



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20220614

Internet Gaming Disorder

Internet Gaming Disorder a new behavioural addiction: Experts Engages younger generation despite negative impact on physical, mental, social or financial well-being (The Tribune: 20220614)

<https://www.tribuneindia.com/news/health/internet-gaming-disorder-a-new-behavioural-addiction-experts-403018>

Internet Gaming Disorder, or online gaming addiction, has become a new behavioural addiction that engages the younger generation despite negative consequences on physical, mental, social or financial well-being, said Rajesh Kumar, Prof (HoD) psychiatry, Indira Gandhi Institute of Medical Sciences.

Kumar said that such behavioural addiction involves compulsion to engage in a non-substance-related behaviour despite any negative consequences to the person's physical, mental, social or financial well-being.

"There is hardly any difference between gaming addiction and alcohol addiction. It gives a similar kind of kick and later develops into a serious addiction.

"Internet gaming disorder has been included in the 5th edition of The Diagnostic and Statistical Manual of Mental Disorders (DSM5)," he said.

According to a study published in the Indian Journal of Community Medicine and Public Health 2020, about 3.5 per cent Indian adolescents suffer from Internet Gaming Disorder (IGD). The rate is 0.5 per cent higher than the global average.

Indian studies show that 8 per cent boys and 3 per cent girls fall in the IGD bracket. Experts blame the extended screen time for this disorder.

"Nearly 41 per cent of India's populations are below 20 years of age, which means that online gaming has a vast market before them. The main target of this addiction is the child of 5 to 18 years of age bracket. As brains remain underdeveloped at this stage, they easily become prey of this gaming addiction," Kumar said.

At this stage of the immature brain, they want to have immediate enjoyment which turns into addiction.

However, these are productive years which go in vain with Internet games, causing long term damages to this generation that results in family conflict, criminal tendency and others at later stage of life, the Psychiatry Professor said.

Kumar blames the Covid-19 pandemic for rise in such disorder to some extent, saying that the health crisis has changed people's lifestyle. Everything is now available online which has brought everyone to the mobile resulting in excess screen time and addiction to the device.

"At brain level, addiction is similar to chemical mechanism," said Nimesh G. Desai, former director of Institute of Human Behaviour and Allied Sciences (IHBAS).

However, he added that not all users are addicted. Terming it double-edged swords, he said that technological advancements are both useful and harmful, if we use it cautiously.

"According to a WHO report, addiction to online games is equal to substances like cocaine, drugs and gambling. This is a kind of temporary psychotic stage in which the gamer forgets about the conscience and just follows the instructions," said Shamsi Akbar, former research officer, Department of Geriatric Mental Health, King George's Medical University.

She added that the gamers are trapped into a situation called Passivity Phenomena where they are being controlled by an external force and when someone stops them from playing the game, they become aggressive. IANS

Pfizer Covid vaccines

Pfizer Covid vaccines safe and effective for small children: FDA staff reviewers

Recommendations from the external advisers will determine FDA's decision on the vaccines (The Tribune: 20220614)

<https://www.tribuneindia.com/news/world/pfizer-covid-vaccines-safe-and-effective-for-small-children-fda-staff-reviewers-403559>

Pfizer Covid vaccines safe and effective for small children: FDA staff reviewers
Photo for representational purpose only. Reuters file

US Food and Drug Administration staff reviewers on Sunday said Pfizer-BioNTech's COVID-19 vaccines were effective and safe for use in children aged 6 months to 4 years.

The FDA reviewers said in briefing documents published on Sunday evening that their evaluation did not reveal any new safety concerns related to the use of the vaccine in young children.

The FDA analysis of data from Pfizer's trial was published ahead of a June 15 meeting of its outside advisers.

Recommendations from the external advisers will determine the FDA's decision on the vaccines.

"Available data support the effectiveness of the Pfizer-BioNTech COVID-19 Vaccine 3-dose primary series in preventing COVID-19 in the age group of 6 months through 4 years," FDA staff said in the review.

An early analysis of data from Pfizer-BioNTech's vaccine based on 10 symptomatic COVID-19 cases identified when the Omicron coronavirus variant was dominant suggested a vaccine efficacy of 80.3% in the under-5 age group.

COVID-19 shots for children under the age of 6 are yet not approved in most parts of the world. It remains unclear how many parents will get their young ones vaccinated as demand has been low for kids aged 5 to 11.

U.S. President Joe Biden's administration expects vaccinations for young children to begin in earnest as early as June 21 if the FDA and the Centers for Disease Control and Prevention approve the vaccines.

Government officials say pre-orders for use in the under-6 age group has been low but demand is expected to pick up once the vaccines gain authorization.

