



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Monday 20220701

## Covid-19 vaccine

### Covid-19 vaccine protects people of all body weights: Lancet study (The Tribune:20220701)

<https://www.tribuneindia.com/news/health/covid-19-vaccine-protects-people-of-all-body-weights-lancet-study-408481>

Vaccine effectiveness slightly lower in the underweight group  
Covid-19 vaccine protects people of all body weights: Lancet study  
A woman receives her dose of covid booster vaccine in Karachi, Pakistan. Reuters

Covid-19 vaccines significantly reduced the number of cases of severe covid for everyone regardless of their body size, according to a study of 90 lakh adults in England published in The Lancet Diabetes and Endocrinology on Friday.

Vaccine effectiveness was similar for those with a higher body mass index (BMI) and of a healthy weight, but slightly lower in the underweight group, who were also the least likely to have been vaccinated, the researchers said.

In a further analysis of vaccinated people only, among the fewer covid cases recorded, people of very low and very high BMI were more likely to experience severe disease than vaccinated healthy weight people, they said.

"Our findings provide further evidence that covid vaccines save lives for people of all sizes," said study lead author Carmen Piernas from the University of Oxford, UK.

They searched anonymised health records from more than 12 million patients in England taking part in QResearch - a secure database of healthcare information available to verified researchers.

People were grouped based on their BMI according to four World Health Organisation definitions of 18.5-24.9 kg per square metre (kg/m<sup>2</sup>) for healthy weight, below 18.5 for underweight and 25- 29.9 for overweight.

Characteristics such as age, sex, smoking status, and social deprivation were also accounted for in the analysis. Of over 90 lakh people included in the study, 566,461 (over 5.6 lakh) tested positive for SARS-CoV-2 during the study from December 8, 2020 (date of the first vaccine given in the UK) to November 17, 2021.

Of those, 32,808 were admitted to the hospital and 14,389 died.

To understand vaccine effectiveness, the researchers compared risk of severe disease in vaccinated versus non-vaccinated people at least 14 days after a second dose.

They found that being vaccinated offered high protection across all BMI groups, but that the effect was slightly lower in underweight people.

Underweight vaccinated people had around half the likelihood of being hospitalised or dying compared with unvaccinated people of the same BMI.

## **Fast Food**

**Canada to slap warning labels on sugary, salty and fatty foods  
Manufacturers will have more than three years to prepare for the changes,  
with the rules set to go into force on January 1, 2026(The Tribune:20220701)**

<https://www.tribuneindia.com/news/world/canada-to-slap-warning-labels-on-sugary-salty-and-fatty-foods-408331>

Foods high in sugars, sodium and saturated fat will come with clear warning labels in Canada starting in 2026, the federal government said on Thursday, in an effort to promote healthier eating choices and reduce chronic health risks.

“We know that it’s not always easy to make healthy choices,” Health Minister Jean-Yves Duclos told reporters. “We need a quick and easy way of knowing exactly what options are the healthiest.”

Under the new rules, a magnifying glass label will be required on all packaged foods with high levels of sugar, salt and saturated fat, along with text to make clear what “nutrients of concern” a food contains, Health Canada said.

Manufacturers will have more than three years to prepare for the changes, with the rules set to go into force on January 1, 2026, the agency added.

The policy will not apply to certain foods, such as plain milk and whole eggs, due to their health value. It will also exclude raw fish and meat, whether whole cut or ground.

Those exemption will come as a relief to Canada’s meat industry, which lobbied against an earlier proposal that would have seen ground beef slapped with a warning label.

Canadians consume more than recommended amounts of sugar, sodium and saturated fat, officials said, adding the labels are not meant to classify food as healthy or unhealthy.

Diet-related chronic illnesses like diabetes and heart disease are leading causes of morbidity and mortality in Canada, with the economic burden seen to be C\$28.2 billion (\$21.9 billion) per year, according to Health Canada.

Ottawa also recently proposed written health warnings be printed on individual cigarettes. If Canada implements the measure, it will be the first country to do so. Reuters

## **Male menopause**

### **Male menopause: Men have it too (The Tribune:20220701)**

<https://www.tribuneindia.com/news/health/male-menopause-men-have-it-too-407722>

Have you or your partner ever noticed that you are having hot flushes, gaining weight, or an impaired sexual function?

These are just a few of the symptoms of male menopause, a health condition that doesn't get much attention.

We all know that women have a fixed ovarian reserve which gradually decreases over time, leading to menopause. Men don't go through menopause, but they face a similar problem as their testosterone levels tend to drop dramatically. And it's called andropause, or just male menopause. As men age, they undergo a number of changes, from graying of hair to loss of muscle mass. The drop in testosterone levels is one of the most dramatic changes men go through.

"It's not often discussed since there isn't much research on the issue, owing to the fact that you don't die from a decrease in gonadal hormones, and the hormone withdrawal isn't as extreme as in women. When males experience this, there are typically other factors at play, in addition to the decline in hormones such as workplace stress, marriage stress, life management, and lifestyles," said Dr Anubha Singh, Gynecologist and IVF Expert from Shantah Fertility Centre, Vasant Vihar, New Delhi.

What is Andropause exactly?

The reduction in testosterone levels in males is referred to as male menopause.

"Anytime beyond the age of 40, when women's oestrogen levels begin to decline. Low testosterone is a term used by certain doctors to describe it. It is natural to see a decrease in the production of the male hormone testosterone as you become older, but it can also happen when you have diabetes. Late-onset hypogonadism, often known as age-related low testosterone, is a steady decrease in testosterone levels. It is a more gradual menopause than female

menopause, in which ovulation stops and hormone production drops over a short period of time," explained Dr. Anubha Singh.

What are a few of the signs and symptoms?

Fatigue, poor libido, and difficulties concentrating are just a few of the symptoms that might occur as a result of this reduction. Apart from these following are other signs and symptoms:

- . Diminished mental acuity (poor concentration, depressed mood)
- . Loss of strength and energy
- . Gaining weight, losing muscle, and gaining fat. Depressed moods and/or a lack of zeal and enthusiasm . Irritability
- . Muscle aches and pains (feeling stiffness)
- . Sweats or hot flushes
- . Hands and feet that are cold
- . Itching
- . Sexual dysfunction
- . Loss of height

What causes Andropause?

Testosterone is responsible for a variety of important functions in men. For example, it regulates libido, sperm production, and muscle mass. Dr Shobha Gupta, Medical Director and IVF Specialist from Mother's Lap IVF Centre, Pitampura, New Delhi explained "Testosterone is important for bone health and blood production. It is produced in the testes and adrenal glands. As men tend to grow old, testosterone levels tend to drop, along with the ability to produce sperm. This leads to a condition called andropause".

When do men experience Andropause?

Andropause can begin around the age of 40 but it can begin earlier and continues till 70. There has been increasing discussions about andropause, but not all doctors and psychologists agree that there is male menopause because not all men experience it, and for those who do, they often do not express it. Their feelings are like freely as women.

Diagnosing and treatment

"If you feel the above mentioned symptom then that's your sign otherwise your doctor will likely do a blood test to measure your testosterone levels. If they are low, hormone replacement therapy (HRT) may be prescribed. You may be advised to change your lifestyle, such as get more exercise and eat a healthier diet," further explained Dr Shobha Gupta.

How can you help your body and mind cope with andropause?

.Eat a good diet: A healthy diet, which includes a balance of vegetables, fruits, meats, fish and dairy products . Be active: Engage in regular exercise, including aerobic, muscular and flexibility exercises . Regular health Check-ups: Get regular health check-ups including cardiovascular, prostate and testicular cancer

.Hormones: Check hormone levels as you get older. Generally, between 40 and 55 several important hormones in a man's body begin to decline

.Reduce stress: Exercise and relaxation help to reduce stress, as does talking to your partner, friends and family about your problems

.Intimacy: Although sex is still important as you go through male menopause, you will start to view sex as a part of a loving relationship which includes friendship, intimacy and sharing

.Sleep: Get plenty of sleep

Men cope differently with menopause, it depends a lot on their personality. Unlike menopause in women, Dr Shobha Gupta believes "more research is needed on andropause, or male menopause, to fully understand it and determine what can be done to help men at this stage in their lives."

## **Neurodegenerative diseases**

### **Covid-19 increases risk of neurodegenerative diseases: Study (The Tribune:20220701)**

<https://www.tribuneindia.com/news/nation/covid-19-increases-risk-of-neurodegenerative-diseases-study-407488>

Covid-19 increases risk of neurodegenerative diseases: Study

Persons detected with Covid 19 are at a heightened risk of specific neurodegenerative diseases, a new research on long-term effects of Sars-Cov 2 infection has shown.

