्रेट रहती ही है साथ ही शरीर को कई जरूरी न्यूट्रिशन भी मिलते हैं। तो आज हम तरबूज के कुछ ऐसे ही फायदों के बारे में जानेंगे।

नई दिल्ली, लाइफस्टाइल डेस्क। Watermelon Benefits: बाजार में इन दिनों तरबूजों के ढेर लगे हुए हैं। ऊपर से सख्त और अंदर से लाल नजर आने वाला ये तरबूज गुणों की खान है। इन्हें खाने से शरीर हाइड्रेट और रिफ्रेश रहता है। तो चलिए आज हम आपको तरबूज के त्वचा और सेहत को मिलने वाले फायदों के बारे में बताते हैं-

1- गर्मी के मौसम में थकी हुई आंखों को ठंडक पहुंचाने के लिए हम जिस प्रकार से खीरे का उपयोग करते हैं उसी तरह से तरबूज भी काम करता है। तरबूज के दो छोटे स्लाइस लें और उन्हें पांच से दस मिनट तक आंखों पर लगा रहने दें। थकी हुई बेजान आंखों में चमक दिखने लगेगी।

2- तरबूज से बना फेसपैक स्किन के लिए काफी लाभदायक रहता है। इसके लिए दो चम्मच तरबूज के गूदे में एक चम्मच दही मिलाकर चेहरे पर लगाएं। 15 मिनट बाद सादे पानी से धो दें। तरबूज आपकी त्वचा को हाइड्रेट करेगा, वहीं दही में मौजूद लेक्टिक एसिड और एंजाइम्स त्वचा के डेड सेल्स हटाने के साथ- साथ स्किन को मॉइश्चराइज भी करेंगे।

3- आयुर्वेद में मूत्रदाह बीमारी में तरबूज के सेवन करने की सलाह दी जाती है। यानी जिन महिलाओं या पुरुषों को पेशाब करने में जलन या रुकावट की समस्या है उनके लिए तरबूज किसी रामबाण से कम नहीं है। एक पूरे तरबूज से एक छोटा टुकड़ा काट लें। कटे हुए हिस्से में 30 से 100 ग्राम मिश्री या खांड भर दें और कटे हुए टुकड़े को वापस वहीं जोड़ दें। अब इस तरबूज को सामान्य तापमान पर रात भर रखा रहने दें। सुबह उठकर खाली पेट कुछ दिनों तक इसका सेवन करें। मूत्रदाह समस्या में कुछ ही दिनों में आराम मिलने लगेगा।

4- सिर दर्द में भी तरबूज का सेवन करने से आराम मिलता है। इसके लिए ज्यादा कुछ करने की जरूरत नहीं है। बस तरबूज का एक गिलास जूस लें और उसमें मिश्री मिला दें। कुछ दिनों तक रोजाना इसका सेवन करें। इससे पुराने से पुराने सिरदर्द की समस्या को ठीक करने में मदद मिलेगी।

5- बुखार में हमेशा हल्के खाने की सलाह दी जाती है। यही वजह है कि उस दौरान मरीज को तरबूज खाने के लिए भी कहा जाता है। आयुर्वेद के अनुसार, बुखार के समय में तरबूज खाना आपके पाचन तंत्र को ठीक रखता है। यह न केवल गर्मी को शांत करता है बल्कि शरीर के तापमान को नियंत्रित करने में भी मदद करता है और साथ ही डाइजेशन सिस्टम को भी दुरुस्त बनाए रखता है।

ध्यान रहे- तरबूज को कभी भी खाली पेट न खाएं। हालांकि हमने मूत्रदाह की समस्या में खाली पेट तरबूज के सेवन करने के लिए कहा है लेकिन उसमें मिश्री मिली हुई है। ऐसे में तरबूज शरीर को नुकसान नहीं करता है।

## थायराइड

थायराइड विकारों से बचाव के लिए इन चार चीजों का सेवन कर दें कम, संपूर्ण स्वास्थ्य को भी मिलेगा लाभ (Amar Ujala: 20220526)

<https://www.amarujala.com/photo-gallery/lifestyle/fitness/what-to-avoid-in-thyroid-problem-thyroid-disorders-prevention-and-control>

