



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DA
Friday 20220624

Banjar health sub-centre

Kullu: Banjar health sub-centre sans staff for 3 years (The Tribune: 20220624)

<https://www.tribuneindia.com/news/himachal/health-sub-centre-sans-staff-for-3-years-405883>

People of Sharchi panchayat of the Tirthan valley in Banjar are deprived of basic health facilities as there is neither staff nor medicines at the health sub-centre in the village. The construction of the health sub-centre had started long back by spending lakhs of rupees for the population of 800 people living in Sharchi, Jamala, Shalwad, Barigad, Badasari and Dughigad villages but the building has never been put to use.

Sharchi gram panchayat's former president Hari Singh Thakur said the construction of the health sub-centre building had started 15 years ago but the tardy pace of the work has delayed the functioning of the centre inordinately. He said there was no staff at the centre and the building was facing utter neglect due to non-maintenance.

Local residents said the health sub-centre, which was being run from a private building, has been non-functional for the past three years. They said earlier an employee was working here, but after his retirement the department didn't bother to fill the vacant posts.

The villagers have to go to Gushaini or Banjar even for cold and cough medicines. People are facing difficulties in getting treatment. There is anger among the people. They said the people would protest if the services at the health sub-centre were not restored.

AAP leader Puran Chand said people were struggling for basic facilities such as health, education and roads. There was no paediatrician and radiologist even in the Regional Hospital, Kullu. He said the claims of the government of providing door to door medical facilities were fake.

Covid infection

25 more contract Covid infection in Ludhiana district (The Tribune: 20220624)

25 more contract Covid infection in Ludhiana district

A health worker collects a sample from a woman for the Covid test in Ludhiana on Tuesday.

Photo: Inderjeet Verma

<https://www.tribuneindia.com/news/ludhiana/25-more-contract-infection-in-ludhiana-district-405942>

As many as 25 persons tested positive for Covid-19, while no loss of life was reported due to the virus in the district today.

The number of active cases in the district rose to 134. As many as 129 patients are in home isolation, while five are admitted to hospitals.

A total of 1,10,170 persons have contracted the infection since the outbreak of Covid in Ludhiana. As many as 2,285 patients lost their life to the virus since March 30, when first death was reported from the district.

A total of 36,60,579 samples have been collected so far. Of this, 35,35,619 samples were found negative.

Samples of 4,258 suspected patients were sent for testing today, the results of which are expected shortly.

Covid-19 live updates

Covid-19 live updates: India reports 17,336 daily new cases, highest in over 100 days

India on Friday reported 17,336 daily new Covid cases, over 30% higher than yesterday. The latest surge in daily cases is the highest in 124-days. Meanwhile, India's active caseload currently stands at 88,284. Stay with TOI for the latest developments Covid-19 live updateshe (Times of India:20220624)

<https://timesofindia.indiatimes.com/india/covid-19-live-updates-at-over-17000-indias-daily-covid-count-at-124-day-high/liveblog/92423159.cms>

Parkinson's

Parkinson's: The hidden sign of the disease in your posture (Times of India:20220624)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/parkinsons-the-hidden-sign-of-the-disease-in-your-posture/photostory/92408392.cms>

Who can get Parkinson's disease?

Parkinson's disease is the fastest growing neurological condition in the world. It is a condition in which parts of the brain become progressively damaged over many years. This disorder of the central nervous system affects your movement.

Most people with Parkinson's first develop the disease after the age 60, however, about 5% to 10% experience onset of the neurological condition before they are 50 and around one in 20 people first experience symptoms of the condition when they're under 40 years. Early-onset Parkinson's are often, but not always, inherited. You should consult your doctor if you feel like you may be experiencing any symptoms of Parkinson's disease.

Parkinson's develops when the brain cells stop working properly and are lost over time. Researchers do not yet know why people get Parkinson's, but it is believed that a combination of age, genetic and environmental factors cause the dopamine-producing nerve cells to die. According to experts, around one in 500 people are affected by Parkinson's disease, with men slightly more likely to get this disease than women.

Symptoms of Parkinson's start appearing when the brain is unable to make enough dopamine to control the movements properly. One of the earliest symptoms is a tremor in one hand. Impaired posture and balance is also a possible sign of Parkinson's disease.

Male fertility

Male fertility: The best age to become a father, as per studies (Times of India:20220624)

<https://timesofindia.indiatimes.com/life-style/parenting/getting-pregnant/male-fertility-the-best-age-to-become-a-father-as-per-studies/photostory/92132374.cms>

Age and male fertility

Men often think that their age doesn't matter when it comes to having a child and the biological clock is important only for the child-bearing mother. However, the number and quality of the sperm declines with your age. From a biological standpoint, experts recommend a man is best suited to fatherhood from his late 20s to early 30s.

It is still possible for men to father a child in their 50s and older. According to Guinness World Records, the oldest man to father a child was 92 years old at the time of the birth. Still, researchers have found that a man's age can affect a couple's chances of becoming pregnant. Males over 40 years of age have a lower likelihood of success.

Men typically never stop producing sperm but that doesn't mean they don't have a 'biological clock' like women. As a man ages, his sperm undergoes genetic mutations which increases the likelihood that the DNA of his sperm may be damaged. This can influence fertility and also create potential impacts on the health of his future children.

Studies have shown that fathers of an 'advanced paternal age' may be more likely to have children with neurodevelopmental disorders. A study done in 2010 observed the offspring of men over 40 had a five-fold risk of developing Autism Spectrum Disorder compared to the general population.

Men typically never stop producing sperm, but there is a decline in sperm quality with age. The World Health Organization has set semen parameters which are benchmarks for healthy sperm. These include count, morphology (shape), and motility (movement). Starting around the age of 35, men may see their semen parameters getting worse.

