



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20220603

Covid cases rising again (Hindustan Times: 20220603)

<https://www.hindustantimes.com/india-news/covid-cases-rising-again-is-it-a-cause-for-concern-101654194501362.html>

Covid cases rising again: Is it a cause for concern?

With 4,283 new cases of Covid-19 reported across India on Wednesday, according to HT's dashboard, the country saw the biggest single-day spike in infections in at least 80 days even as fears emerged that the outbreak is again starting to rise in a handful of urban centres across the country.



With 4,283 new cases of Covid-19 reported across India on Wednesday, according to HT's dashboard, the country saw the biggest single-day spike in infections in at least 80 days even as fears emerged that the outbreak is again starting to rise in a handful of urban centres across the country.

But an analysis by HT shows that while case numbers may be rising in some urban centres, prompting a need for caution in metros, other on-the-ground statistics such as hospitalisations indicate that there is no need for panic. Here are some charts that explain this.

The bad and the good: Cases inching up in most urban centres, but will such trends continue?

A rapid rise in cases in Mumbai

The seven-day average of daily infections in Mumbai — a statistic that represents a “case curve” of a region — has now climbed to 424 cases a day for the past week. Just two weeks ago, this number was 143 . This means that the case curve has grown 196% in just two weeks in the country's financial capital. This is the fastest surge among the major cities in the country, according to data compiled by How India Lives (HIL).

But is this spike simply a result of a higher rate of testing? It does not appear to be so. The daily test positivity rate in the city has jumped from sub-2% to nearly 9% in the past few weeks, according to data furnished by the Brihanmumbai Municipal Corporation (BMC). In the past week, an average of 5.3% of all samples tested in the city have returned positive, while two weeks ago (for the week ended May 18), this metric was merely 1.8%. This means that the average positivity rate has jumped 3.5 percentage points in the city in the past two weeks – showing clearly that merely heightened testing cannot be behind the surge.

New infections and positivity rate in Mumbai

Chennai: Cases have nearly doubled in two weeks

Among India's major metropolitan cities, Chennai has second largest spike in infections. The seven-day average of daily cases in the city has jumped from 21 average infections a day to 39 average infections a day in the past two weeks – an increase in case curve of 89% in the time period (although the absolute number is still small). While the positivity rate in Chennai hasn't seen the rather extreme spike witnessed in Mumbai, it is still rising, data furnished by the state government shows. While around 1% of Covid tests were returning positive in the city in mid-May, this number was 2.7% on June 1. On average, 1.7% of all samples tested in the past week have returned positive, against 1% for the week ended May 18 (two weeks ago).

New infections and positivity rate in Chennai

Is Pune following in Mumbai's footsteps?

Another city from Maharashtra finds itself on the third spot in terms of the case curve (seven-day average of daily Covid cases) among India's major urban centres. In the past two weeks, the seven-day average of daily infections in the city has jumped 60% -- from 47 average daily cases for the week ended May 18 to 75 cases a day in the past week. Test positivity data from the city, however, was not made available by the city administration.

Early signs of rise already visible in Bengaluru

The seven-day average of daily cases in Bengaluru has jumped from 114 average cases a day to 172 average daily infections in the past two weeks – a 51% increase in case rate. The positivity rate in the city, however, has only seen a miniscule rise – the seven-day average test positivity rate has increased 0.2 percentage points in the city in the past two weeks, according to data published by Bruhat Bengaluru Mahanagara Palike (BBPM).

New infections and positivity rate in Bengaluru

Delhi shows that small outbreaks can be contained

While other major metros in the country are seeing a rising spike, Delhi which has put its spike behind it, is currently in the middle of what appears to be a gradual decline in infections. In early May, the national capital saw a spike in infections when the case curve touched a small peak of 1,423 for the week ended May 3. Since then, this number has been steadily going down – it has contracted 42% in the past two weeks, data shows. A similar trend is reflected in the city's average positivity rate, which has dropped 1.1 percentage points in the same time period.