The FDA on Friday released a staff review of Moderna Inc's COVID-19 vaccine which said the doses were safe and effective for use in children aged 6 months to 17 years old. Reuters

Intermittent fasting

Is intermittent fasting actually good for weight loss? Here's what the evidence says

When it comes to weight loss, intermittent fasting may not actually be better than other diet methods (The Tribune: 20220614)

<https://www.tribuneindia.com/news/health/is-intermittent-fasting-actually-good-for-weight-loss-heres-what-the-evidence-says-403564>

Is intermittent fasting actually good for weight loss? Here's what the evidence says
Photo for representational purpose only. iStock

If you're someone who's thought about losing weight or has wanted to get healthier in the past few years, you've probably come across these two words: intermittent fasting. From celebrities to fitness enthusiasts, intermittent fasting has many thousands of loyal advocates online, claiming this way of eating has helped them lose weight better than other diet methods have.

It's easy to see the appeal of intermittent fasting as a weight loss method. Not only is it simple, it's also flexible, can be adapted easily to every person, and doesn't require you to eliminate foods or count calories. But despite its popularity, intermittent fasting may not actually be better than other diet methods when it comes to weight loss.

To date, numerous studies have shown intermittent fasting is as good as counting calories when it comes to weight loss – including a recent study, which tracked participants for more than a year.

This has even been shown with many different types of intermittent fasting, including alternate-day fasting (where you fast or restrict calories every other day), 5:2 dieting (eating normally five days a week, then fasting or restricting calories for two days) and time-restricted eating (where you eat all of your days calories within a set time window, such as only eating during an eight hour window, then fasting for 16 hours). But no studies have yet shown intermittent fasting to be any better than conventional diets.

Intermittent fasting reduces the amount you eat, but it may have a downside. It both reduces the amount of physical activity we do, and reduces how hard we push during exercise.

This is true regardless of the type of intermittent fasting you do. This suggests that when calorie intake is substantially reduced – even for a short period of time – the body adapts by reducing the number of calories used during exercise. Researchers aren't entirely sure why this happens, however.

While this may not necessarily affect weight loss, lower physical activity levels can have other negative effects on health. For example, a recent alternate-day fasting study found that even just three weeks of this diet reduced physical activity levels and led to a greater loss of muscle mass than a daily calorie restriction diet. The fasting diet was also less effective than daily calorie restriction for fat loss.

Muscle mass is crucial for many reasons, including regulating blood sugar levels and staying physically able as we get older. So diets that cause muscle loss are best avoided. However, combining intermittent fasting with exercise programmes – such as resistance training – may help people better maintain lean muscle mass while encouraging fat loss.

Are there other benefits to fasting?

While intermittent fasting might not be a miracle solution when it comes to weight loss, that doesn't mean it might not still have other health benefits.

A recent review on intermittent fasting found that it improved blood pressure, insulin sensitivity (how effectively the body regulates blood sugar) and lowered cholesterol levels to a similar extent as daily calorie restriction.

It is likely this effect is due to weight loss. But since few studies have followed participants for longer than a year, it's hard to know whether these effects persist.

Some research also suggests how you fast may also be key. A number of studies have shown promising results from early time-restricted eating, which involves eating all your day's calories in the early part of the day and fasting in the evening, usually from 4pm onwards. Eating early in the day aligns food intake with our natural circadian rhythms, which means nutrients are processed more efficiently.

Early time-restricted eating has also been shown to improve several markers of health, such as insulin sensitivity, which is a key risk factor for type 2 diabetes. These improvements were even seen without weight loss. (The Conversation)

Mini Covid waves

Can't rule out possibility of more mini Covid waves, says WHO chief scientist

WHO chief scientist Dr Soumya Swaminathan felt that due to home-based self testing, numbers could also be underestimated. (Indian Express: 20220614)

<https://indianexpress.com/article/lifestyle/health/cant-rule-out-possibility-of-more-mini-covid-waves-says-who-chief-scientist-7961505/>

Soumya Swaminathan said it needs to be ensured that those in the vulnerable age group of 60 years and above take their booster vaccine shots. (File)

The BA.4 and BA.5 Omicron sub-variants are making their presence felt across various areas in the country with the daily Covid tally now showing a rise in the country. When contacted, Dr Soumya Swaminathan, WHO chief scientist, told The Indian Express that it could be the start of a mini wave.

“The sub-variants that are emerging are more transmissible than the original Omicron BA.1 and there is a likelihood of waning immunity. It is a possibility that there could be mini waves every four-six months or so and hence, apart from all Covid-appropriate precautionary measures that need to be taken, it is important to also track the variant,” Dr Swaminathan said.

The WHO chief scientist also felt that due to home-based self testing, numbers could also be underestimated. “We need to keep a watch on hospital-based admissions and ensure that the vulnerable group who are 60 years and above get their booster doses,” Dr Swaminathan said.

Referring to the recent fifth Covid wave in South Africa that was led by Omicron BA.4 and BA.5, Dr Swaminathan said it was a smaller one. According to a WHO report (June 2), new cases had decreased after four consecutive weeks of increase across Africa, signalling the possibility that the latest surge had reached its peak.