04/11 Sperm health and fertility

Sperm health can depend on various factors which influence chances of fertility. In terms of quantity, fertility is most likely if the semen discharged in a single ejaculation contains at least 15 million sperm per milliliter. Too little sperm in an ejaculation might make it more difficult to get pregnant. When it comes to sperm motility, pregnancy is possible with less than 40% of the sperm in ejaculate moving, with 40% being the threshold since the more the better chances of fertility.

05/11 What window are you most fertile?

The age where a man is most fertile is between 22 and 25 years. It is suggested to have children before the age of 35. After this age, the male fertility begins to worsen. After 35, the sperm might result in pregnancies where mutations can occur. Going further, if the age of the man is above 45 years, then the chances of having a miscarriage are much higher, irrespective of the age of the pregnant woman.

Vitamin B12 deficiency

Vitamin B12 deficiency: Beware of these two sensations in your feet (Times of India:20220624)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/vitamin-b12-deficiency-beware-of-these-two-sensations-in-your-feet/photostory/92356384.cms>

01/6Low levels of vitamin B12 can cause different health issues

Low levels of vitamin B12 can cause different health issues

Vitamin B12 or cobalamin is a water-soluble nutrient, found primarily in animal foods. By water-soluble, it means that the vitamin can dissolve in water and travel through the bloodstream. Surprisingly, the body can store vitamin B12 for up to 4 years, however, one can still be deficient of it at some point in life.

It is one of the most important nutrients that our body needs for several functions like forming red blood cells and DNA. It also plays a significant role in the development of brain and nerve cells.

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02/6What is vitamin B12 deficiency?

Although vitamin B12 is found in many animal products and one can get enough of it through supplements, B12 insufficiency or deficiency is a common problem among people. This can either be due to reduced intake of foods that contain the B vitamin or due to certain health conditions including pernicious anemia, gastrointestinal issues such as peptic ulcer disease, gastrinoma or Zollinger-Ellison syndrome and certain drugs that negatively impact the absorption of vitamin B12.

Also read: Lung cancer symptom: Palpitations may signal a tumour is putting pressure on the heart

PCOS

Suffering from PCOS? Here's how you can boost fertility and get pregnant (Times of India:20220624)

<https://timesofindia.indiatimes.com/life-style/parenting/getting-pregnant/suffering-from-pcos-heres-how-you-can-boost-fertility-and-get-pregnant/photostory/91984019.cms>

Polycystic ovary syndrome, or PCOS is a hormonal disorder that causes the ovaries to expand and leads to small cyst formations on the outer edges. This could lead to infrequent or prolonged menstrual periods, excess hair growth, acne and obesity. In more serious cases PCOS can also give rise to fertility issues, if not treated on time.

Also read: Kourtney Kardashian underwent intense 'panchakarma' cleanse to improve fertility; find out what it is and if it really helps

02/7 Fertility issues may arise with PCOS

Fertility issues may arise with PCOS

Women with PCOS may have concerns about their reproductive health.

Given that the hormonal condition triggers higher levels of male hormones called androgens, it can interfere with ovulation. Thus, making getting pregnant all the more challenging.

However, having PCOS does not necessarily mean women cannot conceive at all. With proper treatment, certain professional intervention and a healthy lifestyle, PCOS can be significantly reversed, increasing one's chance of getting pregnant and having a healthy pregnancy. Here's what you can do.

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03/7 Switching back to a healthy weight may help

Switching back to a healthy weight may help

For women suffering with PCOS, losing weight may be quite challenging. While not all women diagnosed with the condition are subject to weight gain or being overweight, it could be one of the many symptoms. Since PCOS makes it difficult for the body to effectively use the insulin, which is a hormone that helps convert sugars and starches from foods into energy, the excess insulin promotes fat storage and increases hunger, leading to weight gain. This in turn can affect female fertility.

That said, reducing weight and lowering insulin levels can improve fertility. Research suggests losing just 5% of one's body weight can help women restore normal ovulation and menstruation.

one is suffering with PCOS. Given that there are a myriad of issues associated with the condition including weight gain, irregular menstrual cycles, skin problems and infertility, stress is bound to occur, which again makes things worse.

Furthermore, chronic stress can itself lead to anovulation and irregular menstruation, which also means that it is associated with fertility issues. Again, excess stress can cause a spike in cortisol levels, a hormone that increases sugars in the bloodstream, leading to many other health issues.

The best way to relieve stress is by indulging in calming techniques such as yoga, meditation and massages. Do not put too much pressure on your mind and give it time to relax.

When you feel things are not in control anymore, taking professional help is the best remedy.

With PCOS, it is the same. If you feel the symptoms have gone out of whack, and that your condition is tampering with your reproductive system, ask your doctor to help you. In such cases, they may prescribe ovulation medications to help you ovulate, hence making it easier for you to conceive. Contact a fertility specialist who can guide you through the dosage and the type of medications that work the best.

06/7Treatment options

Treatment options

If ovulation medications prescribed by your doctor does not improve your fertility, women can even opt for in vitro fertilization (IVF) treatment to help get pregnant with PCOS. IVF is a type of assisted reproductive technology (ART) that involves retrieving eggs from the ovaries and fertilizing them with a sperm. The fertilized egg, also known as an embryo, can then be frozen, stored or put back in the uterus.

Heart health

Heart health: Study finds the blood types at higher risk of coronary heart disease (Times of India:20220624)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/coronavirus-study-finds-why-some-people-are-more-prone-to-long-covid/photostory/92251864.cms>

Blood type refers to classification of blood, based on the presence and absence of antibodies and inherited antigenic substances on the surface of red blood cells. There are 4 main blood groups – A, B, AB and O. Your blood group is determined by the genes you inherit from your parents.