The key takeaway from the number for Delhi is that with widespread vaccination in the country, outbreaks can be easily contained by the government without spikes getting out of

hand – an outcome that may become the new normal as the world begins to learn to live with the virus.

New infections and positivity rate in Delhi

Hospitalisation and death levels remain a minuscule proportion across all cities

Another good sign is that the number of hospitalisations remain a minuscule proportion of the total available hospital beds earmarked for Covid-19 patients in nearly every city mentioned above.

As things stand on Wednesday, only 0.42% of Mumbai's 24,473 hospital beds earmarked for Covid patients are occupied. Not a single Covid patient is currently hospitalised in Chennai and Bengaluru, according to data from their respective administrations.

And while this number may rise with the growing trajectory in these cities, the numbers from Delhi are even more encouraging — the Capital, which has already seen the peak of its minor bump in infections currently has only 0.82% of 9,595 Covid-designated hospital beds occupied.

By extension, daily Covid deaths have also remained low (in the case of Delhi), or next to nil in the other major cities analysed here, data shows.

Hospitalisations, seven-day average of daily deaths

Why tracking the outbreak in these cities is crucial

One of the reasons why these cities have been exclusively shortlisted for such an analysis is because of a trend that has become evident in the two years of the pandemic in India and abroad – cases first start rising in major urban centres, before they spill over to the smaller cities and rural centres.

This is why numbers from two cities in particular – Delhi and Mumbai – have foreshadowed each of the country's three distinct Covid-19 waves.

This means that by closely tracking the outbreak in India's large urban centres, the larger trend in the country can be predicted – and as such can serve as a warning for state governments to prepare in advance for any upcoming surge in infections across the state.

Covid infections spike again: (Hindustan Times: 20220603)

<https://www.hindustantimes.com/india-news/covid-infections-spike-again-hospitalisation-rate-still-low-101654196959624.html>

Covid infections spike again, hospitalisation rate still low

With 3,718 new cases of Covid-19 reported across India on Thursday, according to HT's dashboard, a brief uptick fuelled by pockets of outbreak in the country's large urban centres continued to expand slowly.

Two states – Kerala and Maharashtra – were the largest contributors to the national tally, together accounting for more than 62% of all new cases in the day.

With 1,278 new infections on Thursday, Kerala contributed the most cases to the national tally in the day. Maharashtra, India's worst-hit state, saw 1,045 new infections with Mumbai alone accounting for 704 of the cases, data furnished by the states showed.

Experts have repeatedly stressed said that with the advent of widespread vaccination in the country, while new surges may crop up in some pockets from time-to-time, as long as

hospitalisations and fatalities from the disease remain low, there is no immediate cause for concern as the new variants of the virus are largely asymptomatic or mild, with only small fraction resulting in deaths across the world.

The biggest contributor to the national tally, appears to be a handful of large metropolitan cities such as Mumbai, Chennai and Delhi.

The seven-day average of daily infections in Mumbai has now climbed to more than 400 cases a day for the past week. Just two weeks ago, this number was 143 -- marking an increase of nearly 200%. The seven-day average of daily cases in the city has jumped from 21 average infections a day to 39 average infections a day in the past two weeks – an increase in case curve of 89% in the time period (although the absolute number is still small).

Delhi, meanwhile, saw a brief uptick in cases through May, but is currently seeing infections statistics decline in recent weeks.

Meanwhile, with the administration of more than a million (1,022,786) shots of the Covid-19 vaccine through Thursday, the total number of doses administered across the country is inching close to 1.94 billion (1,938,188,024 shots have been administered till date).

A recent analysis by HT had shown that it has been nearly two months since the government allowed all adults to take a booster jab of a Covid-19 vaccine, but the challenge of shortfall in booster turnout is only getting worse by the day. The third dose is important because immunity from the two doses wanes after a while.