### थायराइड की समस्या

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भारतीय महिलाओं में जिन स्वास्थ्य समस्याओं के मामले सबसे अधिक देखे जाते रहे हैं, थायराइड भी उनमें से एक है। आंकड़े बताते हैं कि वैश्विक स्तर पर 2-3 फीसदी लोगों में थायराइड की समस्या हो सकती है, वहीं पुरुषों की तुलना में महिलाओं में इसका खतरा 10 गुना तक अधिक होता है। थायराइड मुख्यरूप से दो प्रकार का होता है- पहली स्थिति जिसमें शरीर में थायराइड हार्मोन्स का उत्पादन काफी कम हो जाता है (हाइपोथायराइडिज्म) और दूसरी जिसमें उत्पादन सामान्य से अधिक होने लगता है (हाइपरथायराइडिज्म)। यह दोनों ही स्थितियां गंभीर स्वास्थ्य समस्याओं का कारण बन सकती है।

स्वास्थ्य विशेषज्ञों के मुताबिक जीवनशैली और आहार में गड़बड़ी के कारण थायराइड विकारों का खतरा बढ़ जाता है, यही कारण है कि सभी लोगों को लगातार इन समस्याओं से बचाव करते रहने की सलाह दी जाती है। जिन लोगों में थायराइड विकारों की समस्या का निदान किया जाता है उन्हें अपने खान-पान को लेकर विशेष सावधानी बरतनी चाहिए।

अकेले खान-पान से ही इन समस्याओं को ठीक नहीं किया जा सकता है, पर लक्षणों को बढ़ने से रोकने में इससे जरूर मदद मिल सकती है। आइए जानते हैं कि जिन लोगों को थायराइड की समस्या हो उन्हें किन चीजों से बचाव करना चाहिए?

थायराइड विकारों के बारे में जानिए

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गोइट्रोजन वाली चीजें

शोध बताते हैं कि जिन लोगों को थाइराइड विकारों की समस्या होती है उन्हें गोइट्रोजन वाली चीजों का सेवन कम से कम करना चाहिए। गोइट्रोजन एक प्रकार के यौगिक हैं जो थायरॉयड ग्रंथि के सामान्य कामकाज में हस्तक्षेप कर सकते हैं। कई खाद्य पदार्थों जैसे सोया उत्पाद, ब्रोकली और फूलगोभी जैसी सब्जियों में गोइट्रोजन पाया जाता है। इनका सेवन कम से करने का प्रयास करें।

ऐडेड शुगर वाली चीजें

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मीठी चीजों के ज्यादा सेवन से बचें

मीठी चीजों या ऐसे खाद्य पदार्थ जिनमें ऐडेड शुगर की मात्रा अधिक होती है, वे न सिर्फ डायबिटीज के जोखिम को बढ़ा देते हैं, साथ ही इनसे थायरॉयड विकारों की भी समस्या का जोखिम होता है। विशेषकर ऐडेड शुगर वाली चीजों में एस्पार्टेम (न्यूट्रास्वीट) और सुक्रालोज़ (स्प्लेंडा) की मात्रा होती है जो थायरॉयड उत्तेजक हार्मोन (टीएसएच) के हाई लेवल से संबंधित माने जाते हैं। टीएसएच का बढ़ा हुआ स्तर हाइपोथायरायडिज्म का संकेत माना जाता है।

ज्यादा कैफीन के सेवन के नुकसान

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कैफीन का भी अधिक सेवन नुकसानदायक

कई अध्ययनों में विशेषज्ञ सभी लोगों को कैफीन युक्त चीजों के कम सेवन की सलाह देते हैं, थायरॉयड विकारों के शिकार लोगों को भी इसपर ध्यान देने की आवश्यकता होती है। जिन लोगों की थायरॉयड विकारों की दवा चलती है उनके लिए इनका सेवन और भी नुकसानदायक हो सकता है, ये थायरॉयड की दवा के अवशोषण को प्रभावित कर सकती है। इन चीजों के सेवन से विकार की जटिलताओं के बढ़ने का खतरा हो सकता है।