Persons detected with Covid 19 are at a heightened risk of specific neurodegenerative diseases, a new research on long-term effects of Sars-Cov 2 infection has shown.

Presented this week at the eighth European Academy of Neurology (EAN) Congress, held at Vienna, the study analysed health records of over half of the Danish population and found that those who had tested Covid positive were at an increased risk of Alzheimer's disease, Parkinson's disease and ischaemic stroke.

PlayUnmute

Fullscreen

Of the 9,19,731 individuals who were tested for Covid within the study, researchers found that the 43,375 who tested positive had a 3.5 times increased risk of being diagnosed with Alzheimer's disease, 2.6 times with Parkinson's disease, 2.7 times with ischaemic stroke and a 4.8 times increased with intracerebral haemorrhage (bleeding in the brain).

Previous studies have also provided evidence for substantial neurological and psychiatric morbidity in the six months after Covid infection.

A study published in 'The Lancet' in April 2021 showed risks were greatest in, but not limited to, patients who had severe Covid. It studied 2,36,379 patients diagnosed with Covid and found the estimated incidence of a neurological or psychiatric diagnosis among these persons in the following six months to be 33.62 per cent.

The Denmark study analysed in and outpatients in the country between February 2020 and November 2021, as well as influenza patients from the corresponding pre-pandemic period.

“More than two years after the onset of the pandemic, the precise nature and evolution of the effects of Covid on neurological disorders remained uncharacterised,” said Pardis Zarifkar, lead author from the Department of Neurology, Rigshospitalet, Copenhagen, Denmark.

Vulnerable to Alzheimer's, Parkinson's

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## **Air pollution**

**Air pollution increases risk of premature death by 20 per cent: Study  
Environmental factors are highly predictive of people's chances of dying,  
especially from heart (The Tribune:20220701)**

<https://www.tribuneindia.com/news/health/air-pollution-increases-risk-of-premature-death-by-20-per-cent-study-407431>

Air pollution increases risk of premature death by 20 per cent: Study  
Photo for representation only.

Exposure to above average levels of outdoor air pollution increases the risk of premature death by 20 per cent and mortality risk from cardiovascular disease by 17 per cent, according to a study.

The research, published in the journal PLOS One, shows that along with high blood pressure, diabetes, and smoking, environmental factors such as air pollution are highly predictive of people's chances of dying, especially from heart attack and stroke.

Using wood- or kerosene-burning stoves, not properly ventilated through a chimney, to cook food or heat the home also increased overall risk of death by 23 per cent and 9 per cent and cardiovascular death risk by 36 per cent and 19 per cent, the researchers said.

Living far from specialised medical clinics and near busy roads also increased risk of death, they said.

Researchers from NYU Grossman School of Medicine and the Icahn School of Medicine at Mount Sinai, US, collected personal and environmental health data from 50,045 mostly poor, rural villagers living in the northeast Golestan region of Iran.

All study participants were aged over 40 and agreed to have their health monitored during annual visits with researchers dating as far back as 2004.

The study not only identifies environmental factors that pose the greatest risk to heart and overall health, but also adds much-needed scientific evidence from people in low and middle income countries.

Traditional research on environmental risk factors, the researchers noted, has favoured urban populations in high-income countries with much greater access to modern healthcare services.

The study showed that the one-third of study participants who lived within 500 metres of a major roadway had a 13 per cent increased risk of death.

"Our study highlights the role that key environmental factors of indoor/outdoor air pollution, access to modern health services, and proximity to noisy, polluted roadways play in all causes of death and deaths from cardiovascular disease in particular," said study senior author and cardiologist Rajesh Vedanthan.

"Our findings help broaden the disease-risk profile beyond age and traditional personal risk factors," said Vedanthan, an associate professor at NYU Langone Health.

The study showed that other environmental factors included in the analysis -- low neighbourhood income levels, increased population density and too much night time light exposure -- were not independent predictors of risk of death, despite previous research in mostly urban settings suggesting otherwise.

The researchers analysed data gathered through December 2018. They then created a predictive model on overall death risk and death risk from cardiovascular disease.

## **Orthopaedic surgeries**

### **Orthopaedic surgeries take a hit at Abohar Civil Hospital (The Tribune:20220701)**

#### **Anaesthesia machine lying defunct for past 30 months**

<https://www.tribuneindia.com/news/punjab/orthopaedic-surgeries-take-a-hit-at-abohar-civil-hospital-407215>

Orthopaedic surgeries take a hit at Abohar Civil Hospital

An injured child being shifted to another hospital for surgery. - File photo

Harjot Singh (7), a resident of Indira Nagari, had fractured his leg while playing seven days ago. He was admitted to the Civil Hospital to undergo orthopaedic surgery. But the same could not be done as anaesthesia immunisation machine was lying defunct at the Civil Hospital.

The anaesthesia specialist who joined duty after a two-month leave explained that children below 10 years of age could not be operated upon due to the malfunctioned machine. As a result, Sapna and Buta Singh (parents) had to crowdfund money for the surgery of their son at a private hospital. After reporting the matter to senior officials, it came to the fore that ortho related surgeries of children had not been performed at the hospital for the past 30 months.

“The orthopaedician said sedation was must to perform surgery. Anaesthesia specialist was on a leave. Now, he told that sedation machine was non-functional,” said Buta.

The officiating SMO, Dr Neerja Gupta, said she took the charge recently and has come to know about the issue as the anaesthesia specialist was not ready to take the risk of sedating the child without anaesthesia immunisation machine.

Earlier, many patients had to get ultrasound scans done from private labs as the machine at the Civil Hospital remained defunct for a month.

## **Vaccination**

### **Vaccination averted 42 lakh Covid deaths in India: Lancet (The Tribune:20220701)**

<https://www.tribuneindia.com/news/nation/vax-averted-42l-deaths-in-india-lancet-406697>

Vaccination averted 42 lakh Covid deaths in India: Lancet

Photo for representational purpose only.

Covid vaccination has substantially altered the course of the pandemic, saving tens of millions of lives globally, and averting 42 lakh potential deaths in India alone, a modelling study published in The Lancet Infectious Diseases journal has found.

Covid deaths in India 8 times higher than reported, claims Lancet study

Covaxin safe in 2 to 18-year-olds: Lancet

Based on official reported Covid deaths, the modellers estimated that vaccination prevented 14.4 million deaths from Covid in 185 countries and territories between December 8, 2020, and December 8, 2021.

The saving of more than 19 million lives by the unprecedented rapidity of development and roll out of vaccines is an extraordinary global health feat. —Prof Alison Galvani, Yale university school of public health, us

“This estimate rose to 19.8 million deaths from Covid averted when we used excess deaths as an estimate of the true extent of the pandemic, representing a global reduction of 63 per cent in total deaths (19.8 million of 31.4 million) during the first year of Covid vaccination,” the researchers said.

In Covax Advance Market Commitment countries, they estimated that 41 per cent of excess mortality (7.4 million of 17.9 million deaths) was averted. Nearly 92 low- and middle-income economies are eligible to have their participation in the Covax facility supported by the Covax AMC (Advance Market Commitment).

These include low-income Afghanistan, among others, and lower middle income nations, including India, Angola, Algeria and Bolivia, among others.

“In low-income countries, we estimated that an additional 45 per cent of deaths could have been averted had the 20 per cent vaccination coverage target set by Covax been met by each country, and that an additional 111 per cent of deaths could have been averted had the 40 per cent target set by WHO been met by each country by the end of 2021,” modelers said.

“For India, we estimate that 42,10,000 (more than 42 lakh) deaths were prevented by vaccination in this period. This is our central estimate, with the uncertainty in this estimate ranging between 36,65,000-43,70,000 (over 36.6 lakh to 43.7 lakh),” said lead author of the study, Oliver Watson from the Imperial College London, the UK

The study flagged inadequate access to vaccines in low-income countries which had limited the impact in these settings, reinforcing the need for global vaccine equity and coverage.

## **Doctor's Day**

### **PM greets doctors on Doctor's Day, lauds their role in saving lives(The Tribune:20220701)**

Doctor's Day is observed in honour of noted doctor and former West Bengal chief minister Bidhan Chandra Roy, whose birth and death anniversaries fall on July 1

PM greets doctors on Doctor's Day, lauds their role in saving lives

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<https://www.tribuneindia.com/news/nation/pm-greets-doctors-on-doctors-day-lauds-their-role-in-saving-lives-408494>

PM greets doctors on Doctor's Day, lauds their role in saving lives  
Photo for representation. iStock

Prime Minister Narendra Modi greeted doctors on Doctor's Day, and said they play a key role in saving lives and making the planet healthier.