According to data furnished by the Union health ministry, till Thursday evening, of the 155 million adults eligible for the third shot of the vaccine (this cohort of people had received their second shots 39 weeks prior), only 36 million had been boosted. As things stand, a whopping 119 million people (or nearly 77% of those eligible for their third vaccine dose) have stayed away from vaccination centres.

As things stand on Wednesday, only 0.42% of Mumbai's 24,473 hospital beds earmarked for Covid patients are occupied. Not a single Covid patient is currently hospitalised in Chennai and Bengaluru, according to data from their respective administrations.

Covid new cases (Hindustan Times: 20220603)

<https://www.hindustantimes.com/india-news/india-covid-daily-tally-passes-4k-mark-after-nearly-3-months-101654227002190.html>

India Covid daily tally passes 4K-mark after nearly 3 months

In the last 24 hours, 10 deaths were recorded, and the overall figure now stands at 524,651.



A person takes an RT-PCR test before receiving a dose of the Covid-19 vaccine at a vaccination center.(Bloomberg)

India's Covid daily tally passed the 4,000-mark after nearly three months as the country logged 4,041 new cases on Friday. The latest surge brings the overall tally to 43,168,585, according to the data by the union health ministry. In the last 24 hours, 10 deaths were recorded, and the overall figure now stands at 524,651.

An increase of 1,668 active cases, took the active caseload to 21,177 - this is 0.05 per cent of the total infections, according to the government data.

After over two months of respite, the national coronavirus tally is seeing a fresh surge, mostly fuelled by pockets of outbreak in the country's large urban centres. On Thursday, 3,712 cases and five fatalities were recorded in the 24-hour period. According to the data, the biggest contributor to the national tally appears to be a handful of large metropolitan cities such as Mumbai, Chennai and Delhi.

In Mumbai, the seven-day average of daily infections climbed to more than 400 cases a day for the past week. Just two weeks ago, this number was 143 -- marking an increase of nearly 200%.

Chandigarh tricity area reports over 30 Covid cases for second day in a row

In the wake of the latest surge, Maharashtra chief minister Uddhav Thackeray convened a meeting of the Covid-19 task force on Thursday, according to a report by news agency ANI. Meanwhile, civic body officials in Mumbai said they are expecting a further increase in daily infection rates as well as in the number of symptomatic patients.

In Chandigarh Tricity, the daily Covid-19 cases remained over the 30-mark for the second consecutive day on Thursday. At 20, most of the fresh infections were reported from Chandigarh, followed by seven from Panchkula and five from Mohali. The national capital, meanwhile, is currently seeing a decline in infection statistics in recent weeks. However, there was a brief uptick in cases in May.

New highs are expected to crop up in some pockets from time-to-time, according to experts. But as long hospitalisations and fatalities from the disease are low, there is no immediate cause for concern.

Smoking affect hair transplant (Hindustan Times: 20220603)

<https://www.hindustantimes.com/lifestyle/health/how-does-smoking-affect-hair-transplant-results-expert-shares-insights-101654233532397.html>

How does smoking affect hair transplant results? Expert shares insights

- From causing the blood arteries to tighten to accelerating hair loss, here are the reasons why you should quit smoking before and after a hair transplant surgery. Take a look at the effects of smoking here.



How does smoking affect hair transplant results? Expert shares insights

Hair transplant, also known as hair restoration, is the process of moving hair in bald or thinning areas of the scalp. This involves taking hair from the thicker regions of the scalp and restoring in the thinning areas. Speaking to HT Lifestyle, Dr. Anup Dhir, senior consultant, Apollo Hospital and ex-president, Indian Association of Aesthetic Plastic Surgeons, said, "Hair transplantation is a process that India has a lot of experience with. Hair transplantation in India is a cost-effective approach to get the procedure done without having to worry about the quality of service you will receive. Smokers who are used to smoking may make the mistake of smoking a few cigarettes following their surgery. And this makes them feel tremendously bad, especially when their doctors have advised them to quit smoking. They are frequently concerned that their grafts will fail."