According to research by Harvard School of Public Health, your heart disease risk may be linked to your blood type. In the study, senior author, and assistant professor, Lu Qi – and his colleagues revealed the blood types which are "most dangerous". According to the study, people with blood types A, B, or AB have a higher risk of heart disease in comparison with those with blood type O. Researchers found that having the blood group AB tends to be most risky.

02/5About the research

The data was obtained from two long-running research studies, which involved 89,550 adults over a period of 20 years.

The data revealed that people who had the blood type AB were 23 percent more likely to develop heart disease in comparison to others. People who had type B blood had an increased risk of 11 percent and people with type A blood had a five percent risk.

Read more: Dementia: Study says THIS vitamin deficiency can worsen condition; warns millions are at risk [READMORE](#)

03/5How can the findings help

Assistant Professor Qi of the study explained that while people cannot change their blood type, the findings may help physicians better understand who is at risk for developing heart disease. "It's good to know your blood type in the same way you should know your cholesterol or blood pressure numbers."

If you have a blood group that puts you at a higher risk of cardiovascular disease, then you can take preventive measures and reduce the risk by adopting a healthier lifestyle early on. This includes eating healthy, exercising daily, not smoking and avoiding drinking alcohol.

Researchers have found that blood group O are not only at lower risk of heart disease, but stomach cancer as well. On the other hand, people with type A blood are at a higher risk of getting stomach cancer. According to researchers, this may be because H. pylori infection, a bacteria that's usually found in the stomach, is more common in people with type A blood. This bacteria can cause inflammation and ulcers.

Further, people who have AB blood group might be more at risk of memory problems, and those with type A blood may have more of the stress hormone cortisol, according to researchers.

05/5How to improve cardiovascular health

There are several ways to improve your heart health and most of them have to do with your lifestyle habits.

Paying more attention to your diet, eating more nutrient-dense, natural produces and steering clear of oily, processed and sugary foods can alleviate risk of cardiovascular diseases.

Regular exercise or physical activities can do wonders for your heart health too. Simply, going for walks, a run or a jog can make a lot of difference.

Apart from that, cut down on unhealthy habits such as smoking and alcohol consumption as these can affect your heart severely.

Coronavirus surge: Reportedly

Coronavirus surge: Reportedly, THESE are the common symptoms seen in this COVID surge (Times of India:20220624)

COVID cases are rising in the country right now. While many are anticipating this to be the beginning of a massive wave of infection, health experts are saying that there is nothing to worry about.

However, going with the nature of the virus and the disasters it had done in the previous infections, we should not stop following the safety rules and COVID appropriate behaviour.

02/4What is the status of COVID in the country right now?

The last 24 hours saw a big surge in COVID cases. 12,213 new cases have been recorded in the last 24 hours, the highest surge so far in the last few months.

So far, the Omicron variant of the coronavirus has been the dominant strain of the virus. The Delta variant, which caused the deadly infection wave during April-June last year, subsided in the beginning of this year.

This week, cases of two new variants have been detected in the country. BA.4 and BA.5 which are said to be the most transmissible subvariants of the Omicron variant of the coronavirus have been detected in Maharashtra.

Read: Study says THIS vitamin deficiency can worsen condition; warns millions are at risk
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03/4What are the symptoms seen in COVID cases recently?

As per a news report, cases of diarrhea and fever are commonly being seen in COVID patients in Maharashtra recently.

People are massively complaining of diarrhea during this phase of COVID infection. Diarrhea has been associated with COVID ever since the pandemic began. This infection which is thought to be a respiratory issue actually affects every body part. The intensity of the infection on other body organs depends on the virus receptor cells present in those organs.

Apart from diarrhea patients are also experiencing stomach cramps or pain in the abdomen region. This pain is often associated with diarrhea. Doctors have also said that people are experiencing nausea and vomiting due to the abdominal issues.

Fever is also another common symptom seen in patients. Fever as high as 105F is also seen in people.

Fever is a common way of the body to respond to an infection. Every pathogenic attack in the body is followed by fever. This is the body's immune system reacting to the pathogen.

Doctors have urged people to consult them if signs of diarrhea and fever are seen. This will help in early identification of the infection and following COVID appropriate behaviour like isolation and quarantining can help save others from contracting the infection. Identification of the symptoms will stop an individual from becoming a potential super spreader.

Apart from this, people should keep following COVID appropriate rules in public places and when interacting with others. Face masks should be worn always, especially when one is in a public gathering. One should always keep the hands clean and sanitised.

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Coronavirus: Studies say THIS weird sensation in body can be a result of COVID attack; Know how to spot it

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01/5Complications in the health should never be allowed to progress

Complications in the health should never be allowed to progress

Research studies have established a number of complications linked to a COVID infection. A coronavirus attack does not limit itself to the respiratory tract only. It can affect other body organs where there are receptor cells that facilitate the entry of the virus.

Apart from the common cold symptoms and other symptoms distinct to the disease, there are certain other symptoms which are also seen in those having COVID infection.

One such weird symptom related to COVID is tingling sensation in the body.

This weird sensation which many people have experienced post-COVID, is numbness and tingling sensation.

In medical terms it is called paresthesia. In this, a patient experiences burning or prickling sensation in the hands, arms, legs, or feet and also even in other parts of the body.

Though this kind of sensation is painless, it interferes with the daily activity of the person. Constant feeling of pin piercing, feeling of something crawling under skin or itching are enough to distract a person.

A research study of more than 1,500 people who had COVID, found that these people were three times more likely to report the tingling sensation than others. Viral infections do impact the nerves of the body as a result of which the individual experiences tingling sensation.