शराब के सेवन के नुकसान

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शराब के नुकसान

अल्कोहल का सेवन शरीर के लिए कई प्रकार से हानिकारक हो सकता है, यह थायरॉयड ग्रंथि के कार्यों को प्रभावित करने के साथ हार्मोन उत्पादन की क्षमता पर भी असर डाल सकता है। शोध बताते हैं कि

थायराइड की समस्याओं के शिकार लोगों को शराब के सेवन से बचाव करना चाहिए। यह आपकी जटिलताओं को बढ़ाने वाला कारक हो सकता है।

## **Reproductive rights issue**

### **India must shift the discourse on abortion rights (The Hindu: 20220526)**

<https://www.thehindu.com/opinion/op-ed/india-must-shift-the-discourse-on-abortion-rights/article65461014.ece?homepage=true>

It is not just a family planning and maternal health issue, but also a sexual health and reproductive rights issue

As two women public health practitioners who have studied and worked in India and the United States, we voice our solidarity with women in both countries at this precarious moment for abortion rights.

Our public health journeys started with witnessing maternal deaths in India. One of us, on her first clinical rotation, saw a woman die of sepsis, infection in

## **Adolescent Health**

### **Diversifying plates for girls (The Hindu: 20220526)**

<https://www.thehindu.com/opinion/op-ed/diversifying-plates-for-girls/article65460372.ece?homepage=true>

Promoting dietary diversity is crucial during adolescence, especially among girls, who face more physiological demands

Multiple studies show that adolescence is a nutritionally demanding phase of life. Even though both adolescent boys and girls face emotional changes during puberty, girls face more

physiological demands and thus require a higher intake of macro and micro nutrients. Susceptibility of adolescent girls to anaemia is

## **BP treatment**

**India registers success with BP treatment, control (The Hindu: 20220526)**

<https://www.thehindu.com/sci-tech/india-registers-success-with-bp-treatment-control/article65439102.ece?homepage=true>

The India Hypertension Control Initiative, started in 2018, has been expanded to more than 100 districts

Cardiovascular diseases (CVD) are the leading cause of death among adults in India. One of the major drivers of heart attack and stroke is untreated high blood pressure or hypertension. Hypertension is a silent killer as most patients do not have any symptoms.

India has more than 200 million people with hypertension, and only 14.5% of individuals with hypertension are on treatment. Unlike many other diseases,

## **Covid**

**After two days, Delhi's Covid positivity rate dips below 2% again (The Indian Express: 20220526)**

<https://indianexpress.com/article/cities/delhi/after-two-days-delhis-covid-positivity-rate-dips-below-2-again-7936915/>

With the positivity rate (proportion of samples tested that return positive) reflecting the spread of the infection in an area, WHO initially said that a positivity rate of 5% or less for a period of two weeks meant Covid-19-related restrictions could be lifted in an area.

After two days, Delhi's Covid-19 positivity rate has dropped below the 2% mark again with more tests conducted. The capital reported 424 fresh cases of the infection, with a positivity rate of 1.89% on Wednesday, as per the government's health bulletin. The positivity rate had dipped below the 2% mark for the first time in 40 days on Sunday.

With the positivity rate (proportion of samples tested that return positive) reflecting the spread of the infection in an area, WHO initially said that a positivity rate of 5% or less for a period of two weeks meant Covid-19-related restrictions could be lifted in an area.

Although the number of fresh cases has gone down, Delhi on Wednesday reported four deaths due to the infection, the third instance this has happened during the current surge. Four is also the highest single day toll recorded during the current surge in infections. The number of infections, as well as hospitalisations and deaths, remained low during the current surge.

The number of cases in Delhi peaked at 1,656, as per the health bulletin.

The surge seen in April and May in Delhi and the neighbouring states came after all Covid-19 restrictions, including mask mandates, were done away with. Fines for not masking in public were brought back in Delhi and some districts of Uttar Pradesh and Haryana close to the capital in order to contain the numbers.

Although BA.2.12.1, a more infectious variant that is currently the dominant one in the United States, has been detected by Delhi labs, BA.2 sub-variant of Omicron that drove the country's third wave continues to be the dominant one in Delhi. Meaning, the slight surge witnessed currently was in the absence of a new variant circulating.