According to Dr Gagandeep Kang, a noted virologist and professor at Christian Medical College, Vellore, “this is really whether one is considering a wave as cases or as illness that results in hospitalisation. In either case, what is clear is that what we are seeing now is most likely to be sub-variants of Omicron. They are capable of infecting people who have been previously infected but not necessarily causing the disease (in those who have recently been infected or vaccinated). Those at high risk of severe disease are the unvaccinated, aged people who have been vaccinated a long time ago or people who have comorbidities and the vaccines have not worked in them. In general, if you are healthy and vaccinated you may get infected but there is no need to panic or worry. We are likely to see more such waves and this is going to be the new pattern of the disease that we will see. Every time there is a variant or sub-variant, there will be an increase in cases.”

Dr Sanjay Pujari, technical expert with ICMR’s Covid-19 task force, said that to say it is a wave pan-India is difficult as there are regional spikes across various hotspots. “However, these spikes need to be observed. For instance the United States had a spike in cases in the last four to six weeks and now have reported to show a decline in the last two days,” Dr Pujari said. To term it a wave would also essentially mean the number of infections impacting the healthcare systems, and not just the numbers but also the cases with severe illness, he said.

Globally, the number of reported Covid-19 cases and deaths are declining. According to a WHO report, during the week of May 30 to June 5, over three million cases were reported globally, a 12 per cent decrease as compared to the previous week. The number of new weekly deaths also continued to decline with over 7,600 fatalities reported, showing a 22 per cent decrease as compared to the previous week.

However while it is an encouraging trend, the WHO has urged caution. At a virtual media briefing on June 8, Director General Dr Tedros Adhanom Ghebreyesus, in his opening remarks, said that almost 18 months since the first vaccine was administered, 68 countries have still not achieved 40 per cent coverage.

“More than 7,000 people lost their lives to the virus last week — that’s 7,000 too many. A new and even more dangerous variant could emerge at any time and vast numbers of people remain unprotected. The pandemic is not over and we will keep saying it’s not over until it is,” said Dr Tedros.

Tears

What are the health benefits of teas for women?

From black tea to ginger tea, find out which beverage can bolster your health. (Indian Express: 20220614)

<https://indianexpress.com/article/lifestyle/health/health-benefits-teas-women-7966349/>

tea, different types of tea, drinking tea, benefits of drinking tea, tea for health, which teas are good for health, women health, black tea, ginger tea, green tea, indian express news Drinking specific teas can help women stay healthy. (Photo: Getty/Thinkstock)

A woman’s life is a never-ending cycle of balancing work and personal life. In this tedium, they tend to forget about their own well-being, and that can give rise to many health problems.

But, did you know that drinking specific teas can help women stay healthy? Be it a freshly brewed cup on the stove or from a roadside stall — there are several teas that not only satisfy cravings, but also have various health benefits.

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Harshada Bansal, founder of The Tea Heaven lists the various types of teas, along with their health benefits; read on to find out.

Black tea contains the highest amount of caffeine, which helps to increase energy levels in the body. This everyday blend alleviates high blood pressure, stopping indigestion, abdominal cramping, and averting morning sickness, while also protecting the lungs from damage caused by cigarette smoke. It can also relax the stomach.

ALSO READ | Can drinking a glass of beetroot juice daily aid people with coronary heart disease?

* Green tea

Green teas do not undergo the oxidation process and use fresh tea leaves with very little processing. They help in detoxifying the body, supporting the immune system, fighting illness, cough and cold. Studies show it can decrease the risks of several neurological disorders, helping reduce stress, improving digestion and aiding weight loss.

* Oolong tea

As a completely semi-fermented offering, the health benefits of oolong tea are amplified due to the combined qualities of black and green teas. Oolong helps in lowering and maintaining blood pressure levels. A rich source of vitamin C, it is rich in antioxidants, which help to boost immunity and clear the skin.

tea, different types of tea, drinking tea, benefits of drinking tea, tea for health, which teas are good for health, women health, black tea, ginger tea, green tea, indian express news Black tea contains the highest amount of caffeine, which helps to increase energy levels in the body. (Photo: Getty/Thinkstock)

* Chamomile tea

Chamomile tea is a calming agent. It is often consumed if you are suffering from insomnia. It is also anti-inflammatory and antibacterial. It helps prevent the common cold and cough and also regulates blood sugar and insulin levels. It also helps in reducing symptoms of premenstrual syndrome.

* Peppermint tea

This common herbal tea helps to increase metabolism. It supports the digestive tract and also has several antioxidants, anticancer, antibacterial and antiviral properties. Drinking peppermint tea may reduce the intensity and length of stomach pains and menstrual cramps since peppermint prevents muscle contractions.

ALSO READ |Ayurveda suggests drinking sun-charged water; here's why

* Ginger tea

This tea is anti-inflammatory and good for heart health. It can be a quick remedy for nausea, especially in early pregnancy; it also stimulates the immune system. Ginger tea is also known to provide relief from period pains. It can soothe irritated skin and improve the circulation of the scalp while stimulating each hair follicle, thereby promoting natural hair growth.