ALSO READ: Smoking can lead to vision loss. Here are health tips to protect the eyes

Smoking, however, comes with a range of health effects– from lung disorders to impactful negative effects on hair. Dr Anup Dhir noted down the disadvantages:

Hair loss: Smoking cigarettes accelerates hair loss. "It is believed to aggravate hair loss by depriving hair follicles of oxygen and nutrients required for hair follicle survival. Smoking has a negative impact on hair transplant surgery outcomes as well.

Arteries to tighten: Nicotine in cigarettes leads to tightening of the blood arteries. Hence, hair transplant patients are recommended to quit smoking one week prior to the surgery and one month after the surgery as well.

Oxygen capacity: "Narrowing the blood arteries causes insufficient blood flow and poor circulation, lowering the body's oxygen capacity. However, enough oxygen saturation is critical throughout the pre-op and post-op stages of hair transplant surgery, as the survival of transplanted hair follicles and the wound healing process are both dependent on the amount of oxygen delivered," said Dr. Anup Dhir.

Coronavirus: (The Times of India: 20220603)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/coronavirus-how-does-covid-pneumonia-look-like-know-the-basic-symptoms/photostory/91963095.cms>

Coronavirus: How does COVID pneumonia look like, know the basic symptoms

1.1.1 COVID pneumonia is different from general pneumonia with its distinct signs and symptoms



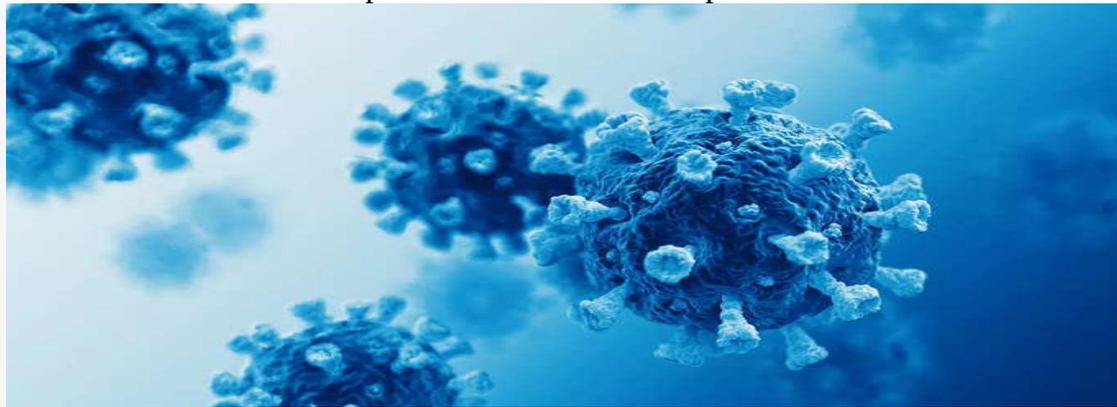
COVID pneumonia is a serious health condition which can wreak havoc on the lungs. It is one of the severe cases of COVID attack which can be fatal. COVID pneumonia is different

from pneumonia as in the former the coronavirus takes over both the lungs at the same time unlike in the latter in which the infection can either be one of the lungs or in both. In COVID pneumonia the lungs fill with fluid, thus limiting their capacity to take in oxygen. This leads to shortness of breath and cough mostly.

It is pertinent to understand the various symptoms associated with COVID pneumonia so as to ensure it is diagnosed early and the patient receives timely medical assistance.

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1.1.2 02/4How is COVID pneumonia different from pneumonia?



"In pneumonia, the lungs become filled with fluid and inflamed, leading to breathing difficulties. For some people, breathing problems can become severe enough to require treatment at the hospital with oxygen or even a ventilator. The pneumonia that COVID-19 causes tends to take hold in both lungs. Air sacs in the lungs fill with fluid, limiting their ability to take in oxygen and causing shortness of breath, cough and other symptoms," experts at John Hopkins Medicine say.