Doctor's Day is observed in honour of noted doctor and former West Bengal chief minister Bidhan Chandra Roy, whose birth and death anniversaries fall on July 1.

"Doctor's Day greetings to all hardworking doctors who play a key role in saving lives and making our planet healthier," Modi tweeted and shared a video montage with his voice-over hailing the role played by the doctors.

## **New covid cases**

### **17,070 new covid cases, 23 more deaths recorded Active covid cases rise to 1,07,189(The Tribune:20220701)**

<https://www.tribuneindia.com/news/nation/17-070-new-covid-cases-23-more-deaths-recorded-408493>

India added 17,070 new coronavirus infections taking the total tally of covid-19 cases to 4,34,69,234, while the active cases increased to 1,07,189, according to the Union Health Ministry data updated on Friday.

The death toll climbed to 5,25,139 with 23 new fatalities, the data updated at 8am said.

The active cases comprised 0.25 per cent of the total infections, while the national recovery rate was 98.55 per cent, the ministry said.

An increase of 2,634 cases has been recorded in the active caseload in a span of 24 hours.

Among the 23 new fatalities 15 were from Kerala, three from Maharashtra, and one each from Chhattisgarh, Madhya Pradesh, Punjab, Rajasthan and West Bengal.

## **Health Ministry**

### **Health Ministry directs States to improve COVID-19 vaccine coverage (The Hindu:20220701)**

<https://www.thehindu.com/news/national/health-ministry-directs-states-to-improve-covid-19-vaccine-coverage/article65584774.ece>

A swab sample of an air traveller for COVID-19 test being collected at Indira Gandhi International Airport in New Delhi. File

A swab sample of an air traveller for COVID-19 test being collected at Indira Gandhi International Airport in New Delhi. File | Photo Credit: PTI

Revised COVID surveillance strategy aimed at long-term integration with IDSP mechanism  
Over 3.66 crore first doses of COVID vaccines have been administered in the 12-14 years age group, according to a Health Ministry report of Thursday, with the Ministry advocating for increased vaccination coverage for children and the elderly population, following a rise in cases from several parts of the country.

“More than 193.53 crore vaccine doses have been provided to States and more than 11.59 crore balance and unutilised vaccine doses are still available with States,” the Health Ministry said.

It added that States have been directed to accelerate vaccination coverage, especially of the 60-plus years elderly population, and that of the second dose in the 12-17 years population groups. “States are to also ensure that vaccines that expire first are administered first, preventing any wastage of resources,” the Ministry said.

In addition, the Ministry has now advised States to follow the ‘Operational Guidelines for Revised Surveillance Strategy in context of COVID-19’ issued by the Centre on June 9. The

revised surveillance guidelines call for sewage and wastewater surveillance, which may provide early warnings on a potential local surge of COVID-19, the Ministry said in its communication to the States.

The Ministry has also advised States to initiate random RT-PCR screening of about 2% of international passengers in each incoming flight, and genomic sequencing of all positive specimens. These measures are aimed at the long-term integration of COVID-19 surveillance within the existing Integrated Disease Surveillance Programme (IDSP) mechanism.

In his letter to State governments, Union Health Secretary Rajesh Bhushan asked States to adhere to the revised strategy, focusing on early detection; timely management of suspected and confirmed cases; and containment of outbreaks of new coronavirus variants.

According to the revised strategy, all healthcare facilities are to report 'influenza like illness' (ILI) cases, and monitor Severe Acute Respiratory Illness (SARI) cases in all district hospitals and select tertiary hospitals, and undertake their RT-PCR tests for COVID-19. District Surveillance Officers (DSO) will be responsible for analysing the data. "Five per cent of ILI cases shall be tested through RT-PCR," the Health Ministry added.

State IDSP are also required to share data on a fortnightly basis, and laboratories testing for COVID-19 should upload their data on Indian Council for Medical Research portal. "Please ensure that the guidelines are disseminated to all districts, and identified health facilities and labs across the state and their implementation shall be ensured," the letter said.

The revised strategy further stressed on community-based surveillance for early detection of unusual events in the community, such as large outbreaks, unusual clinical presentation of cases, mortality, etc.

Mr. Bhushan said the three-pronged genomic surveillance strategy should be implemented by States, and positive samples from large clusters, or outbreaks in the community and unusual events, should also be sent for whole genome sequencing.

"I am sure the State governments and UT [Union Territory] administrations shall make these guidelines to enable us to retain and build on the gains made so far in this fight against COVID-19," the letter said.

## Abortion, tech and surveillance

### | Abortion, tech and surveillance (The Hindu:20220701)

<https://www.thehindu.com/sci-tech/technology/explainer-abortion-tech-and-surveillance/article65579144.ece>

A man holds a sign saying “Keep Roe” as he protests in front of the U.S. Supreme Court after the court recently overturned the landmark Roe v Wade abortion decision with their ruling in the Dobbs v. Jackson Women’s Health case.

A man holds a sign saying “Keep Roe” as he protests in front of the U.S. Supreme Court after the court recently overturned the landmark Roe v Wade abortion decision with their ruling in the Dobbs v. Jackson Women’s Health case. | Photo Credit: Reuters

With abortion now or soon to be illegal in over a dozen states and severely restricted in many more, Big Tech companies are facing new calls to limit tracking and surveillance

With abortion now or soon to be illegal in over a dozen states and severely restricted in many more, Big Tech companies that vacuum up personal details of their users are facing new calls to limit that tracking and surveillance. One fear is that law enforcement or vigilantes could use those data troves against people seeking ways to end unwanted pregnancies.

History has repeatedly demonstrated that whenever people’s personal data is tracked and stored, there’s always a risk that it could be misused or abused. With the Supreme Court’s Friday overruling of the 1973 Roe v. Wade decision that legalized abortion, collected location data, text messages, search histories, emails and seemingly innocuous period and ovulation-tracking apps could be used to prosecute people who seek an abortion — or medical care for a miscarriage — as well as those who assist them.

“In the digital age, this decision opens the door to law enforcement and private bounty hunters seeking vast amounts of private data from ordinary Americans,” said Alexandra Reeve Givens, the president and CEO of the Center for Democracy and Technology, a Washington-based digital rights nonprofit.

It’s already happening

Until this past May, anyone could buy a weekly trove of data on clients at more than 600 Planned Parenthood sites around the country for as little as \$160, according to a recent Vice investigation. The files included approximate patient addresses — derived from where their cellphones “sleep” at night — income brackets, time spent at the clinic, and the top places people visited before and afterward.

It’s all possible because federal law — specifically, HIPAA, the 1996 Health Insurance Portability and Accountability Act — protects the privacy of medical files at your doctor’s office, but not any information that third-party apps or technology companies collect about you. This is also true if an app that collects your data shares it with a third party that might abuse it.

In 2017, a Black woman in Mississippi named Latice Fisher was charged with second-degree murder after she sought medical care for a pregnancy loss.

Explained | How will the Roe v. Wade rollback impact women?

“While receiving care from medical staff, she was also immediately treated with suspicion of committing a crime,” civil rights attorney and Ford Foundation fellow Cynthia Conti-Cook wrote in her 2020 paper, “Surveilling the Digital Abortion Diary.” Fisher’s “statements to nurses, the medical records, and the autopsy records of her fetus were turned over to the local police to investigate whether she intentionally killed her fetus,” she wrote.

Fisher was indicted on a second-degree murder charge in 2018; conviction could have led to life in prison. The murder charge was later dismissed. Evidence against her, though included her online search history, which included queries on how to induce a miscarriage and how to buy abortion pills online.

“Her digital data gave prosecutors a ‘window into (her) soul’ to substantiate their general theory that she did not want the fetus to survive,” Conti-Cook wrote.

Fisher is not alone. In 2019, prosecutors presented a young Ohio mother’s browsing history during a trial in which she stood accused of killing and burying her newborn baby. Defense attorneys for Brooke Skylar Richardson, who was ultimately acquitted of murder and manslaughter charges, said the baby was stillborn.

But prosecutors argued she’d killed her daughter, pointing in part to Richardson’s internet search history, which included a query for “how to get rid of a baby.” She was later acquitted.