03/5How long does this symptom last?

How long does this symptom last?

The symptoms last for a few weeks. In some cases, patients experience this pain for more than 3 months. A study by the Washington University Pain Center found that nearly 30% of its COVID patients reported this particular symptom and close to 6% of them experienced it as long as 3 months. The study has thrown light on the fact that the duration of this symptom may be due to the fact that the virus has lingering effects on the peripheral nerves of the body.

04/5When should you contact a doctor?

When should you contact a doctor?

Many of us live under the assumption that minor health related issues like tingling sensation in the body can ease within a few days. We have often seen how our legs get numb after sitting for a long period of time and this probably gives us the confidence that every tingling sensation might as well get over with time.

However, it should be noted that body related complications should never be allowed to progress. If the tingling sensation persists for days, consult your doctor and start taking the medicines prescribed to you.

05/5 What is the current status of COVID?

What is the current status of COVID?

In India, COVID cases are rising. India has recorded 6,594 new coronavirus cases in the last 24 hours. So far, two cases of two new variants of Omicron, BA.4 and BA.5 have also been reported in the country.

Though the hospitalisation rate has not increased after the second wave of COVID, experts have warned people to not stop taking COVID precautions.

The virus is highly mutating and only when we do not follow the safety rules we lay the breeding ground for the virus and expose a bigger threat to ourselves.

Read: Long COVID-How to manage distressing change in hearing [READMORE](#)

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Tinnitus and Long COVID

Tinnitus is ringing, buzzing or other noises in one or both of your ears or your head. The noise you hear when you have tinnitus isn't caused by an external sound, and other people cannot hear it.

A recent study by King's College London revealed that one in five people who tested positive for COVID experienced tinnitus at the same time. Although for a few people within the study the ringing lasted only for a few days, more than half of them were experiencing tinnitus for weeks or months.

Another study, conducted by The University of Manchester and Manchester Biomedical Research Centre, found that 7.6 percent of people who contracted Covid went on to suffer a loss in hearing, while 14.8 percent of people reported suffering with tinnitus and 7.2 percent of people reported suffering with rotatory vertigo. A paper by researchers at Lamar University in Texas showed the estimated prevalence of tinnitus post COVID-19 is eight percent.

Some people may not be affected by the sound, but for others it can be very distressing and impact their quality of life, mood, sleep and concentration. In most cases, tinnitus improves with time because the brain forgets it's listening to the sound.

02/4 Stress and tinnitus

Stress and tinnitus

Several viral infections have been known to cause direct damage to the inner ear area. They can induce an inflammatory response or make the inner ear vulnerable to a bacterial or fungal

infection. The stress caused by restrictions and isolation during the pandemic has been consistently suggested as a reason behind people experiencing tinnitus.

A 2020 study found that increased depression, anxiety, irritability, and financial worries further significantly contributed to tinnitus being more bothersome during the pandemic period.

Read more: Cancer: THIS common sign can indicate that lung cancer is growing inside you [READMORE](#)

03/4 Get rid of this distressing ringing

Get rid of this distressing ringing

It is important to consult your doctor first if you are experiencing tinnitus due to COVID-19 or long COVID. If COVID has left someone with hearing loss as well as tinnitus then fitting hearing aids will help with both conditions.

In addition, there are lots of things people can do to make it better or even encourage it to go away.

Quiet background sounds such as natural sounds, a fan, or the radio played at a quieter level than the tinnitus can encourage your brain to focus on the more interesting sound instead of the tinnitus.

To reduce the impact of stress on the development and continuance of tinnitus, practice relaxation techniques. You can try doing breathing or meditation exercises regularly. Progressive muscle relaxation exercises are also helpful in calming tinnitus.

Maintain a normal sleep and wake time, eat a healthy diet, and get some exercise on a regular basis. Studies show that good rest and healthy living standards can boost your immune system.

Read more: Coronavirus: New Omicron subvariants found in India; Details so far [READMORE](#)
04/4 Other long COVID symptoms

Apart from tinnitus, other common symptoms of long COVID include extreme tiredness (fatigue), shortness of breath, chest pain, problems with memory and concentration, difficulty sleeping and heart palpitations.

Long COVID conditions are found more often in people who had severe COVID-19 infection. However, anyone who has been infected with the virus can experience long COVID conditions, even those who had mild illness or no symptoms.

Non-alcoholic fatty liver disease

Non-alcoholic fatty liver disease: How you feel in the morning could be a warning sign (Times of India: 20220624)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/cancer-this-common-sign-can-indicate-that-lung-cancer-is-growing-inside-you/photostory/92204105.cms?picid=92204284>

01/6 This morning symptom could be indicative of non-alcoholic fatty liver disease

This morning symptom could be indicative of non-alcoholic fatty liver disease

We are all aware of the damage alcohol causes to the liver. It is one of the sole reasons behind the buildup of fat in the liver, leading to fatty liver disease (steatosis). However, there are two types of fatty liver disease: alcoholic and non-alcoholic fatty liver disease. While the former is caused due to heavy alcohol use, the latter is not associated with alcohol consumption.

According to India's National Health Portal (NHP), non-alcoholic fatty liver disease (NAFLD) is a leading cause of chronic liver diseases globally. NAFLD affects about 25% of the global adult population ranging from 13.5% in Africa to 31.8% in the Middle East. The prevalence of NAFLD in India is about 9% to 32%, as reported by the health body.

Given the alarming statistics, it is important to understand what this condition is and to note the common and unusual symptoms associated with it. Let us find out all about it in detail.

Also read: Cancer: THIS common sign can indicate that lung cancer is growing inside you

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02/6 What is non-alcoholic fatty liver disease (NAFLD)?