Other health experts have warned that unlike the general pneumonia, COVID pneumonia spreads like a wildfire, persists in the lungs longer and causes more harm.

The fact that it remains in the lungs for a longer period of time, is what gives the virus more time to harm the body, experts say.

03/4What are the symptoms of COVID pneumonia?



The various symptoms seen during COVID pneumonia are:

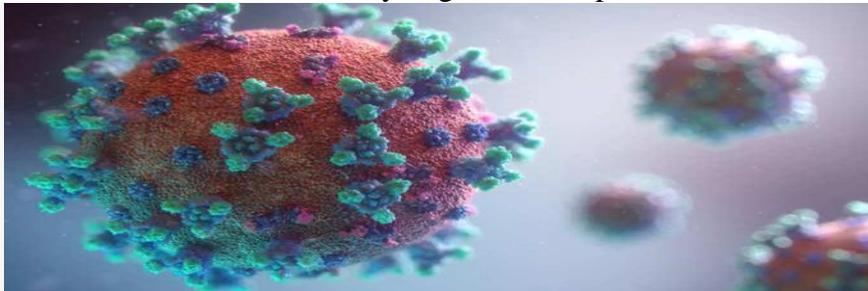
- Dry cough or cough with thick phlegm
- Breathing difficulty
- Rapid heartbeat
- Increased body temperature
- Sweating
- Shivering
- Loss of appetite
- Chest pain
- Blood cough
- Fatigue
- Headache
- Wheezing

Several other symptoms can also be seen along with these symptoms depending on what other health complications the patient is having.

The intensity of the symptoms seen in individuals varies from person to person. It is also possible that few patients may experience more than one symptom.

After COVID or during COVID, if you experience any of the symptoms mentioned above, it is advisable to visit a doctor and seek medical help.

1.1.3 04/4 Who is most likely to get COVID pneumonia?



Older people are at a higher risk of getting COVID pneumonia and those above 80 years of age are at the highest risk.

Those with weak immune systems are likely to experience the severity of COVID. As per studies close to 15% of COVID cases turn into serious cases. COVID pneumonia is one such serious outcome of COVID. Smokers, those being treated for cancer, who have AIDS and those who are on medications that tend to compromise the immune system are more likely to experience severe COVID.

Type 1 and type 2 diabetes: (The Times of India: 20220603)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/type-1-and-type-2-diabetes-know-the-differences-based-on-symptoms-causes-risk-factors-and-treatment/photostory/91965315.cms>

Type 1 and type 2 diabetes: Know the differences based on symptoms, causes, risk factors and treatment

1.1.4 01/5 Are type 1 and type 2 diabetes different?



Type 1 and type 2 diabetes both occur when the body cannot properly store and use glucose, which is essential for energy. This glucose then collects in the blood and does not reach the cells that need it, leading to serious complications. To simplify explanation, glucose is the fuel that feeds your body's cells, but to enter your cells it needs a key. Insulin is that key.

People with type 1 diabetes don't produce insulin, so they are not having the key. People with type 2 diabetes don't respond to insulin as well as they should and later in the disease often don't make enough insulin. This can be like having a broken key. Both types of diabetes can lead to chronically high blood sugar levels.

1.1.5 02/5 Development of symptoms



Although many of the symptoms of type 1 and type 2 diabetes are similar, they present in very different ways. Many people with type 2 diabetes don't have symptoms for many years, and their symptoms often develop slowly with time. Some people with type 2 diabetes have no symptoms at all and don't discover they have the disease until complications arise.

The symptoms of type 1 diabetes develop quickly, typically over the course of several weeks. Once known as juvenile diabetes, this type usually develops in childhood or adolescence. However, it's possible to develop type 1 diabetes later in life.