#### Industry Response

Technology companies have by and large tried to sidestep the issue of abortion where their users are concerned. They haven’t said how they might cooperate with law enforcement or government agencies trying to prosecute people seeking an abortion where it is illegal — or who are helping someone do so.

Last week, four Democratic lawmakers asked federal regulators to investigate Apple and Google for allegedly deceiving millions of mobile phone users by enabling the collection and sale of their personal data to third parties.

“Individuals seeking abortions and other reproductive healthcare will become particularly vulnerable to privacy harms, including through the collection and sharing of their location data,” the lawmakers said in the letter. “Data brokers are already selling, licensing and sharing the location information of people that visit abortion providers to anyone with a credit card.”

Apple and Google did not immediately respond to requests for comment.

#### ALSO READ

A history of the discourse around abortion in the U.S.

Governments and law enforcement can subpoena companies for data on their users. Generally, Big Tech policies suggest the companies will comply with abortion-related data requests unless they see them as overly broad. Meta, for instance, pointed to its online transparency report, which says “we comply with government requests for user information only where we have a good-faith belief that the law requires us to do so.”

Online rights advocates say that's not enough.

“In this new environment, tech companies must step up and play a crucial role in protecting women’s digital privacy and access to online information,” said Givens, of the Center for Democracy and Technology, said. For instance, they could strengthen and expand the use of privacy-protecting encryption; limit the collection, sharing and sale of information that can reveal pregnancy status; and refrain from using artificial intelligence tools that could also infer which users are likely to be pregnant.

What about period apps?

After Friday’s Supreme Court ruling, some period-tracking apps tried to assure users that their data was safe. But it helps to read the fine print of the apps’ privacy policies.

Flo Health, the company behind a widely-used period tracking app, tweeted Friday that it would soon launch an “Anonymous Mode” intended to remove personal identity from user accounts and pledged not to sell personal data of its users.

Clue, which also has a period tracking app, said it keeps users’ health data — particularly related to pregnancies, pregnancy loss or abortion — “private and safe” with data encryption. It also said it uses auditing software for regulatory compliance and removes user identities before their data is analyzed by the scientific researchers the company works with.

At the same time, the company acknowledged that it employs “some carefully selected service providers to process data on our behalf.” For those purposes, it said, “we share as little data as possible in the safest way possible.” But Clue offered no further details.

Burden on the user

Unless all of your data is securely encrypted, there’s always a chance that someone, somewhere can access it. So abortion rights activists suggest that people in states where abortion is outlawed should limit the creation of such data in the first place.

For instance, they urge turning off phone location services — or just leaving your phone at home — when seeking reproductive health care. To be safe, they say, it’s good to read the privacy policies of any health apps in use.

The Electronic Frontier Foundation suggests using more privacy-conscious web browsers such as Brave, Firefox and DuckDuckGo — but also recommends double-checking their privacy settings.

There are also ways to turn off ad identifiers on both Apple and Android phones that stop advertisers from being able to track you. This is generally a good idea in any case. Apple will ask you if you want to be tracked each time you download a new app. For apps you already have, the tracking can be turned off manually.

## Zika

### Scientists warn of Zika spread in newer areas, call for better surveillance (The Hindu:20220701)

<https://www.thehindu.com/news/national/scientists-warn-of-zika-spread-in-newer-areas-call-for-better-surveillance/article65564238.ece>

Zika virus (ZIKV), a vector-borne flavivirus, is transmitted by the bite of infected Aedes mosquitoes, mainly Aedes aegypti and Aedes albopictus.

Zika virus (ZIKV), a vector-borne flavivirus, is transmitted by the bite of infected Aedes mosquitoes, mainly Aedes aegypti and Aedes albopictus. | Photo Credit: Getty Images/iStockphoto

Co-infection of dengue, chikungunya and Zika also a concern, they say  
Scientists at the National Institute of Virology (NIV), Pune, have raised an alarm about the spread of the Zika virus, along with dengue and chikungunya, across several States and Union Territories where it has never been reported earlier, establishing local transmission in India.

With the monsoon season, scientists have called for urgent strengthening of surveillance, after the circulation of Zika virus was detected in Delhi, Jharkhand, Rajasthan, Punjab, and Telangana in 2021, in addition to Kerala, Maharashtra, and Uttar Pradesh.

Previously, sporadic cases were reported from Gujarat (2016-17), Tamil Nadu (2017), Madhya Pradesh and Rajasthan (2018). The researchers also found co-infection of Zika, dengue and chikungunya, which, they said, was another concern at many places. There was a need to be aware and take preventive measures, they added.

Zika virus (ZIKV), a vector-borne flavivirus, is transmitted by the bite of infected Aedes mosquitoes, mainly Aedes aegypti and Aedes albopictus.

For the study, a total of 1,520 clinical samples — serum (1,253), plasma (99), whole blood (120), and urine (48) — were collected from 1,475 patients across 16 viral research and diagnostic laboratories (VRDLs) in Delhi, Kerala, Punjab, Rajasthan, Uttar Pradesh, Uttarakhand, Madhya Pradesh, West Bengal, Bihar, Odisha, Telangana, Assam, Jharkhand, and Bihar.

The samples were subsequently transferred to the apex laboratory at the Indian Council of Medical Research-National Institute of Virology (ICMR-NIV), Pune, for molecular diagnosis, serology, and genomic analysis.

“In 2021, Zika virus outbreaks were reported in Kerala (May-July), Maharashtra (July), and Uttar Pradesh (October) and since these outbreaks were reported from distant locations and over a period of six months, we conducted a retrospective screening of dengue and chikungunya negative clinical samples (stored with VRDLs) from May to October 2021 to understand the extent of the spread of the virus in India,” said Nivedita Gupta, head of virology at ICMR, who co-ordinated the study.

Pragya D. Yadav, scientist and group leader at the maximum containment laboratory at ICMR-NIV, added that after 2020, the public health surveillance of ZIKV could not be continued with the same vigour due to the involvement of all VRDLs in COVID-19 diagnostics considering the subsequent waves of the pandemic. All these VRDLs were advised to store the dengue/chikungunya test samples.

The research noted that retrospective surveillance for ZIKV demonstrated the silent spread of the virus to almost all parts of India with a predominance of the more recent 2018 Rajasthan ZIKV strain.

“Our results indicated the need for continuous and enhanced surveillance for ZIKV along with DENV [dengue virus] and CHIKV [chikungunya virus] with emphasis on the ante-natal ZIKV screening,” Dr. Yadav said.

The scientists added that the development of quick and reliable tests as well as validating the utility of simple serology-based tests for ZIKV would help in augmenting the diagnostic capabilities. With the massive upscaling of the COVID-19 RT-PCR testing laboratories in India, this network can also be re-purposed for augmenting ZIKV testing in the country.

“Along with these efforts, it is also essential not to lose sight of effective vector control measures and focus on the development of a safe and effective vaccine for ZIKV, which could be administered to pregnant women,” the study added.

## **Reinfection**

### **Every reinfection increases the risk to health (The Hindu:20220701)**

<https://www.thehindu.com/sci-tech/health/every-reinfection-increases-the-risk-to-health/article65562513.ece>

The study highlights the importance of preventing reinfection with SARS-CoV-2. A recent study has turned on its head the notion that getting naturally infected with SARS-CoV-2 virus would provide more protection from future infections. The study has found the complete opposite — a previous infection makes the next infection(s) worse. The study has been posted as a preprint in Research Square, which is yet to be peer-reviewed.

Compared with vaccination, first infection with SARS-CoV-2 virus is associated with increased risk of adverse health outcomes in pulmonary and

## **Typhoid: S. Typhi**

### **Typhoid: S. Typhi is more drug-resistant (The Hindu:20220701)**

<https://www.thehindu.com/sci-tech/health/typhoid-s-typhi-is-more-drug-resistant/article65563781.ece>

Photo used for representational purpose only.

Photo used for representational purpose only. | Photo Credit: Reuters

The antibiotic-resistant bacteria has spread globally nearly 200 times

The bacteria causing typhoid fever is becoming increasingly resistant to some of the most important antibiotics for human health, according to a study published in The Lancet Microbe journal.

The largest genome analysis of Salmonella Typhi (S. Typhi) also shows that resistant strains — almost all originating in South Asia — have spread to other countries nearly 200 times since 1990.

The researchers noted that typhoid fever is a global public health concern, causing 11 million infections and more than 1,00,000 deaths per year.

While it is most prevalent in South Asia — which accounts for 70% of the global disease burden — it also has significant impacts in sub-Saharan Africa, Southeast Asia, and Oceania, highlighting the need for a global response, they said.