1Maharashtra: Men aggrieved with wives worship peepal tree, seek law against injustice they face at home

2Maha: Thane police website hacked; hacker demands apology to Muslims

3Mumbai News Live: Narendra Modi, Chief Minister Uddhav Thackeray set to share stage as PM arrives in Mumbai today

More from Mumbai

‘India’s first mRNA Covid vaccine

‘India’s first mRNA Covid vaccine is a gamechanger, can be stored in medical refrigerator’

Phase 3 trial interim data submitted to CDSCO, Dr N K Arora, who heads the COVID-19 working group, NTAGI, tells Anuradha Mascarenhas. . (Indian Express: 20220614)

<https://indianexpress.com/article/lifestyle/health/indias-first-mrna-covid-vaccine-is-a-gamechanger-can-be-stored-in-medical-refrigerator-7967796/>

Lancet study, mRNA vaccine, IndiaOn booster doses, the expert said the precaution shot need not necessarily be the same vaccine.

India’s first home-grown mRNA COVID-19 vaccine, developed at Pune’s Gennova Biopharmaceuticals, is set to be a gamechanger as it can be stored at temperatures between 2 and 8 degree celsius, says Dr N K Arora, who heads the COVID-19 working group of the National Technical Advisory Group of Immunisation (NTAGI).

“The Phase III trial has been completed with the necessary follow-up and the interim data has been presented to the Central Drugs Standard Control Organisation,” Dr Arora told The Indian Express.

“I have yet to see the complete data. However this is cutting edge technology that will ensure availability of the product in remote areas. So this vaccine is a game-changer and brings about equity. Unlike in the West, where the vaccine has to be stored at sub-zero temperatures, our mRNA vaccine can be stored between 2 and 8 degree celsius,” he added. Which means that the vaccine, GEMCOVAC 19, can now be stored at the temperature of a standard medical refrigerator. Asked about the availability of the new vaccine, Dr Arora said, “Soon.” Dr Sanjay Singh, CEO of Gennova Biopharmaceuticals, could not be reached for comment.

Several lakhs of doses have been produced at the Gennova Biopharmaceuticals and authorities are a hopeful lot. The main aim was to innovate and ensure the mRNA vaccine could be made affordable and deployable. Scientists, biotechnologists, pharmacists and production personnel at the firm worked for over one-and-a-half years to come out with the Indian version of mRNA COVID-19 vaccine.

Since there was a need to make the vaccine shots thermo-stable, hundreds of experiments were performed to distinguish between lab experiments and clinical trials before arriving at the right formulation and right condition. The Phase 1 and 2 trial data across 480 participants was submitted earlier. The interim data from Phase 3 trials across 4,000 participants has now been presented to the CDSCO.

Would the recent US FDA study about the rare incidence but increased risk of myocarditis or pericarditis after mRNA vaccination be a matter of concern? Prof Govindrajan Padmanabhan, former director of the Indian Institute of Science, Bengaluru and Chancellor of Central University of Tamil Nadu, said as of now there was no broad-based evidence that mRNA vaccine could lead to cardiac issues.

Cardiac arrest

**COVID-19 led to cardiac arrest in elderly, co-morbid patients'
New study by Gujarat hospital shows a slightly higher mortality compared to the ICMR study for the second wave, writes Sohini Ghosh. (Indian Express: 20220614)**

<https://indianexpress.com/article/lifestyle/health/covid-19-cardiac-arrest-co-morbidity-icmr-7967602/>

Covid-19A retrospective analysis of 200 patients infected with Covid-19 at a Kheda hospital in Gujarat has found cardiac arrest to be the leading cause of death in 34 cases. Yet another study has reconfirmed the link between Covid-19 and cardiac arrest among patients with co-morbidities.

A retrospective analysis of 200 patients infected with Covid-19 at a Kheda hospital in Gujarat has found cardiac arrest to be the leading cause of death in 34 cases. The study, published in the Asian Journal of Pharmaceutical and Clinical Research in April, analysed the records of 200 randomly selected and confirmed Covid-19 indoor patients admitted between April 7, 2021 and July 3, 2021 at ND Desai Hospital in Kheda.

What were the clinical characteristics of the cohort?

A majority of Covid-19 patients at the hospital were male (129) while 71 were female. Sixty per cent of the cohort was aged below 60 years old and 43 per cent (86) of the cohort had an underlying co-morbid condition, with hypertension being the dominant co-morbid condition (in 61 of the 200) followed by diabetes mellitus (40 of the 200). Twenty-three of the 86 high-risk patients had more than one co-morbidity. Only 35 patients of the 200 did not require any oxygen support.

Altogether 27 deceased patients complained of shortness of breath, comprising nearly 80 per cent of case fatalities. A total of 93 patients complained of shortness of breath among the 166 who survived, which is around 56 per cent of the survivor cohort. ICU admission, too, was seen to be higher — 17 among the 34 who died compared to seven among the 166 who lived. Clinical markers such as median C-reactive protein, D-Dimer and neutrophil-lymphocyte ratio were significantly higher among the deceased patients compared to the survivors.