**Long covid affects more older adults; shots don't prevent it (Hindustan Times: 20220526)**

<https://www.hindustantimes.com/lifestyle/health/long-covid-affects-more-older-adults-shots-don-t-prevent-it-101653540056217.html>

A separate report from the Centers for Disease Control and Prevention found that up to a year after an initial coronavirus infection, 1 in 4 adults aged 65 and older had at least one potential long covid health problem, compared with 1 in 5 younger adults.

New U.S. research on long covid-19 provides fresh evidence that it can happen even after breakthrough infections in vaccinated people, and that older adults face higher risks for the long-term effects.

In a study of veterans published Wednesday, about one-third who had breakthrough infections showed signs of long covid.

A separate report from the Centers for Disease Control and Prevention found that up to a year after an initial coronavirus infection, 1 in 4 adults aged 65 and older had at least one potential long covid health problem, compared with 1 in 5 younger adults.

Long covid refers to any of more than two dozens symptoms that linger, recur or first appear at least one month after a coronavirus infection. These can affect all parts of the body and may include fatigue, shortness of breath, brain fog and blood clots.

Coronavirus vaccines that help prevent initial infections and serious illnesses provide some protection against long covid but mounting research shows not as much as scientists had first hoped.

The veterans study published in Nature Medicine reviewed medical records of mostly white male veterans, aged 60, on average. Of the 13 million veterans, almost 3 million had been vaccinated last year, through October.

About 1%, or nearly 34,000, developed breakthrough infections. Lead author Dr. Ziyad Al-Aly noted that the study was done before the highly contagious omicron variant appeared at the end of the year and said the rate of breakthrough infections has likely increased.

Breakthrough infections and long covid symptoms were more common among those who had received Johnson & Johnson's single-dose shot compared with two doses of either Moderna or Pfizer vaccines. Whether any had received booster shots is not known; the first booster wasn't OK'd in the U.S. until late September.

Overall, 32% had long covid symptoms up to six months after breakthrough infections. That's compared with 36% of unvaccinated veterans who had been infected and developed long COVID.

Vaccination reduced the chances for any long covid symptoms by a "modest" 15%," although it cut the risk in half for lingering respiratory or clotting problems, said Al-Aly, a researcher with Washington University and the Veterans Affairs health system in St. Louis. These symptoms included persistent shortness of breath or cough and blood clots in lungs or veins in the legs.

Infectious disease expert Dr. Kristin Englund, who runs a center for long covid patients at the Cleveland Clinic, said the Nature Medicine study mirrors what she sees at her clinic. Long covid patients there include people who were vaccinated and received boosters.

"As we have no clear treatments for long covid, it is important for everyone to get vaccinated and use other proven methods of prevention such as masking and social distancing in order to prevent infections with covid and thus long covid," Englund said.

The CDC report, released Tuesday, used medical records for almost 2 million U.S. adults from the start of the pandemic in March 2020 to last November. They included 353,000 who

had covid-19. Patients were tracked for up to a year to determine if they developed any of 26 health conditions that have been attributed to long covid.

Those who had covid were much more likely than other adults without covid to develop at least one of these conditions, and risks were greatest for those aged 65 and older. Information on vaccination, sex and race was not included.

Breathing problems and muscle aches were among the most common conditions.

Older adults' risks were higher for certain conditions, including strokes, brain fog, kidney failure and mental health problems. The findings are worrisome because those conditions can hasten older adults' needs for long-term care, the report authors said.

They stressed that routine assessment of all covid patients "is critical to reduce the incidence" of long covid.

## **Reproductive hormones**

**Research: Correcting blood sugar levels can improve obesity-related fertility issues (Hindustan Times: 20220526)**

<https://www.hindustantimes.com/lifestyle/health/research-correcting-blood-sugar-levels-can-improve-obesity-related-fertility-issues-101653539743483.html>

The study indicates that altered levels of reproductive hormones in a well-established mouse model of obesity may be partially restored by a common type 2 diabetes medication that reduces blood glucose levels.