Antibiotics can be used to successfully treat typhoid fever infections, but their effectiveness is threatened by the emergence of resistant S. Typhi strains. Analysis of the rise and spread of resistant S. Typhi has so far been limited, with most studies based on small samples.

“The speed at which highly-resistant strains of S. Typhi have emerged and spread in recent years is a real cause for concern, and highlights the need to urgently expand prevention measures, particularly in countries at greatest risk,” said study lead author, Jason Andrews, from Stanford University, United States.

#### **ALSO READ**

Typhoid strain lays many low

“At the same time, the fact that resistant strains of S. Typhi have spread internationally so many times also underscores the need to view typhoid control, and antibiotic resistance more generally, as a global rather than local problem,” Mr. Andrews said.

In the new study, the researchers performed whole-genome sequencing on 3,489 S. Typhi isolates obtained from blood samples collected between 2014 and 2019 from people in Bangladesh, India, Nepal, and Pakistan with confirmed cases of typhoid fever. A collection of

4,169 S. Typhi samples isolated from more than 70 countries between 1905 and 2018 was also sequenced and included in the analysis.

Bharat Biotech's typhoid vaccine offers 82% protection

The authors traced the presence of genes conferring resistance to macrolides and quinolones, which are among the most critically important antibiotics for human health. The analysis shows resistant S. Typhi strains have spread between countries at least 197 times since 1990. While these strains most often occurred within South Asia and from South Asia to Southeast Asia, East and Southern Africa, they have also been reported in the U.K., the U.S., and Canada, the researchers said.

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Antibiotics can be used to successfully treat typhoid fever infections, but their effectiveness is threatened by the emergence of resistant S. Typhi strains.

## **Alzheimer's detection**

### **Alzheimer's detection now easier at one shot (The Hindu:20220701)**

Using an algorithm able to select texture and subtle structural features in the brain that are affected by Alzheimer's could really enhance the information we can gain from standard imaging techniques, says Dr Paresh Malhotra of Imperial College, London

<https://indianexpress.com/article/lifestyle/health/alzheimers-detection-study-mri-scan-7996971/>

Alzheimer's is the most common form of dementia that mainly affects those over the age of 65 years but may also be sometimes detected in younger patients. (File)

A single MRI scan may be used to diagnose Alzheimer's disease – a progressive condition that slowly destroys memory and thinking skills – even in the early stages, according to a study from the Imperial College, London. Researchers found that an algorithm trained in spotting changes in the brain could accurately predict whether a person had the condition 98 per cent of the time. And it could distinguish between early and late-stage Alzheimer's with 79 per cent accuracy.

The researchers modified an algorithm that is used for classifying cancer tumours – they divided the brain into 115 regions and used 660 different features such as size, shape and texture to assess these. The algorithm was then trained to identify changes in these features and predict Alzheimer's disease. The researchers then applied the algorithm to the brain scans of

400 patients with early and late stage Alzheimer's, health controls and people with other neurological conditions, including other forms of dementia.

Also Read |Another failure extends the elusive search for Alzheimer's 'silver bullet'  
Alzheimer's is the most common form of dementia that mainly affects those over the age of 65 years but may also be sometimes detected in younger patients. The disease results in disruption of connection between the neurons (the fundamental unit of the brain) and eventually their death over time. It is believed that genetics, lifestyle, and environment, all play a role in a person getting the disease.

Usually, doctors look for unusual clumps of a type of protein, tangled bundles of fibres, and shrinkage of the part of a brain linked to memories called hippocampus to diagnose a patient with the condition. A series of cognitive tests and brain scans is currently needed to confirm the diagnosis. The new approach can identify it with just one MRI scan, which is easily available in most big hospitals.

“Currently no other simple and widely available methods can predict Alzheimer's disease with this level of accuracy, so our research is an important step forward. Many patients... also have other neurological conditions, but even within this group our system could pick out those patients who had Alzheimer's from those who did not,” said Professor Eric Aboagye from department of surgery and cancer at Imperial in a release.

Explained |Why a decade-long trial to prevent Alzheimer's failed, and what that means  
In the same release, a researcher from Imperial's department of brain sciences, Dr Paresh Malhotra, said, “Although neuroradiologists already interpret MRI scans to help diagnose Alzheimer's, there are likely to be features of the scans that aren't visible, even to specialists. Using an algorithm able to select texture and subtle structural features in the brain that are affected by Alzheimer's could really enhance the information we can gain from standard imaging techniques.”

Other than accurately identifying patients with the disease early on with just one brain scan, the algorithm was also able to associate changes in areas of brain that were previously not associated with the disease – such as cerebellum that coordinates and regulates physical activities and ventral diencephalon that is linked to the senses, sight and hearing.

Similar research, funded by the department of biotechnology, is under way in India as well. Dr Rajinder Dhamija, neurologist and director of the Institute of Human Behaviour and Allied Sciences (IHBAS), said, “Alzheimer's is a progressive disease and there is no cure for it. But an early diagnosis helps patients in managing their symptoms better and plan for the future. Right now, many go from hospital to hospital just to get the diagnosis. So, such a technology would be of immense help.”

He added, “Although we are not developing any algorithm, we are doing a cross sectional study that will be followed by a longitudinal study to determine changes in brain scans associated with Alzheimer's.”

The current cross-sectional study has already enrolled 40 healthy individuals, whose scans will be compared to Alzheimer's patients' to see the changes associated with the disease. “After that we will do a longitudinal study where a cohort would be followed for years, with their brains scanned from time to time. So, when some of them do develop the disease, we can go

back and see all their scans to determine changes seen over time. This might give us clues on how to detect the disease early on,” said Dr Dhamija.

## **Menstrual health**

### **How long COVID impacts your menstrual health (Indian Express:20220701)**

During stress, the HPA axis stimulates the release of the stress hormone cortisol to help the body fight off a threat. Increased cortisol levels can affect a woman’s menstrual cycle, explains Dr Sarika Gupta, Senior Consultant, Oncology and Robotic Gynaecology, Indraprastha Apollo Hospital, New Delhi

<https://indianexpress.com/article/lifestyle/health/long-covid-menstrual-health-impact-7996993/>

World Menstrual Hygiene Day, menstrual hygiene, first period, menstrual cycle, menstruation, menstrual health, teenagers, puberty, indian express news COVID-19 could affect the hypothalamic-pituitary-ovarian-endometrial axis (tightly regulated system controlling female reproduction) with resulting changes to the menstrual cycle.

Written by Dr Sarika Gupta

For the past two years since the pandemic emerged, scientists have been continuously researching COVID-19. While the virus itself has proven to be highly problematic, there have been several cases worldwide where recovered patients faced multiple health issues which they developed over time. It is now proven that this notorious virus not only affects our respiratory organs but in many cases our digestive and cardiovascular functioning as well. Women, in particular, reported some gynaecological issues after recovering from COVID-19.

Many took to social media and shared the issues they faced due to their prolonged illness and the effects of the virus on their menstrual cycle. The most common conditions faced by these people were irregular periods, clotting of the blood, a worsened state of mental health and pre-menstrual syndrome.

Also Read |Does COVID-19 affect your menstrual cycle?

Menstrual cycles of a person depend on a lot of factors, both inside and outside their bodies. One of the major factors is hormonal changes and their complex nature. The hormones released in a person’s body and how they interact with different systems like the immune system can influence the severity of the menstrual flow and its duration. COVID-19 could affect the hypothalamic-pituitary-ovarian-endometrial axis (tightly regulated system controlling female reproduction) with resulting changes to the menstrual cycle. In this case fewer or no sex hormones are produced by the ovaries, resulting in further complications. During stress, the HPA axis stimulates the release of the stress hormone cortisol to help the body fight off a threat. Increased cortisol levels can affect a woman’s menstrual cycle.

If the HPA axis is suppressed fully, a woman may experience amenorrhea, the absence of periods. With partial suppression, a woman could have spotty periods or periods of bleeding every few weeks. Each woman responds differently.

Also Read |‘I had never felt worse’: Long Covid sufferers are struggling with exercise  
These complications are generally noted in the long infection cases, those in which the patient has been affected by the virus for over two weeks. Due to these irregularities and confusing issues, many women complain of being mentally drained. Women who suffered long COVID, while dealing with infection-induced vascular and digestive complications, had to go through severe menstrual imbalance.