Read |No matter how mild or severe your Covid was, you are at risk of post-disease complications

Among the 34 Covid-19 patients who died, cardiac arrest was the leading cause of death in 24 (70.58 per cent), followed by severe ADRS (35 per cent), sepsis with multi-organ dysfunction and pulmonary embolism.

What have previous studies established with respect to second wave patient characteristics?

Breastfeeding

Six best foods for lactating mothers

"Lactating mothers must fuel their body with the best nutrient-rich foods so that the baby grows stronger, smarter and healthier," nutritionist Lovneet Batra wrote on Instagram. (Indian Express: 20220614)

<https://indianexpress.com/article/lifestyle/health/post-delivery-foods-lactating-mothers-7949320/>

lactationA lactating mother's diet should be nutrient-rich (Source: Getty Images/Thinkstock)
Not just during pregnancy, a healthy diet post-delivery is equally essential for new mothers. Having nutritious foods helps lactating mothers to regain strength while also being extremely beneficial for the newborn's health, too. In a post on Instagram, nutritionist Lovneet Batra mentioned the importance of such foods and shared some such foods that can be incorporated into a new mother's diet for optimum nutrition.

ALSO READ |Panjeeri made with desi ghee is good for new mothers; here's why
"Lactating mothers must fuel their body with the best nutrient-rich foods so that the baby grows stronger, smarter, and healthier," she said.

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She listed down some foods that can help.

Papaya

papaya, papaya on empty stomach, papaya benefits, indianexpress.com, indianexpress, papaya fruit, how to have papaya, papaya recipes, foods on empty stomach, Papaya is good for your immune system. (Source: Getty Images/Thinkstock)

Papaya contains vitamins which are very useful for breastfeeding mothers. It is a “super food” that can boost the quantity and quality of breast milk. Regular intake of papaya can work wonders for the digestive system. It also helps prevent cellulite development.

Dalia

Dalia is loaded with a range of health benefits. Made with broken wheat, dalia is easy to digest and is full of nutrition. It is high in fibre and is believed to be one of the best foods for boosting energy levels.

ALSO READ | Nutrition alert: Ideal diet for a breastfeeding mother

Banana

Banana comes with healthy carbohydrates and B vitamins. Rich in pectin, this super-energising fruit helps in moderating blood sugar levels and aids in gut health. It is a prebiotic that supplies food to good bacteria in the colon. The magnesium present in it helps in fighting postpartum depression and uplift the mood too.

Mental health

Six-step guide for mental health diagnosis

How often have we taken a day off due to a headache or a fever? How often do we ask friends for a doctor’s reference? Reaching out for depression is as normal, says Dr Samir Parikh, Director, Fortis National Mental Health Programme. (Indian Express: 20220614)

<https://indianexpress.com/article/lifestyle/health/six-step-guide-for-mental-health-diagnosis-7967362/>

mental health, mental health matters, mental health crisis in india Our mental health impacts practically every aspect of our life. (Photo: Getty Images/thinkstock)

The World Health Organisation (WHO) estimates that close to one billion people in the world are living with a mental health disorder. Even though there are scientific, evidence-based treatments available to treat such conditions, more than 75 per cent people in low and middle-income countries don’t receive any of them.

Despite them being some of the most significant contributors to the burden of care, mental health disorders remain shrouded in stigma. People fear that they will be judged, misunderstood, mocked or discriminated against. In fact, stigma is probably the leading barrier

to help-seeking behaviour. This stigma exists because we lack awareness about mental health problems, and because these aren't spoken about freely and openly.

How often have we taken a day off due to a headache or a fever? How openly are we able to ask our friends for a reference to a doctor treating physical ailments? Can we envisage a time when we're able to have similar conversations about our mental health as well? To reach that point, what we have to remember is that mental health is an integral part of health, and needs to be understood in the same manner as physical health. And so, mental health disorders are not a sign of personal weakness or something one can just snap out of. Instead, they're caused due to an interplay of biological, psychological and social factors.

At the same time, mental health is not just about illnesses, but also about well-being. It's also about our ability to cope with the pressures of everyday life, realize our potential, work in a productive manner and contribute to our community. Think about it, and our mental health impacts practically every aspect of our life.

We all have emotions, which can at times be pleasant or unpleasant. We all have experiences that shape the way we think and relate with the world. We all go through bad days every once in a while. We all probably also know someone in our circles who may be living with a mental disorder.

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So, it's time we hit the #UnMute button and start having real conversations around mental health. Talking about how we feel is the first step. Remember that reaching out and asking for help is a sign of strength, not one of weakness. Sharing your experiences with a family, friend, a colleague or a mentor can help not only vent your emotions but also validate your experiences, gain different perspectives, find solutions and feel supported in your journey.