What is non-alcoholic fatty liver disease (NAFLD)?

Non-alcoholic fatty liver disease is a condition in which excess amounts of fat build up in the liver. This deposition of fat however is not associated or related to alcohol use.

NAFLD can be of two types: simple fatty liver (NAFL) and nonalcoholic steatohepatitis (NASH).

Simple fatty liver refers to the condition wherein fat is deposited in the liver but there is no sign of inflammation and liver damage.

Nonalcoholic steatohepatitis (NASH) is a more severe form of NAFLD, since it not only involves fat deposits, but also inflammation of the liver cells, leading to fibrosis, or scarring of the liver. This can further cause complications leading to cirrhosis or liver cancer.

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03/6 Beware of this symptom when you wake up in the morning

As far as symptoms are concerned, it can range from unnoticeable to severe health issues. One particular symptom may arise especially in the morning when you wake up and that is fatigue.

Feeling tired or weary is something we all experience irrespective of whether we suffer from a chronic illness or not. But experts warn against taking this symptom lightly, especially when it's frequent.

If you find yourself waking up tired, as though you haven't slept at all, let your physician know about it.

04/6 Other warning signs of NAFLD

Besides fatigue, there are many other symptoms of NAFLD. These include:

- Discomfort or pain in the upper right abdomen
- Abdominal swelling
- Enlarged spleen
- Jaundice
- Enlarged blood vessels right below the skin surface
- Unexplained or unintentional weight loss
- Red palms.

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05/6 Beware of alcohol-related liver disease

Drinking large amount of alcohol can harm your liver to a great extent. It contributes to building fats in the liver, causing chronic illness called alcoholic fatty liver disease, and is the first stage of ARLD.

While fatty liver disease hardly causes any symptoms, as per UK's National Health Services, some of the early indicators could be as follows:

- Abdominal (tummy) pain
- Loss of appetite
- Fatigue
- Feeling sick
- Diarrhoea
- Feeling generally unwell

While the exact cause of non-alcoholic fatty liver disease is not known, researchers believe it is prevalent in people who are diabetic and obese.

People with high levels of fats in the blood, such as cholesterol and triglycerides or those who have high blood pressure are also at an increased risk of the disease.

Certain drugs including corticosteroids and some cancer drugs can also be a risk factor for the illness.

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Cancer is a deadly disease, only if it is detected at a later stage. It is treatable if one catches the signs at an early stage and gets medical assistance. This is the reason why health experts always advise to go for regular body checkups every year and increase the regularity of checkups with age.

Apart from medical checkups, one can spot cancer signs through self observation. There are certain symptoms associated with cancer which are so common that one tends to avoid it under the assumption that it might go away on its own. Another reason why early symptoms of cancer escape from being noticed is that these do not affect the normal life of the individual. Cancer worsens life when it reaches an advanced stage and it is at this stage it comes to notice.

Hence, if one is vigilant and keeps an eye on common signs which persists for longer duration, the progress of cancer can be checked.

02/5 Facial swelling is linked with lung cancer

A swollen up or puffed face is a potential indicator of lung cancer. Usually in this case, the area around the eyes swells up.

Most people tend to ignore this sign as a puffed face is associated with many common health issues like cold or lack of sleep. With time, people get used to it, until it becomes difficult to ignore.

Face swells up in lung cancer as the lung tumors block the flow of blood in the superior vena cava blood vessel.

This is considered to be the first sign of lung cancer and is mostly seen when the person is lying down.

Puffiness is often associated with redness on the face.

Read: New Omicron subvariants found in India; Details so far [READMORE](#)

03/5 What are the other common signs linked with lung cancer?

Apart from swelling in the face, the other early signs of lung cancer are swelling in the neck, arms, headache, blurred vision, fainting and unexplainable redness on face and palms.

04/5 What are the other symptoms of lung cancer?

The other symptoms of lung cancer are persistent cough, breathlessness, wheezing, chest pain, hoarse voice, drop in weight, loss of appetite, extreme fatigue and infections related to the respiratory system like bronchitis and pneumonia.

05/5 What is the prevalence of lung cancer?

As per a report published in the Journal of Thoracic Oncology, in India, lung cancer accounts for 5.9% of all cancers and 8.1% of all cancer-related deaths.

Lung cancer is one of the most commonly occurring cancers worldwide along with cancers in breast, colon and rectum and prostate.

In 2020, 2.21 million cases of lung cancer were reported across the world and this was the most common cause of cancer death in the same year. A total of 1.8 million deaths occurred across nations in the world in 2020 due to lung cancer.

Ayurveda

From being slow to not needing prescription, expert busts common myths about Ayurveda

How many of these did you believe to be true? (The Indian Express:20220624)

<https://indianexpress.com/article/lifestyle/health/expert-busts-common-myths-about-ayurveda-7748107/>

ayurveda Are these commonly believed myths stopping you from giving Ayurveda a try? (Photo: Pixabay)

Ayurveda, despite being rooted in ancient traditions and being in practice for thousands of years, is laced with myths. While the world has already embraced Ayurvedic remedies and methods for holistic healing, some people are still skeptical to try them. Why is that the case? An expert sheds light on some of the most common myths about Ayurveda that are perhaps stopping people from giving it a try.