**IRREGULARITY IN MENSTRUAL CYCLE:** Irregularities in the menstrual cycle are usually considered common as they are the result of hormonal changes a person goes through. But being a Covid-19 patient ups those chances even when you are not going through usual hormonal imbalance. A study published in 2021 in the renowned journal, Reproductive BioMedicine Online, recorded and tracked the menstrual cycles of 177 women suffering from COVID-19. It showed that a majority faced long cycles with a low volume of bleeding. Among patients who had severe cases of Covid-19, 34 per cent faced a cycle longer than 30 days. While there were no significant changes in the sex hormones of the patients, it generally took up to one or two cycles up to two months) to get back on the normal track.

**SEXUAL BEHAVIOURAL CHANGES:** Women reported a significant change in sexual behaviour post-recovery. Prolonged home isolation and confinement impacted the secretion of serotonin and other hormones, which are majorly responsible for the decrease in libido. Women who took anti-depressants were also highly affected as some of these drugs suppress serotonin in our bodies.

Instead of understanding and mapping the pandemic consequence on gynaecological health, myths and fake news about the vaccine’s impact on fertility were sensationalised. Studies from various renowned medical institutes and research centres across the globe have squashed the claims that vaccination has anything to do with fertility issues. It was found that men faced temporary fertility issues when infected with the virus but bounced back to normal once administered the vaccine.

What should be done to maintain gynaecological health after COVID-19 recovery? Practise meditation, mindfulness, pranayama (controlled breathing), yoga or Taichi (martial art) to maintain mental health as it is important for overall wellbeing. Consume nutritious iron and calcium-rich foods such as green leafy vegetables, milk, cheese, legumes and dried fruits to prevent anaemia, which can otherwise result in heavy and irregular bleeding during periods. Practise medium intensity exercises such as brisk walking, running, swimming, and cycling every day for at least 30 minutes.

Consult your doctor if you experience persistent fatigue, heavy bleeding, spotting between two-period cycles and an abnormal delay in period dates.

Some scientists believe that hormonal imbalances in women affected by COVID-19 result in reproductive health issues. However, other experts feel stress and anxiety as the major reason. More studies are needed to find out the connection between the novel Coronavirus and the reproductive system of women. In the meantime, women must report any irregular bleeding events post-COVID recovery or vaccination to their doctors to prevent adverse consequences.

## 5 myths about immunity-boosting foods

### 5 myths about immunity-boosting foods you should know about (Indian Express:20220701)

It is essential and commendable to be cautious about boosting your immune system but following the wrong piece of advice may worsen your health further. Limited access to dieticians, lack of correct information and overly grandiose health advice coming from all sides fuel misinformation and myths.

<https://indianexpress.com/article/lifestyle/health/dont-fall-for-myths-about-immunity-boosting-foods-8001221/>

healthy food People have unrealistic expectations from superfoods. Eating healthy is more important for your immune system than eating superfoods. (Source: Pexels)

Ever since the Covid-19 pandemic engulfed the world, people across the globe have become highly conscious about developing a strong immunity system and the type of food they should eat to keep viruses at bay. This is indeed a good behavioural change that will help us maintain overall fitness and achieve holistic health goals.

But limited access to dieticians, lack of correct information and overly grandiose health advice coming from all sides fuel misinformation and myths. As a result many of us fall prey to different food items/supplements promising protection. It is essential and commendable to be cautious about boosting your immune system but following the wrong piece of advice may worsen your health further. Your ability to differentiate facts from fiction will help you make the right choice.

Myth 1: Increased intake of Vitamin C boosts your immune system

It is a fact that Vitamin C enhances the body's power to fight diseases. But an overdose is not beneficial at all. For adults, 19 years or above, the healthy upper limit of Vitamin C intake is 2000 mg per day. Your body cannot digest Vitamin C over this limit; you'll simply end up urinating more as your body flushes out the extra amount.

Also Read | Healthy eating: Unmissable snacking options to try

If it remains in the body, it may cause gastro-intestinal problems, including diarrhoea, nausea, abdominal cramps and vomiting. To avoid the risks associated with overdose, you must stick to what your healthcare provider recommends to you. If you have a healthy body, then you should be able to meet your vitamin C quota from dietary sources.

Myth 2: Superfoods are a cure-all

People have unrealistic expectations from superfoods. They consider them a cure for all health complications. Eating healthy is more important for your immune system than eating superfoods. Including a variety of colourful foods in your diet plan will help your body get the

required nutrients to fight harmful elements and maintain overall health. You should focus on a balanced diet containing different vitamins, minerals, proteins, fats, carbohydrates and other nutrients. Remember that superfoods are more like sales pitches and may blind people to equally nutritious options. Build variety in your diet.

Myth 3: Citrus fruits are the only immunity booster foods

It is true that citrus fruits, like lemons, oranges, and grapefruits, are powerhouses of Vitamin C, an essential nutrient to boost immunity. But, it's a myth that they are the only foods that can support the immune system.

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There are many food items available that can help you boost your immunity significantly. For instance, red pepper, garlic and carrot contain compounds that help you improve your immunity. You can find many more such food items.

Myth 4: Intake of nutrients is enough to boost immunity

A nutrient-rich diet is indeed a great way to improve the body's immunity. But the effectiveness largely depends on your lifestyle. If you don't get adequate sleep, your immune system becomes weak due to tiredness, stress and inflammation in different body parts. An adult needs to sleep around seven to eight hours every day to improve immunity.

Similarly, smoking and drinking habits hinder the functioning of your immune system. You need to curtail their consumption while maintaining the regular intake of a nutrient-rich diet. You should be cautious about your lifestyle and adopt healthy living habits such as adequate sleep, limiting stress, regular exercise, curtailing alcohol consumption and so on.

## Colonoscopy

### Can colonoscopy trigger pancreatitis? An expert answers (Indian Express:20220701)

According to Dr Rajesh Gopalakrishna, "while certain risk factors for pancreatitis, such as family history and genetics, cannot be changed, making some lifestyle changes can lower the risk of pancreatitis."

<https://indianexpress.com/article/lifestyle/health/can-colonoscopy-trigger-pancreatitis-symptoms-treatment-causes-travis-barker-expert-explains-8001604/>

Pancreatitis is a condition in which the pancreas becomes inflamed. (Photo: Pixabay)  
According to various reports, Travis Barker has been hospitalised due to pancreatitis — a condition in which the pancreas becomes inflamed. The condition, according to TMZ, "was triggered by a colonoscopy".

The news of the Blink-182 drummer hospitalisation came after he tweeted: "God save me".

The pancreas is a vital organ that is responsible for the production of insulin, which regulates blood sugars, as well as the digestive enzymes in the body.

Explaining the causes, Dr Rajesh Gopalakrishna, Clinical Professor, Gastroenterology and Hepatology, Amrita Hospital said binge drinking, smoking, eating a high-fat diet, viral infections, and abdominal trauma are some of the usual triggers of pancreatitis. “But there are also various factors that can trigger the early release of the digestive enzymes which may then attack the pancreas itself, causing injury and inflammation. These effects may be short-term and of varying degrees of severity (acute pancreatitis), or long-term leading to permanent damage to pancreas (chronic pancreatitis),” said.

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But does colonoscopy — an endoscopic examination done to know of any changes in the colon — trigger pancreatitis? “Colonoscopy is a well-tolerated and safe diagnostic procedure, usually performed under conscious sedation. Abdominal pain is an occasional complication after colonoscopy. However, acute pancreatitis is a rare complication after colonoscopy and is more likely to be seen after balloon-assisted enteroscopy of the small bowel,” the expert told indianexpress.com.

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Symptoms of pancreatitis

Abdominal pain is a cardinal symptom. “The pain typically occurs after eating food and is often associated with nausea and vomiting. The pain usually spreads from the abdomen to the back and is worse on lying down flat on one's back,” explained Dr Rajesh. Additionally, the presence of jaundice suggests gallstones are the cause of pancreatitis. Weight loss and oily stools may be seen in some chronic pancreatitis, he added.

Treatment

The first treatment for an acute attack of pancreatitis, requires a person to refrain from consuming any food and liquids for a short period to avoid stimulation and provide rest to the pancreas.

“Severe pancreatitis needs hospitalisation and even ICU care, occasionally. An endoscopic procedure (ERCP) may be needed to drain bile ducts that are blocked by gallstones. Antibiotics are often needed to treat infections and endoscopic or surgical procedures to remove damaged tissue or drain fluid in the abdomen may be occasionally needed,” he said.