If not managed, type 1 and type 2 diabetes can lead to symptoms such as urinating frequently, feeling very thirsty, very hungry, extremely fatigued, having blurry vision, cuts or sores that don't heal properly. People with type 1 and type 2 diabetes may also experience irritability, mood changes, unintentional weight loss and may also have numbness and tingling in their hands or feet.

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1.1.6 03/5 Different causes behind the two



Type 1 and type 2 diabetes may have similar symptoms, but the causes are different. In people with type 1 diabetes, the immune system mistakes the body's own healthy cells for foreign invaders. Due to this, the immune system attacks and destroys the insulin-producing beta cells in the pancreas.

Type 2 diabetes is primarily caused by two interrelated problems. Firstly, cells in muscle, fat and the liver become resistant to insulin. Because these cells don't interact in a normal way with insulin, they don't take in enough sugar. Another problem can be that the pancreas is unable to produce enough insulin to manage blood sugar levels.

1.1.7 04/5 Risk factors for type 1 and type 2 diabetes



People with a parent or sibling with type 1 diabetes have a higher risk of developing it themselves. When it comes to age, type 1 diabetes can appear at any age, but it's most common among children and adolescents.

You're at risk of developing type 2 diabetes if you have prediabetes, or slightly elevated blood sugar levels. Those who are carrying excess weight or have obesity, have a lot of belly fat or are physically inactive are also at risk of type 2 diabetes. In terms of age, those who are over age 45 are at a higher risk, compared to those at a younger age. If you have ever had

gestational diabetes, which is diabetes during pregnancy or have polycystic ovary syndrome (PCOS), then you are at more risk of type 2 diabetes.

1.1.8 05/5How the treatment varies



There's no cure for type 1 diabetes. Everybody with type 1 diabetes needs to take insulin. People with type 1 diabetes need to check their blood sugar level with a device called a glucometer about four times a day to know how much insulin to take. Blood sugar testing is an essential part of managing type 1 diabetes, because levels can go up and down quickly.

Treatment for type 2 diabetes also starts with diet and exercise, and oral medication can also be used to increase the amount of insulin the pancreas makes. Over time, if your pancreas stops making insulin, your doctor may recommend insulin injections. Your doctor may recommend testing your blood sugar occasionally or more frequently.

Aspirin (The IndianEXPRESS: 20220603)

<https://indianexpress.com/article/lifestyle/health/aspirin-heart-protection-risk-prevention-america-guidelines-7948784/>

Why has aspirin advice for heart protection changed?

The recent change in guidelines, to dis-favour the routine use of aspirin, takes into account the reduction in anticipated benefits due to the increased protection being offered by other drugs and non-drug measures.



The American Heart Association and the American College of Cardiology have altered their recommendation on prescribing aspirin for primary prevention of CVD and CHD. (File Photo)

For many decades, aspirin was advised to prevent heart attacks, both for those who had pre-existing cardiovascular disease (CVD) and for preventing coronary heart disease (CHD). Baby aspirin (low dose aspirin — usually a 75-81 mg tablet) became an article of faith for

heart protection in American adults. So, for many Americans, it came as a surprise that recent guidelines issued by the American Heart Association and the American College of Cardiology altered their recommendation on prescribing aspirin for primary prevention of CVD and CHD. Though UK and Europe had earlier changed their positions on the use of aspirin for heart attack prevention, American guidelines influence medical practice in many other parts of the world. So, the reasons for a change of stance in those guidelines need to be understood even in India.

Active COVID-19 cases (The Hindu: 20220603)

<https://www.thehindu.com/news/national/india-coronavirus-infections-as-on-june-3-2022/article65490262.ece>

Active COVID-19 cases in India rise to 21,177

1.2 A TOTAL OF 4,041 NEW CASES WERE RECORDED IN A SPAN OF 24 HOURS.

The single day rise in new coronavirus infections were recorded above 4,000 after 84 days, taking India's total tally of COVID-19 cases to 4,31,68,585, while the active cases rose to 21,177, according to the Union Health Ministry data updated on Friday, June 3, 2022.