It's our collective responsibility to be advocates for mental health. We need conversations on mental health in our homes, at schools, with our friends and at the workplace as well. Be sensitive, compassionate and non-judgmental in your conversations. Be mindful of the attitude your language conveys as well. If you see someone around you struggling to cope, don't hesitate to extend a hand. Reach out and let them know that you're available to listen. But most of all, remember that our support systems, be it helplines or mental health professionals, help is always available.

Here's a six-step guide on reaching out

- 1) Identify changes in your own behaviour, mood, performance and thought process. If anything impacts your overall functionality of life, it's time to reach out. You could feel zoned out, fatigued, irritable, sleepless, anxious and often give into uncontrolled emotions.
- 2) Talk to whoever you are close to, be it family, friends or anybody you trust. Share what you are going through.
- 3) Speak to your family physician and discuss the next steps.

4) Speak to a psychiatrist (near your place as proximity will help you take that first step or opt for an online consult)

5) Keep your family and support systems involved.

6) In case of a crisis, call a helpline and take guidance. Once settled, speak to a mental health expert for further intervention.

Ramsay Hunt syndrome

Explained | What is Ramsay Hunt syndrome, the disorder affecting Justin Bieber? (The Hindu: 20220614)

<https://www.thehindu.com/sci-tech/health/explained-what-is-ramsay-hunt-syndrome-the-disorder-that-has-infected-justin-bieber/article65517643.ece>

Ramsay Hunt syndrome is a late complication of a varicella-zoster virus infection, which in its early stages causes chickenpox

The story so far: In an Instagram post, Canadian singer Justin Bieber announced that he has been infected by a virus that causes the Ramsay Hunt syndrome. The 28-year-old singer posted a video to share his condition with his followers and show how half of his face has been paralysed by the virus. Mr. Bieber has

Heterologous booster vaccine

Explained | What is a heterologous booster vaccine, and what are its advantages? (The Hindu: 20220614)

<https://www.thehindu.com/sci-tech/health/explained-what-is-a-heterologous-booster-vaccine-and-what-are-its-advantages/article65517328.ece>

With COVID cases rising again, does a heterologous booster vaccine give the best shot at immunity?

The story so far: With the number of COVID-19 cases creeping up the curve since May 24, a certain sense of guarded concern has naturally crept into pandemic control activities. With the number of cases, rising by the thousands on a daily basis, (on June 11, in a span of 24 hours, over 8,000 fresh cases were reported), repeat infections, breakthrough infections for those who

have had the double dose of vaccine, the debate about getting a booster or precaution dose has gotten shriller.

New Cases

COVID-19 | India registers over 7,000 cases after 99 days (The Hindu: 20220614)

<https://www.thehindu.com/news/national/india-records-7240-new-covid-19-cases-8-deaths-on-june-9-2022/article65509656.ece>

The active cases have increased to 32,498

The single-day rise in new coronavirus infections in the country was recorded over 7,000 after 99 days, registering around 39% jump in daily cases, while the daily positivity rate crossed 2% after 111 days, the Union Health Ministry said on Thursday.

World Blood Donor Day 2022

World Blood Donor Day 2022: ब्लड डोनेशन के लिए क्या आप हैं फिजिकली फिट? जानिए किन लोगों को इसे करने से बचना चाहिए (Hindustan: 20220614)

जो लोग ब्लड डोनेशन करना चाहते हैं उनका हेल्थ अच्छा, मानसिक रूप से सतर्क और शारीरिक रूप से स्वस्थ होना चाहिए। यहां जानिए ब्लड डोनेट करने के लिए आप फिट हैं या नहीं, किसको इसे करने से बचना चाहिए।

World Blood Donor Day 2022: ब्लड डोनेशन के लिए क्या आप हैं फिजिकली फिट? जानिए किन लोगों को इसे करने से बचना चाहिए

Blood Donor Day 2022: विश्व ब्लड डोनेशन डे हर साल 14 जून को मनाया जाता है। इस दिन को सेलिब्रेट करने का मकसद सेफ ब्लड डोनेशन के प्रति जागरूकता बढ़ाना है। अक्सर लोग ब्लड डोनेशन को लेकर लोगों के मन में कंप्यूजन रहती है। ऐसे में आज इस खास दिन पर जानें ब्लड डोनेशन के लिए ध्यान में रखने वाली जरूरी बातें और साथ ही जानें किन लोगों को इस करने से बचना चाहिए।

Arthritis Home Remedy

Arthritis Home Remedy: गठिया है तो ट्राई करके देखें ये घरेलू उपाय, माने हुए हैं नुस्खे

Gathiya Ke Gharelu Upchar: गठिया बेहद दर्दनाक बीमारी है। इसमें जोड़ों में बेइंतेहा दर्द होता है। कई बार जॉइंट्स तक बेकार हो जाते हैं। बीमारी जड़ से खत्म करने का इलाज नहीं बस इसे कंट्रोल कर सकते हैं(Hindustan: 20220614)