Yoga

Proven: Yoga is good for heart health

PGIMER study shows the effect of Common Yoga Protocol on physiological, biochemical and neuro-cognitive parameters, finds asanas can increase HDL, reduce LDL and work well on women. Yoga then can be a cost-effective lifestyle modification to prevent CVD, says Prof Akshay Anand, in charge, CCRYN Yoga Centre, PGI (TheIndian Express:20220624)

<https://indianexpress.com/article/lifestyle/health/yoga-is-good-for-heart-health-7987199/>

Yoga, which encompasses asanas, breathing techniques and meditation, needs more fundamental research so that it can be integrated into the prevention and management of various lifestyle disorders like obesity, diabetes, hypertension, and cancer, feels Prof Anand. (Express photo by Harmeet Sodhi)

It's proven, yoga is indeed good for your cardio-vascular health. A month of yoga increased good lipids (HDL) and reduced bad ones (LDL) in people who had just coopted the routine in their daily lives, according to a latest study by PGIMER, Chandigarh. Not only that, results showed that one can derive maximum benefit from asanas by age 35.

Digestive issues

This monsoon, keep digestive issues at bay with these expert tips

"Typhoid and other water borne diseases are also very common in the rainy season," said Dr Tribhuvan Gulati (TheIndian Express:20220624)

<https://indianexpress.com/article/lifestyle/health/digestive-issues-monsoon-diet-tips-7964136/>

digestive toxins, digestive disorders, idigestion, ayurveda, what are digestive disorders, why do digestive issues occur, indianexpress.com, indianexpress,Here's why digestive issues may be troubling you more often. (Source: Getty Images/Thinkstock)

There is no denying that monsoon brings much-needed respite from the scorching heat. But it is also true that the rainy season can take a toll on one's health, especially the digestive system. As such, gas, acidity, bloating, nausea, vomiting, abdominal pain, cramping, constipation, gastritis, and gut sensitivity issues increase during monsoon.

Diabetes

Can diabetes-prone children have fun during vacations? Yes

Encourage your child to take part in physical activities outdoors, adopt healthy eating habits and watch his weight, says Dr Suranjit Chatterjee, Senior Consultant, Internal Medicine, Indraprastha Apollo Hospital, Delhi (TheIndian Express:20220624)

<https://indianexpress.com/article/lifestyle/health/can-diabetes-prone-children-have-fun-during-vacations-yes-7986974/>

Pressure points

Are there pressure points in the body that can help you sleep better? Here's what a doctor says

While it is true that there are acupuncture points in the body, how effective is this strategy in the long run, and should one solely rely on it for sleep? (TheIndian Express:20220624)

<https://indianexpress.com/article/lifestyle/health/pressure-points-body-sleep-viral-hack-tiktok-wrist-massage-7985146/>

sleeping, sleeping hacks, sleep hacks, TikTok viral hack, how to sleep better, good night's sleep, quality sleep, acupuncture, wrist massage, indian express news Viral TikTok hack claims wrist massage can help you sleep better. Is there any truth to it? (Photo: Getty/Thinkstock)
There are many reasons why sleep remains elusive to people. In fact, it has become quite a common problem around the world, which could have many triggers.

Pregnancy

What are the advantages and disadvantages of drinking too much water during pregnancy?

Water intoxication can occur when women consume a big amount of water in a short period of time, says an expert (TheIndian Express:20220624)

<https://indianexpress.com/article/lifestyle/health/advantages-disadvantages-drinking-too-much-water-pregnancy-7946833/>

drinking water, drinking water during pregnancy, pregnant women drinking water, drinking too much water, how much water to drink pregnancy, health, expecting mothers, indian express news During pregnancy, water keeps your body hydrated. (Photo: Getty/Thinkstock)

Water is important for almost all functions of the body, including keeping the organs hydrated and running, and maintaining overall health. It is also vital to stay hydrated during pregnancy.

Nutrition

Should you not consume fruits after 2pm? Here's what a nutritionist says "There are many myths surrounding the best times to eat a mango and other fruits," said nutritionist Mohita Gupta on Instagram (TheIndianExpress:20220624)

<https://indianexpress.com/article/lifestyle/health/should-you-eat-fruits-night-time-7958044/>

fruits Should you consume fruits at night? (Source: Pixabay)

Fruits are a powerhouse of nutrients and an essential component of a healthy diet. But there are many 'myths' around the right time to have fruits. While some suggest avoiding fruits at night, others steer away from having them as the first thing in the morning.

lifestyle c

Some lifestyle changes women in their 40s should incorporate A woman should work towards long-term well-being instead of relying on methods that show faster results but for a short period, says celebrity fitness instructor Yasmin Karachiwala (TheIndianExpress:20220624)

<https://indianexpress.com/article/lifestyle/health/lifestyle-changes-women-40s-expert-tips-health-7981725/>

healthy eating, healthy eating and women, women eating healthy, healthy lifestyle changes for women, women in their 40s, healthy foods, almonds, indian express news Working out doesn't necessarily mean going to the gym, but simple walks will do, too. (Photo: Getty/Thinkstock)

In every decade of their life, women ought to take care of their health and well-being. As they progress in age, there are many health issues that come to the fore that include, among other things, bone and muscle aches, weight fluctuations, skin problems, etc.

Covishield effectively

Two doses of Covishield effectively protected above-45 population from infection: Study

The vaccination coverage among the eligible population (18+) began picking up rapidly last year and by May 22, 2021, about 20 per cent of individuals of 45 years of age or above had received both doses of the Covid-19 vaccine. (TheIndian Express:20220624)

<https://indianexpress.com/article/lifestyle/health/two-doses-covishield-patients-delta-study-7984316/>

A health worker shows empty vials of Covishield vaccine at a vaccination centre, in Jammu. (PTI, file)

A new study by the National Institute of Epidemiology, Chennai, and National Institute of Virology, Pune, has demonstrated the effectiveness of two doses of Covishield (ChAdOx1) vaccine against the Delta variant of Covid-19 in the general population of Chennai. “Our primary objective was to understand the protective effect of Covid-19 vaccines, irrespective of the severity of the disease in the general population. Two doses of Covishield effectively protected the population above 45 years from Covid-19 infection,” researchers involved in the study have said.