According to a new study reproductive hormone levels in obese females may be partially restored by lowering blood glucose levels, leading to improved fertility.

The findings of the study were published in the Journal of Endocrinology.

The study indicates that altered levels of reproductive hormones in a well-established mouse model of obesity may be partially restored by a common type 2 diabetes medication that reduces blood glucose levels. Many women with obesity that experience fertility issues also have altered levels of reproductive hormones. Currently, there is no effective therapy to address this.

The development of a therapy that not only improves women's metabolic health but also treats obesity-related infertility would be a significant advancement, with the potential to improve many people's quality of life.

Although fertility problems are well established in women with obesity, there remains a lack of effective and targeted treatments to address them. Obesity is a growing health epidemic, which means more women are being affected by reproductive difficulties.

Obesity-related fertility issues are complex but evidence suggests that, in part, they may be linked to changes in energy metabolism, which lead to altered levels of reproductive hormones that can then disrupt the menstrual cycle and ovulation. People with obesity are at a greater risk of developing type 2 diabetes and often have high blood glucose levels, as well as other metabolic changes.

The MC4R gene knock-out (KO) mouse is a well-characterised model of obesity, which also exhibits irregular reproductive cycles with altered hormone levels that lead to declining fertility. The mouse reproductive cycle is similar to that of humans, in that the profile of hormone level changes is analogous, although it is much shorter in duration, so the MC4R KO mouse is a good, representative model for initial investigations of metabolic and reproductive function in obesity.

Dapagliflozin is a drug commonly used to treat type 2 diabetes, where it reduces blood glucose levels and improves other markers of metabolic health but its effects on reproductive health and fertility have yet to be investigated.

In this study, Professor Chen and colleagues at the University of Queensland in Australia investigated the effects of dapagliflozin treatment on metabolic health and reproductive hormone levels in the MC4R mouse model of obesity. After just 8 weeks of treatment blood glucose levels were normal, body weight was reduced, the reproductive cycle was normalised and levels of reproductive hormones and ovulation were partially restored, compared with non-treated mice.

"We often see low fertility in women with obesity in clinical practice", comments primary author, Dr Cui, a visiting fellow from Chengdu Women and Children Hospital in China, "so this research provides hope for a future, effective treatment."

Professor Chen comments, "These data suggest that normalising blood glucose metabolism with dapagliflozin in obesity may be a promising route for at least partially restoring reproductive function. This could improve fertility in women where no other successful therapy is currently available."

However, Professor Chen cautions, "Although encouraging, these studies were conducted in mice and much more work needs to be done to confirm that these findings could be replicated effectively in women. However, people with obesity are at much greater risk of developing type 2 diabetes, so the known health benefits of correcting blood glucose levels may be extended to also improving fertility in those affected."

The team now intend to further investigate the therapeutic benefits of using dapagliflozin to improve reproductive function by examining the molecular pathways involved, which could identify better targets for future fertility treatment in women.

## **Post covid behavior**

### **How has the pandemic changed our behavior? (Medical News Today: 20220526)**

<https://www.medicalnewstoday.com/articles/how-has-the-pandemic-changed-our-behavior>

Throughout the COVID-19 pandemic, social restrictions and health fears generated changes in behavior and communication. But have these changes become permanent? In this Special Feature, we examine how and why the pandemic may have changed the way we behave and interact. We also spoke with three experts for insight into this emerging societal phenomenon.

The COVID-19 pandemic has set the tone for a "new normal" of health and well-being. This feature series aims to empower readers to take control of their mental and emotional health.

What do we know about the ways in which the COVID-19 pandemic has changed our behaviors? Image credit: Nicola Harger/Stocksy.

COVID-19, with all the variants of the virus that causes it, has unquestionably affected people across the globe. The disease itself or the stress, uncertainty, and fear it has created touched most people in one way or another.

Yet, despite its known immediate effects, the pandemic's lasting impact on society is not fully understood. Dr. Mirela Loftus, medical director at Newport Healthcare, told Medical News Today:

“The pandemic has had a very real, very personal impact on people’s lives. Whether an individual was personally sick, lost someone they loved to COVID-19, lost their job, or ‘just’ struggled with isolating stay-home orders and global panic, each of us was affected differently, and many profoundly.”