Arthritis Home Remedy: गठिया है तो ट्राई करके देखें ये घरेलू उपाय, माने हुए हैं नुस्खे

<https://www.livehindustan.com/lifestyle/story-know-home-remedies-for-rheumatoid-arthritis-gathiya-ke-gharelu-upchar-6633516.html>

रूमेटॉइड अर्थराइटिस एक ऐसी ऑटोइम्यून डिजीज है जो अब बहुत कॉमन हो गई है। यह बीमारी लोगों में अलग-अलग तरह की होती है लेकिन दर्द सबमें होता है। अर्थराइटिस में जॉइंट पेन, सूजन के बाद जोड़ों में परमानेंट डैमेज तक हो सकता है। एक्सपर्ट्स का मानना है कि गठिया पूरी तरह ठीक नहीं हो पाता लेकिन इसके लक्षणों को कंट्रोल किया जा सकता है। इसके लिए लोग दवाओं से लेकर घरेलू उपचारों तक का सहारा लेते हैं। जैसा कि सबको पता है कि शरीर में इन्फ्लेमेशन बढ़ने से गठिया में दिक्कत होती है। इसलिए कुछ हर्ब्स लेकर इस इन्फ्लेमेशन को कम किया जा सकता है।

अदरक

भारतीय खाने और खासकर चाय में अदरक का इस्तेमाल होता है। अदरक में कई औषधीय गुण होते हैं और यह ऐंटी इनफ्लेमेटरी होता है। अगर आपको जोड़ों या मसल्स में दर्द है या फिर अर्थराइटिस या ऑस्टियोपोरोसिस है तो अपनी रोजाना की डायट में अदरक जरूर शामिल करें। आप इसे कद्दूकस करके शहद के साथ खा सकते हैं। वहीं फ्रूट या वेजिटेबल जूस में भी डाल सकते हैं। चाय या चटनी में भी इसे डाला जा सकता है।

हल्दी

हल्दी को आयुर्वेद में गुणों के मामले में खरा सोना माना जाता है। यह भी गठिया के लोगों के लिए फायदेमंद है। इसमें करक्यूमिन पाया जाता है जिसमें ऐंटी इनफ्लेमेटरी गुण होते हैं। आप हल्दी वाला दूध पी सके हैं या सप्लिमेंट के रूप में भी ले सकते हैं। माना जाता है कि हल्दी को काली मिर्च के साथ लेने पर इसका अवशोषण अच्छा होता है। अगर आपको स्टोन की प्रॉब्लम है तो हल्दी अलग से न लें। खाने के साथ जितनी शरीर में जा रही है, उतनी जाने दें।

Nuts

अखरोट-बादाम और मेवे खाने का क्या है सही समय और तरीका जानें एक्सपर्ट से

Best Time To Eat Nuts: ड्राई फ्रूट्स और नट्स सेहत के लिए अच्छे होते हैं, ये सबको पता है। इनको खाने का एक खास तरीका और समय फॉलो करें तो इनके ज्यादा फायदे मिलेंगे। यहां न्यूट्रिस्टनिस्ट ने दिए टिप्स।

अखरोट-बादाम और मेवे खाने का क्या है सही समय और तरीका जानें एक्सपर्ट से(Hindustan: 20220614)

<https://www.livehindustan.com/lifestyle/story-best-time-to-eat-dry-fruits-and-nuts-soaked-benefits-6571142.html>

नट्स आपकी हेल्थ के लिए काफी अच्छे होते हैं। ये आपके दिल के लिए अच्छे होते हैं और कोलेस्ट्रॉल भी कम करते हैं। इन्हें रातभर भिगाकर खाने का खास फायदा होता है। जैसे ज्यादातर लोग मेवे सर्दियों में खाते हैं इन्हें पूरे साल अपनी डाइट का हिस्सा बनाना सही है। इनमें जरूरी विटामिन्स, मिनरल्स और कुछ ऐसे कंपाउंड्स होते हैं जो आपके कोलेस्ट्रॉल का लेवल कम करते हैं, ब्लड शुगर लेवल बैलेंस करते हैं और हमें लाइफस्टाइल से जुड़ी बीमारियों से बचाते हैं। अगर आप अपने दिन की शुरुआत भीगे हुए नट्स से करते हैं तो इनका अवशोषण अच्छी तरह होता है और न्यूट्रीशन भी मिलता है।

Health Care Services (Dainik Bhaskar: 20220614)

<https://epaper.bhaskar.com/detail/1407417/4003735362/mpcg/14062022/194/image/>

बदहाली • दिल्ली सरकार के बड़े अस्पतालों में नहीं है न्यूरोलॉजी के डॉक्टर विश्व स्तर की स्वास्थ्य सुविधाओं का दावा, जीटीबी का न्यूरोलॉजी विभाग 10 साल से बंद