Mental health

How mindfulness and dance can stimulate a part of the brain that can improve mental health

Like a thick velvety headband, the somatosensory cortex arcs across the top of brain from just above one ear to the other. (TheIndian Express:20220624)

<https://indianexpress.com/article/lifestyle/health/how-mindfulness-dance-can-stimulate-a-part-of-the-brain-that-can-improve-mental-health-7979464/>

mental healthDance can stimulate a part of the brain that can improve mental health, get to know about it here (Image: Getty Images/thinkstock)

Like a thick velvety headband, the somatosensory cortex arcs across the top of brain from just above one ear to the other.

COVID-19 vaccines

Over 42 lakh deaths in India prevented by COVID-19 vaccines in 2021: Lancet study (The Hindu: 20220624)

<https://www.thehindu.com/sci-tech/health/over-42-lakh-deaths-in-india-prevented-by-covid-19-vaccines-in-2021-lancet-study/article65558984.ece>

The WHO had last month estimated that there were 4.7 million Covid-linked deaths in India, a figure that was refuted by the government. COVID-19 vaccines prevented over 42 lakh potential deaths in India in 2021, said a study published in The Lancet Infectious Diseases journal, which based its findings on estimates of "excess" mortalities in the country during the pandemic.

Globally, the mathematical modelling study found that COVID-19 vaccines reduced the potential death toll during the pandemic by nearly 20 million or

Global health emergency

WHO considers declaring monkeypox a global health emergency (The Hindu: 20220624)

<https://www.thehindu.com/news/international/who-considers-declaring-monkeypox-a-global-health-emergency/article65556903.ece>

Declaring monkeypox a global emergency would mean the U.N. health agency considers the outbreak to be an "extraordinary event" and would give it the same distinction as the COVID-19 pandemic.

As the World Health Organisation convenes its emergency committee on Thursday to consider if the spiraling outbreak of monkeypox warrants being declared a global emergency, some experts say WHO's decision to act only after the disease spilled into the West could entrench the grotesque inequities that arose between rich and poor countries during the coronavirus pandemic.

India sees 13,313 single-day COVID-19 cases, 36

India sees 13,313 single-day COVID-19 cases, 36 deaths (The Hindu: 20220624)

<https://www.thehindu.com/news/national/india-sees-13313-single-day-covid-19-cases-36-deaths/article65556090.ece>

Active coronavirus cases rise to 83,990

India logged 13,313 new coronavirus infections taking the total tally of COVID-19 cases to 4,33,44,958, while the active cases rose to 83,990, according to the Union Health Ministry data updated on June 23.

The death toll climbed to 5,24,941 with 38 new fatalities, the data updated at 8 a.m. stated.

Infection (Dainik BhaskarP: 20220624)