According to research, from shopping, working, and school to traveling and entertainment — the pandemic has changed how people navigate daily life. In addition, it has produced a state of uncertainty multiplied by economic and cultural fears.

But has this changed overall human behavior and communication long-term? And if so, how does society begin to recover from these changes?

Meet Bezzy for Depression, a community that cares

Find encouragement and support through 1-1 messaging and advice from others dealing with major depressive disorder.

How and why the pandemic impacted behavior

Research suggests that public responses to widespread disease have remained mostly unchanged since the Black Death, in the 14th century. Moreover, previous pandemics have also caused significant upheaval and widespread changes in social and socio-economic structures.

Prof. Marina Bluvshstein, professor and president of the International Association of Individual Psychology at Adler University, told MNT:

“There is no such thing as a one-size-fits-all in understanding how people respond to a stressful situation, whether the situation is unique for one person, one group, or it leads to a mass stress-fueled response. We’ve ridden waves of the pandemic — entering it in 2020, throughout its ongoing effects over the course of 2 years, and now [...] we are hopefully coming out of it. The waves are epidemiological, social, economic, and political – really a big storm.”

As the “storm” continues, people naturally engage in adaptive behavior to meet the demands of their situation or environment. This can create lasting changes in how people communicate and behave.

Types of behavior affected

Behavior is individualized and multifaceted. Just like responses to the pandemic are not one-size-fits-all, behavior can differ depending on many factors.

Prof. Bluvshstein explained that “there are different aspects of behavior: the motivational, behavioral, and emotional components.”

According to Dr. Loftus, several key behaviors emerged due to the pandemic. “Some prioritized their health and fitness while others didn’t fret [about] eating more and working out less given the seriousness of the world around us,” she noted.

In terms of communication, “[s]ome people adapted by turning to video calls with loved ones and Zoom meetings for work, while others retreated into isolation.”

There was also the official versus the individual aspect of the matter, said Dr. Loftus: “Officials were telling us to modify our behaviors for our safety, while some people questioned the suggestions/ orders, and people were divided.”

At the end of the day, she added, “the experience was truly different for us all but similar at its core. Most of us longed for connection and a return to ‘normal.’”

As time has passed, these behaviors may have led to various changes in how we relate to work, other people, and our own lives.

#### A shift to remote work

Behavior in the workplace may have experienced significant changes due to pandemic-related social restrictions. A study<sup>Trusted Source</sup> focusing on employees from Germany and Switzerland indicates that working from home — particularly if experienced for the first time — during the pandemic was strongly associated with a positive effect on work life.

Furthermore, 60% of people currently working from home due to the pandemic report they would like to continue doing so after the pandemic is over.

Still, the shift to remote work may have a downside.

Prof. Bluvshstein explained further:

“People throughout the pandemic — and to this day — conduct business through virtual meetings. While something is being checked off the list as completed and in technical terms, [...] people may still feel like something doesn’t feel quite right. The missing part is often that sense of wholeness — through all the senses humans have. These elements may be lost, or significantly changed, for most of those working at home.”

#### Altered spending habits

Social restrictions and lockdowns may have also led to changes in spending behavior. For example, scientists surveyed 3,833<sup>Trusted Source</sup> people aged 18–64 in Italy during the first wave of COVID-19.

They found an increase in spending and the psychological need to buy essential and non-essential products. Moreover, anxiety and COVID-19-related fear may have motivated people to purchase necessary items, whereas depression predicted spending on non-necessary products.

Moving forward, these and other pandemic-fueled spending habits may have changed consumer behavior long-term.

For instance, according to Prof. Jie Zhang, professor of marketing, and Harvey Sanders Fellow of Retail Management at the Robert H. Smith School of Business at the University of Maryland, people are now shopping online more.

They are also buying more staple items in bulk, and investing in at-home entertainment options, she notes in an interview.

#### Communication changes

The COVID-19 pandemic-related social restrictions forced many people to change how they communicate. Instead of face-to-face interaction, people used social media and text-based communication to connect through the various lockdowns or stay-at-home orders.