भास्कर न्यूज़ | नई दिल्ली

दिल्ली की जनता को विश्व स्तर की स्वास्थ्य सुविधाएं उपलब्ध कराने का दावा करने वाली दिल्ली सरकार के दावों को खुद उनके ही अस्पताल आईना दिखा रहे हैं। दिल्ली सरकार के अधिकतर अस्पतालों में से किसी में स्वास्थ्य विभाग बंद किए जा रहे हैं तो कहीं विभाग होते हुए भी डॉक्टर उपलब्ध नहीं हैं। ऐसा ही एक मामला दिल्ली सरकार के दिलशाद गार्डन स्थित सबसे बड़े अस्पताल गुरु तेग बहादुर (जीटीबी) का सामने आया है। जहां अस्पताल का न्यूरोलॉजी विभाग करीब पिछले 10 साल से बंद पड़ा हुआ है।

पूरा विभाग कबाड़ में तब्दील हो चुका है और उसके ऑफिस में ताला लगा हुआ है। सूत्रों का कहना है कि जब से न्यूरोलॉजी विभाग के हेड ऑफ दी डिपार्टमेंट (एचओडी) डॉ एमसी ठाकुर रिटायर्ड हुए हैं, तभी से यह विभाग पूरी तरह से बंद पड़ा है। डॉ ठाकुर के बाद से किसी भी डॉक्टर की नियुक्ति नहीं हुई है और अस्पताल प्रशासन ने ना तो विभाग को चलाने की कोशिश की और ना ही किसी न्यूरोलॉजी के डॉक्टर की नियुक्ति की है।

करीब 30 बेड का है न्यूरोलॉजी वार्ड

अस्पताल के सूत्रों के मुताबिक जीटीबी अस्पताल में न्यूरोलॉजी विभाग के वार्ड में करीब 30 से अधिक बेड उपलब्ध हैं। प्रत्येक बेड की कीमत पांच लाख रुपए से अधिक है। आईसीयू बेड की कीमत तो करीब 7 लाख से अधिक होती है। बंद पड़े विभाग का बेड समेत अन्य सामान कबाड़ बन चुका है। अनुमान लगाया जा रहा है कि बंद पड़े विभाग के कारण 50 से 60 लाख रुपए तक का सामान धूल फाँक रहा है या फिर पूरी तरह से खराब हो चुका है। सूत्रों का कहना है कि इहबास और राजीव गांधी सुपर स्पेशलिटी अस्पताल नजदीक होने के कारण शायद इस विभाग को शुरू नहीं किया जा रहा है। क्योंकि न्यूरोलॉजी के मरीजों को इन दोनों अस्पतालों में से किसी में भी रेफर कर देते हैं।

ओपीडी में प्रतिदिन आते हैं 6 से 7 हजार मरीज



जानकारी के मुताबिक 1500 से अधिक बैडों से युक्त जीटीबी दिल्ली के बड़े सरकारी अस्पतालों में शुमार है और यमुनापार का सबसे बड़ा अस्पताल माना जाता है। अस्पताल में प्रतिदिन करीब 6 से 7 हजार मरीज इलाज के लिए ओपीडी

में आते हैं। इतना ही नहीं हर रोज करीब 1 हजार से अधिक मरीजों की इमरजेंसी ओपीडी होती है। जानकारों का कहना है कि अस्पताल के आस-पास या कुछ दूरी पर एक्सीडेंट हो जाने पर मरीज को जीटीबी लाते जाते हैं। न्यूरो से संबंधित डॉक्टर नहीं होने के कारण उसे सुशुभ ट्रामा सेंटर या फिर किसी अन्य अस्पताल के लिए रेफर कर देते हैं। सूत्रों का कहना है कि दिल्ली सरकार के ट्रामा सेंटर में भी न्यूरोलॉजी के डॉक्टरों की भारी कमी है। ज्यादा एमरजेंसी होने पर एलएनजेपी अस्पताल से डॉक्टरों को ट्रामा सेंटर भेजा जाता है।

मेडिसिन विभाग में किया जाता है न्यूरोलॉजी से संबंधित मरीजों का इलाज

न्यूरोलॉजी विभाग काफी समय से बंद है। डॉ. एमसी ठाकुर के रिटायर्ड होने के बाद से उसकी जगह पर किसी की नियुक्ति नहीं हुई है। विभाग बंद होने की वजह से मरीजों को मेडिसिन विभाग में ही इलाज किया जाता है। जरूरत पड़ने पर मरीज को दूसरे अस्पताल के लिए रेफर कर दिया जाता है। न्यूरोलॉजी डॉक्टर की नियुक्ति के लिए दिल्ली सरकार को टाईम टू टाइम इंप्रोवमेंशन भेजी जाती है। अस्पताल के विभिन्न विभागों के लिए 38 डॉक्टरों की जरूरत है। इसकी फाइल अभी शायद एलजी कार्यालय में रुकी हुई है। इसके पास होते ही अस्पताल में स्पेशलिस्ट डॉक्टरों की कमी पूरी हो जाएगी।

-प्रो. सुभाष गिरी, चिकित्सा निदेशक जीटीबी अस्पताल