Tips for healthy pancreas

According to Dr Rajesh, certain risk factors for pancreatitis, such as family history and genetics, cannot be changed. However, making some lifestyle changes that can lower the risk of pancreatitis.

\*Consume a healthy diet that includes foods that are rich in protein, low in animal fats, and contain antioxidants.

\*The diet should include fruits, vegetables, whole grains, legumes (pulses), and nonfat/low fat dairy or dairy alternatives.

Also Read |How long COVID impacts your menstrual health

\*Lean cuts of meat and egg whites can be used as animal protein sources. Healthy fats such as olive oil, fish, nuts, and seeds, may be consumed with careful portion control.

\*Avoid fried and high fat food like French fries and chips, junk foods like burgers, processed meat like sausages, and mayonnaise.

\*Eating more fiber can lower the chances of having gallstones or elevated blood triglycerides. Both of those conditions are common causes of acute pancreatitis.

\*Eat smaller and more frequent meals. Cutting back or stopping alcohol use and avoiding tobacco are key steps in keeping pancreas healthy.

\*Achieving and maintaining a healthy weight may help lower the risk of developing pancreatitis. Healthy weight also lowers risk for gallstones, which are a common cause of pancreatitis.

## **Reproductive health**

### **Women on why they're stocking up on the morning-after pill (Indian Express:20220701)**

The founders of Stix, a vaginal and reproductive health company, said that demand for Restart, its morning-after pill, surged by more than 600% in the 24 hours after the Supreme Court

<https://indianexpress.com/article/lifestyle/health/morning-after-pill-roe-wade-abortion-pregnancy-7998751/>

morning after pill, pregnancy, abortionAfter the announcement of the Supreme Court's decision to overturn Roe v. Wade, the morning-after contraception pill has emerged as a sought-after purchase for many people. (Representational image)

By: Katherine Rosman and Gina Cherehus

After the announcement of the Supreme Court's decision to overturn Roe v. Wade, the morning-after contraception pill has emerged as a sought-after purchase for many people worried about access to reproductive health care. Some women have bought morning-after pills in case they or their sexually active children need to prevent a pregnancy after having sex. Others are creating a small stockpile in anticipation of possible restrictions on contraception as Justice Clarence Thomas suggested in a concurring opinion published last week. Some women

said that purchasing the pills gave them a quick burst of control or power, during an otherwise disorienting moment for proponents of abortion rights.

Chrissy Bowen, 51, was sitting on the couch Friday morning in her Flower Mound, Texas, living room when her husband noticed a breaking news message on the screen of their muted TV: The Supreme Court had overturned Roe v. Wade, which would soon trigger a ban on the few abortion rights people in Texas still held.

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After ducking into the shower, where she burst into tears, Bowen pasted into her group text chats with friends a link to My Choice Emergency Contraceptive, a tablet that can be taken up to three days after sex.

The so-called morning-after pill is an emergency contraceptive that works by preventing ovulation. It is different from abortion pills, known as misoprostol and mifepristone, which taken together are used to terminate an established pregnancy, according to Megan Freeland, the director of health communications for Planned Parenthood Federation of America.

“I’m buying more,” Bowen wrote in one chat about the morning-after pills, after noting that she had already purchased a few for her children in May, in response to a leaked draft of the Supreme Court decision published by Politico. “Reminder,” she texted another of the group chats, referencing an earlier discussion about buying the contraceptive. Then she ordered six additional pills, paying about \$10 each.

“The rules are the same for both my kids,” said Bowen, who has a daughter in high school and a son in college. “They’re to let their friends know that we have the pills and if one gets used, we need to replace it with a new one. I didn’t become a crazy buyer hoarding hundreds of pills, and I’m not trying to supply contraception to the whole town. I’m doing this because now abortion won’t be available and I’m worried that this sort of contraception soon won’t be either.”

Bowen checked on her order the day after the ruling and saw a notice on the Amazon seller’s page: the seller’s inventory had sold out.

**ALSO READ** |When abortion pills were banned in Brazil, women turned to drug traffickers  
As people across the country absorb the news of the Supreme Court’s decision to overturn the federal protection of the right to have an abortion, there is a swell of interest and demand for legal options available to people who want to avoid pregnancy. In the days since the decision, many women have looked for a tool to assert control over their own reproductive futures and

logged onto retail and health care websites to buy emergency contraceptive pills that are taken after sex to try to prevent pregnancies.

Even before rallies and marches could be organized, the immediacy and access of the internet provided an outlet. The founders of Stix, a vaginal and reproductive health company that sells products such as pregnancy tests, yeast infection products and emergency contraception online, said that demand for Restart, its morning-after pill, surged by more than 600% in the 24 hours after the Supreme Court announcement. A pill costs \$38 and has up to a 20-month shelf life.

“Seventy-two percent of those people were buying more than one dose,” said Cynthia Plotch, co-CEO along with Jamie Norwood, of Stix.

Retailers are trying to shore up supply. On Friday, Wellspring Meds, the health care products website, together with the company’s Amazon store, sold more than 6,000 units of emergency contraception, up from 1,000 units the day before, said Ariel Kondov, one of the company’s owners.

“I don’t think anyone is prepared to support the demand” with current inventory, Kondov said. He reached out to morning-after manufacturers Friday who assured him they are increasing production and will continue to meet the surging demand.

Currently, there are two primary products in the emergency contraception (or morning-after) category.

Plan B is the best known brand of morning-after pills. Levonorgestrel is the main ingredient in Plan B and other over-the-counter morning-after pills. Taken within 72 hours of sexual activity, levonorgestrel prevents pregnancy by interfering with the process of ovulation. It is less effective in people who weigh more than 165 pounds, according to Planned Parenthood.

Ella, a prescription morning-after pill containing ulipristal acetate, can be taken as late as five days after sex. It may be more effective than Plan B in women who weigh more than 165 pounds (but not more than 195 pounds), according to Planned Parenthood. It also works by interfering with the process of ovulation.

Since some emergency contraception works better the sooner it is taken, Planned Parenthood advises that it can be a good idea to get it before it is needed, according to Freeland. “But also keep in mind that stockpiling or hoarding emergency contraception can limit the ability of people in your community” to get it.

To attain an Ella prescription, people can consult their doctor, health clinics like Planned Parenthood or licensed professionals at telehealth companies such as Wisp, which provides reproductive products and services such as virtual doctor appointments.

In May, following the leaked draft of the Supreme Court ruling, Wisp saw a 40% surge in sales of emergency contraception products and services over the previous month, according to Ahmad Bani, the company’s CEO. And in the 24 hours after the Supreme Court’s official announcement Friday, Wisp’s sales of emergency contraceptives were 25 times greater than its daily sales average in May.

But people are showing more concern about the pitfalls of panic buying and the shortages it can bring than they did for certain supplies in the early days of the pandemic. “We all saw what happened with toilet paper,” said Hannah Lyter, 27, a social media manager who has helped create content for Wisp, and who has been buying pills to distribute to those in need.

Sarah McKenna, a 21-year-old spiritual adviser and tarot card reader in Saylorsburg, Pennsylvania, went on Amazon to buy three pills when the announcement was made, to add to the order she made last month after the draft decision was leaked.

“My first thought was that I would like to purchase morning-after pills not only for myself but for those who need it, because people are going to buy them and resell them for a crazy price,” McKenna said. “I have friends and family who can’t always afford those things and I wanted to just have some extra to make sure that the people who need it can have it. Even if I have to ship it to somebody randomly.”

McKenna purchased My Way Emergency Contraceptive, a generic version of Plan B One-Step that usually costs \$8 a pill. An hour after her purchase, McKenna noticed that prices were climbing. The day after the announcement, it was sold out on the Amazon seller’s page.

“It’s going to keep happening,” she said of price increases and supply shortages.

McKenna has five morning-after pills in total and intends to keep some for herself. “It’s good to be prepared,” she added. She refrained from buying more because she didn’t want to keep others who might need them more urgently from accessing them.

As long as there are no laws making it a crime to mail contraception, she said, “I would definitely send it out to people if they needed it.”

Margaret Laws, 57, was visiting her sister in Broken Arrow, Oklahoma, when she heard the decision and decided to buy morning-after pills that day. “I was just like, ‘I can’t just stand by and do nothing.’” Laws lives in Oakland, California, but spends one-quarter of her time with family in Oklahoma, a state that had the most restrictive law banning abortion in the country before the ruling.

With about \$100 taken from her health savings account, she bought 10 pills. “My first thought was, ‘I’m going to find out where I can safely distribute these locally because there’s going to be some girl who either willingly or unwillingly has sexual intercourse and is afraid of getting pregnant,’” she said.