A total of 4,041 new cases were recorded in a span of 24 hours while the death toll climbed to 5,24,651 with 10 fresh fatalities, the data updated at 8 am stated.

The active cases comprise 0.05 per cent of the total infections, while the national COVID-19 recovery rate was 98.74 per cent, the ministry said.

An increase of 1,668 cases has been recorded in the active COVID-19 caseload in a span of 24 hours.

Corona virus daily cases increased (Hindustan: 20220603)

<https://www.livehindustan.com/national/story-corona-virus-daily-cases-death-toll-active-positive-negative-report-6584220.html>

कोरोना ने फिर पकड़ी रफ्तार, तीन महीने बाद एक दिन में मिले 4 हजार से ज्यादा केस

1.3 केंद्रीय स्वास्थ्य मंत्रालय के आंकड़ों के अनुसार, पिछले 24 घंटों में 10 मौतें दर्ज की गईं और अब कुल मौतों का आंकड़ा 5,24,651 पहुंच गया है। वहीं, कुल पीड़ितों की संख्या 4.31 करोड़ से ज्यादा हो गई है।



देश की डेली कोविड टैली ने करीब तीन महीने के बाद 4,000 का आंकड़ा पार कर लिया। बीते दिन 4,041 नए मामले दर्ज हुए। केंद्रीय स्वास्थ्य मंत्रालय के आंकड़ों के अनुसार, पिछले 24 घंटों में 10 मौतें दर्ज की गईं और अब कुल मौतों का आंकड़ा 5,24,651 पहुंच गया है। वहीं, कुल पीड़ितों की संख्या 4.31 करोड़ से ज्यादा हो गई है।

महाराष्ट्र में कोरोना के 1,045 नए केस मिले

महाराष्ट्र में गुरुवार को कोरोना से संक्रमण के 1,045 नए मामले सामने आए और एक संक्रमित की मृत्यु हो गई। राज्य में उपचाराधीन मरीजों की संख्या बढ़कर 4,559 हो गई। यहां बुधवार को संक्रमण के 1,081 नए मामले आए थे लेकिन संक्रमण से मृत्यु का कोई मामला सामने नहीं आया था। बुधवार को मामलों में बढ़ोतरी 24 फरवरी के बाद सर्वाधिक थी। गुरुवार को मुंबई में अकेले 704 मामले सामने आए। राज्य में संक्रमण से मृत्यु का एक मामला मुंबई में सामने आया।

राज्य में कोविड-19 के मामलों में वृद्धि पर चिंता व्यक्त करते हुए उपमुख्यमंत्री अजित पवार ने कहा कि अगर मामलों में वृद्धि जारी रहती है तो लोगों के लिए मास्क का उपयोग अनिवार्य करना होगा। उन्होंने कहा कि राज्य सरकार यह सुनिश्चित करने के लिए निगरानी रख रही है कि स्थिति नियंत्रण से बाहर न जाएं। उपमुख्यमंत्री ने कहा कि अगर कोरोना वायरस संक्रमण के मामलों की संख्या बढ़ती रही तो मास्क का उपयोग अनिवार्य करना होगा

दिल्ली में कोविड-19 के 373 नए मामले दर्ज

दिल्ली में गुरुवार को कोरोना वायरस संक्रमण के 373 नए मामले सामने आए जबकि दो मरीजों की मौत हो गई व संक्रमण दर 1.85 फीसदी रही। स्वास्थ्य विभाग की ओर से जारी बुलेटिन के मुताबिक, राष्ट्रीय राजधानी में संक्रमितों की कुल संख्या बढ़कर 19,07,637 हो गई है, जबकि कुल मृतक संख्या बढ़कर 26,212 पर पहुंच गई। पिछले 24 घंटे के दौरान शहर में 20,195 नमूनों की जांच की गई।