This may have resulted in social displacement or replacing face-to-face contact with virtual interaction.

JoLeann Trine, LCPC, a licensed clinical professional counselor with Thriveworks in Aurora, IL, told MNT:

“Arguably one of the largest changes involved social interactions. Suddenly droves of people were working from home, attending class online, and avoiding socializing with anyone outside the household or approved bubble. As people adapted to their new life format, their way of communicating and behaving changed.”

However, research looking into the impact of social media and well-being found that the downward trend in face-to-face interactions has been developing for years.

The scientists suggest that although cell phone and social media use is rising, existing evidence does not support that it is replacing face-to-face interaction.

Instead, social media may fill the gap when face-to-face interactions are lost — which was the case during the pandemic.

Still, they hypothesize that social media may be replacing other media and time spent on household and work tasks.

#### Improved attitudes towards mental health

Because the COVID-19 pandemic has created a perfect storm of anxiety, and uncertainty, it has had a significant impact on global mental health. It has also given rise to new mental health concerns, including COVID-19 anxiety syndrome and pandemic-related disordered eating.

Dr. Loftus explained that “[u]ltimately, mental health was severely impacted, as proven by the 25% increase in [the] prevalence of anxiety and depression worldwide, according to WHO Trusted Source [World Health Organization].”

“Eating disorders in adolescents have also increased by 25% according to several studies, as did substance use,” she added.

However, some positive changes may have occurred. According to a UN Chronicle article, the negative psychological effects of the pandemic may have created more mental health awareness, destigmatized mental health conditions, and increased treatment options — including telehealth.

#### Speech and language changes

According to Michigan State University researchers, historically, significant events and disasters have demonstrably impacted language and speech.

During the COVID-19 pandemic, language changes may have included the addition of new pandemic-related words.

For example, slang words and phrases, including “Rona,” which is short for “coronavirus,” “doomscrolling,” which refers to compulsive scrolling through social media threads infused with negative news, and “Zoom fatigue” became commonly used in casual conversation.

To investigate the possible impacts of COVID-19 on language, Michigan State University Sociolinguistics Lab researchers are currently collecting recorded speech from Michigan residents through their MI Diaries project. They hope to track and document pandemic-related speech changes.

### Incivility

According to anecdotal reports, the pandemic may have negatively impacted behavior by contributing to a rise in incivility and rudeness, which may well have occurred due to chronic exposure to stress and an anxiety-inducing news cycle.

Healthcare professionals have also reported experiencing incivility. According to one analysis using data retrieved from an online survey, 45.7% of nurses polled reported witnessing more rudeness than before the pandemic.

Reduced time spent around others may have also contributed to this state of affairs. Trine suggested that “though small-talk opportunities decreased due to COVID-19, the need for concise and clear communication increased.”

She further explained that “casual social skill practice was drastically reduced, made obvious by the many circulating posts that poked fun at forgetting how to socialize that appeared once restrictions were lifted.”

Whether pandemic-related shifts in behavior and communication remain in place is yet to be determined. Moreover, as society heals and adjusts, some changes may evolve to become new societal norms while others may fade. Still, not all changes could be considered negative.

Moving forward, Dr. Loftus suggested the following:

“Perhaps we will now place higher priority on in-person interactions and our relationships with others, being outdoors for sports and activities, and feeling relieved of constant worry. Acknowledging what we went through and growing and learning from that experience would be the best outcome.”

Prof. Bluvshstein emphasized that even though the pandemic clearly took a heavy toll on most of us:

“Nothing is completely irreversible. We’re going to be okay — everyone is able to be well and to do well — but we need to give ourselves space and time to get there. [...] It will take time to reacquaint [with] a new reality. What we saw during the pandemic was a need to return to the way things were, ‘back to normal,’ but in reality, we don’t need to go back. Human evolution prompts us to move forward, not backward.”

She suggested that people have a unique chance to come through this experience “wiser, kinder, and feeling that life is precious, and it is to be protected, cherished, and enjoyed with others.”

“This isn’t just a silver lining — it’s a golden lining,” said Prof. Bluvshstein.