<https://epaper.bhaskar.com/detail/1416772/23508298016/mpcg/24062022/194/image/>

भास्कर Insight • री-इन्फेक्शन पर सबसे बड़ी स्टडी

दोबारा संक्रमित होने पर पहले हो चुकी छोटी समस्या भी घातक

■ 5 लाख अमेरिकियों का डेटा खंगालने से पता चली री-इन्फेक्शन की गंभीरता

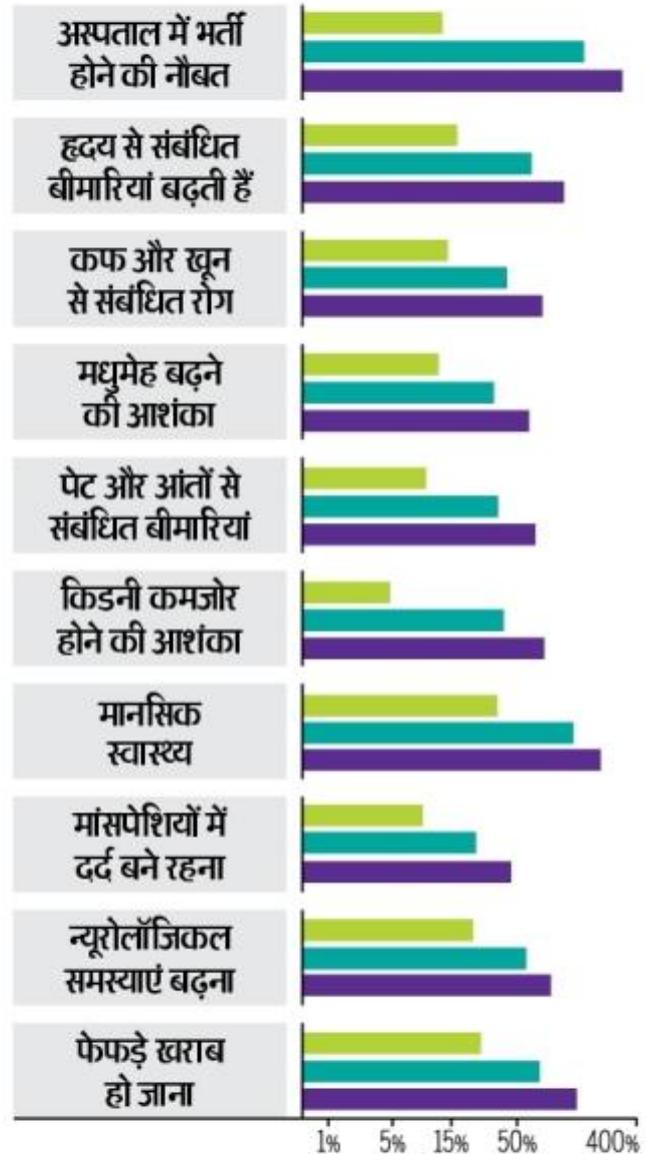
भास्कर न्यूज | न्यूयॉर्क/नई दिल्ली

अमेरिकी राज्य जॉर्जिया में पॉल स्मिथ को फरवरी 2020 में कोरोना हुआ तो उन्हें सिर्फ एक दिन बुखार आया। गले में थोड़ी खराश थी, जो 3 दिन में ठीक हो गई। अस्पताल की नौबत नहीं आई। मार्च 2021 में पॉल दोबारा संक्रमित हुए। इस बार 13 दिन अस्पताल में भर्ती कराना पड़ा। फेफड़े 25% तक सिकुड़ गए थे। 3 महीने बदन दर्द रहा। अनिद्रा अब भी बनी हुई है। दिसंबर 2021 में पॉल तीसरी बार संक्रमित हो गए। 7 दिन आईसीयू में रहने के बाद 15 दिन सामान्य वार्ड में भर्ती रहे। अब उन्हें सेहत से जुड़ी कई समस्याएं हो गई हैं, जो दो साल पहले नहीं थीं। अमेरिका में पॉल जैसे लाखों हैं, जो दो या इससे ज्यादा बार संक्रमित हो चुके हैं। संक्रामक रोग विशेषज्ञों ने ऐसे 5 लाख लोगों का सरकारी डेटा खंगाला है। इसके आधार पर तैयार की गई रिपोर्ट बताती है कि व्यक्ति जितनी बार संक्रमित होता है, जान का खतरा उतना ही गुना बढ़ जाता है। रिपोर्ट में बताया गया है अगर पहली बार संक्रमण के दौरान किसी तरह की हल्की समस्या भी आई है तो दूसरी बार का संक्रमण उस समस्या को घातक बना सकता है।

भारत में सितंबर 2021 में पता

हर बार संक्रमण के बाद यूं बढ़ती जाती हैं अलग-अलग बीमारियां

■ 1 बार संक्रमण ■ 2 बार संक्रमण ■ 3 बार संक्रमण



नोट: प्रति 1000 मरीज यूं बढ़ता जाता है खतरा।

लेंसेट रिपोर्ट: बच्चों में लॉन्ग कोविड के लक्षण कम से कम 2 महीने रहते हैं

कोपनहेगन यूनिवर्सिटी हॉस्पिटल की प्रो. सेलिना रिपोर्ट के अनुसार, लॉन्ग कोविड के लक्षण बच्चों में 2 महीने से अधिक तक रह सकते हैं।

भास्कर एक्सक्लूसिव • मेडिकल टूरिज्म बढ़ाने की तैयारी देश के 17 शहरों में होगा विदेशियों का इलाज, वीसा आसानी से मिलेगा

इन 12 राज्यों के 37 अस्पताल
चुने: दिल्ली, पंजाब, गुजरात,
तमिलनाडु, कर्नाटक, तेलंगाना,
हरियाणा, प. बंगाल, आंध्र
प्रदेश, केरल, महाराष्ट्र, असम।

पवन कुमार | नई दिल्ली

इलाज के लिए भारत आने वाले विदेशी मरीजों और उनके तीमारदारों के लिए वीसा प्रक्रिया सरल की जाएगी। केंद्रीय स्वास्थ्य मंत्रालय ने मेडिकल टूरिज्म को बढ़ावा देने के लिए कई मंत्रालयों के साथ मिलकर योजना तैयार की है। इसका लक्ष्य अगले 5 साल में देश में मेडिकल टूरिज्म को 6 अरब डॉलर (47 हजार करोड़ रु.) से बढ़ाकर 13 अरब डॉलर (1 लाख करोड़ रु.) करना है। देश को मेडिकल टूरिज्म हब बनाने के लिए केंद्र सरकार ने पहले फेज में 12 राज्यों के 17

विदेशी मरीजों के लिए पहला विकल्प आयुष पद्धति

भारत की परंपरागत चिकित्सा पद्धति को बढ़ावा देने के लिए विदेशी मरीजों को पहला विकल्प आयुष पद्धति से इलाज का दिया जाएगा। वहीं, हार्ट सर्जरी, ऑर्गन ट्रांसप्लांट, कूल्हा और घुटने का प्रत्यारोपण जैसे इलाज पर फोकस बढ़ाया जाएगा। क्योंकि, अभी इन्हीं सेवाओं के लिए ज्यादा विदेशी मरीज भारत आ रहे हैं।

हर साल विदेशी मरीज आए

| | |
|------|----------|
| 2015 | 2,33,918 |
| 2016 | 4,27,010 |
| 2017 | 4,95,056 |
| 2018 | 6,40,798 |
| 2019 | 6,97,453 |

किस देश से कितने आए

| | |
|-------------|--------|
| बांग्लादेश | 57.53% |
| इराक | 8.07% |
| मालदीव | 7.31% |
| अफगानिस्तान | 4.73% |
| ओमान | 3.21% |

शहरों की पहचान की है। इन शहरों में दिल्ली, गुड़गांव, अहमदाबाद, मुंबई, पुणे, चंडीगढ़, अमृतसर आदि शामिल हैं। पहले फेज में उन्हीं शहरों के 37 निजी अस्पतालों को चुना गया है, जहां पहले से विदेशी पहुंच रहे हैं। उन राज्यों को शामिल नहीं किया गया

है, जहां हेल्थ इन्फ्रास्ट्रक्चर मजबूत नहीं है। विदेशी मरीजों की हर तरह की मदद के लिए एक नोडल बॉडी बनेगी। 12 राज्यों में कोऑर्डिनेटर नियुक्त होंगे। विदेश मंत्रालय के अफसर वीसा संबंधी मसलों को जल्द सुलझाएंगे।