Laws, who is a lesbian and does not have sex with men, notified her network of women in the Tulsa area, especially those with daughters, to let them know that if they needed pills they can call her. She has also limited the amount she purchased.

If her outreach makes her a modern-day “drug dealer,” wondered Laws, or if it violates HSA rules because she purchased medical products that she herself is not going to use, so be it. “What the hell do I care at this point?” she said. “Let them come at me.”

ALSO READ | Smriti Irani writes: On women’s rights, West takes a backward step, and India shows the way

Women with connections to states that have or will make abortion illegal have been especially quick to buy up the emergency contraception pills. Stacey Michelin, 52, is a board member of Illinois Planned Parenthood organizations and is an abortion rights activist. Illinois is a state expected to maintain laws protecting abortion rights. But Michelin is also the mother of five children, the youngest of whom attends Tulane University, located in New Orleans; abortion has been outlawed in Louisiana.

Michelin has ordered a few Plan B packages for her children, so that they would have enough for any friends who might be in need. This week she texted a group of parents whose children attend Tulane with her son, urging them to send their children to school this fall armed with morning-after pills. “Many of them were probably thinking I’m a loony tune, one of those liberal crazies,” she said. “But I felt like I had an obligation because our kids go to school in a state hostile to abortion care. And this is not just something we need to do for our daughters. Our sons need to know this is an issue for them too.”

Maria Ianni, a mother of a 21-year-old daughter and 19-year-old twins (a son and a daughter) in Mission Hills, Kansas, felt the emotional pull on Friday to buy pills. She ordered six packages.

Ianni, 53, said she is not a proponent of abortion but a proponent of choice. “My oldest daughter is adopted and her birth parents made the decision to have her, which I’m so grateful for. But I am also glad that they were allowed to choose. If my children were in that position, if they were to become pregnant or get someone pregnant, I want them to have a full range of options.”

When she thought about what she could do to ensure her children have choices, she ordered Plan B. “I felt like my hand was forced,” she said.

## **Sleeping**

### **Do you sleep with lights on? Here’s how it may affect your health (Indian Express:20220701)**

Published in Oxford Academic Sleep, a study analysed 552 community-dwelling adults aged 63-84 who underwent an examination of cardiovascular risk factor profiles and 7-day actigraphy recording for activity and light measures

<https://indianexpress.com/article/lifestyle/health/study-light-exposure-night-increased-risk-obesity-diabetes-hypertension-cvd-7998330/>

sleepOne shouldn't sleep with lights on; here's why (Source: Getty Images/Thinkstock)  
A new study has said that exposure to even dim light while sleeping at night is associated with a higher risk of obesity, diabetes, and high blood pressure in older adults. As such, the study

from Northwestern University Feinberg School of Medicine in Chicago further highlighted the link between light exposure during sleep and health risks.

Also Read |Why do women need more quality sleep than men?

Published in Oxford Academic Sleep, the study analysed 552 community-dwelling adults aged 63-84 who underwent an examination of CVD (cardiovascular) risk factor profiles and 7-day actigraphy recording for activity and light measures.

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Corresponding author for the study, Dr Minjee Kim, of Northwestern Medicine Feinberg School of Medicine, told medicalnewstoday, “The fact that this is observed in older people may represent the more cumulative effects of such a mechanistic relationship, meaning that the adverse cardiometabolic effects of nighttime light exposure may become more evident over time (meaning in more advanced age, if one maintains such a lifestyle or exposure pattern over years to decades).”

The study noted that LAN (light at night) exposure was associated with a higher prevalence of obesity (multivariable-adjusted odds ratio (OR) 1.82 (95% CI 1.26-2.65)), diabetes (OR 2.00 (1.19-3.43)), and hypertension (OR 1.74 (1.21-2.52)) but not with hypercholesterolemia. LAN was also associated with (1) later timing of lowest light exposure (L5-light) and lowest activity (L5-activity), (2) lower inter-daily stability and amplitude of light exposure and activity, and (3) higher wake after sleep onset.

How are you sleeping every day? (Source: Pexels)  
Here’s what to know

Fragmented sleep may be greatest in the few hours before waking up, said Dr Rakesh Rajpurohit, MD consultant pulmonologist and critical care medicine specialist from Jain Multispecialty Hospital, Mira Road, Mumbai. “Pitch darkness, hence, reduces potential distractions and disruptions to sleep,” he said.

Light exposure tends to alter the body’s internal sleep clock — the biological mechanism that regulates sleep-wake cycles and also interferes with both the quantity and quality of sleep, explained Dr Aniket Mule, consultant internal medicine, Wockhardt Hospitals Mira Road.

“So, when the room is completely dark, the body produces a hormone called melatonin that helps to fight diseases, including breast and prostate cancer. Complete darkness will also make it easy for you to sleep peacefully. It not only helps to reduce the risk of obesity, diabetes, and high blood pressure but even depression,” Dr Shah told indianexpress.com.

He added that sleeping in pitch darkness “helps your eyes rest properly and protects them, too”.

However, if you are not in the habit of sleeping without lights, it is best to “keep your lights dim when preparing for bed“. Using a small, low-power lamp can help transition to bedtime and ultimately, pitch darkness. Low-illuminance and warm colour temperature, preferably closer to the floor, may help with relaxation and getting into the right mindset for sleep, said Dr Rajpurohit.

## HIV/ AIDS

### Can you contract HIV after one exposure? (Indian Express:20220701)

HIV is transmitted between people through bodily fluids, unprotected anal or vaginal sex and sharing of needles. People can also transmit HIV to their babies during pregnancy or while breastfeeding

<https://indianexpress.com/article/lifestyle/health/hiv-after-one-exposure-possible-expert-7995028/>

HIV transmission HIV is transmitted between people through bodily fluids (Source: Getty Images/Thinkstock)

The human immunodeficiency virus (HIV) has already devastated many individuals, families, and communities. The epidemic has left millions of children orphaned, disrupted community life, and increasingly contributes to the erosion of civil order and economic growth.

Also Read | ‘HIV vaccine development has taken a back seat’

“A person from families living with HIV/AIDS often has to deal with psychosocial stress, reduced parenting capacity, a shift in family structure, financial deprivation, stigma, and discrimination. But unlike what is believed, HIV is not transmitted as easily as it is thought to be,” said Dr Deviprasad Hegde, MD (internal medicine), senior consultant, Kauvery Hospital, Electronic City, Bangalore.

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According to him, medical literature estimates that the transmission rate is actually about 0.1 per cent per sex act, or 10 per cent per year. “The chances of developing HIV after exposure depends on factors such as the method of exposure, the infected person’s viral load, and the number of exposures you have had. It’s possible to develop HIV after a single exposure, even if it’s statistically unlikely,” he elucidated.

Notably, HIV is transmitted between people through bodily fluids, unprotected anal or vaginal sex, and sharing of needles. People can also transmit HIV to their babies during pregnancy or while breastfeeding.

World Hemophilia Day 2021, what is hemophilia, hemophilia risks, hemophilia treatment, understanding hemophilia, rare blood disorder, indian express news There are some risks and challenges, which include the transmission of infections like HIV by transfusion. (Photo: Pixabay)

“The review of studies estimates chances of infection for various types of exposures: blood transfusion – 92.5 per cent; needle sharing – 0.6 per cent; unprotected sex – 0.1 to 1 per cent, pregnancy (mother to child) – 25 per cent,” he said.

If you think you’ve been exposed to HIV, here’s what you can do:

\*Talk to a medical professional who can advise you on the available tests and tell you if you're eligible for Post Exposure Prophylaxis.

Also Read |He helped cure the 'London patient' of HIV. Then he turned to Covid.

\*It's important to get tested if you think you may have been exposed to HIV so you can start treatment as soon as possible. HIV tests can't immediately detect infection. The window period to identify a positive infection varies as per the type of test used. NAT: 10 to 33 days, Antibody test: 23 to 90 days, Antigen/antibody test: 18 to 45 days for a blood draw or 18 to 90 days for finger prick

\*Postexposure prophylaxis (PEP) is a drug therapy that needs to be taken within 72 hours of exposure, and it can significantly reduce your chances of developing HIV.

How often to test

\*If your initial test comes up negative, you should test again at the end of your window period.

\*It is important to note that people with HIV, who are taking antiretroviral therapy (ART), are virally suppressed and do not transmit HIV to their sexual partners. Early access to ART and support to remain on treatment is therefore critical not only to improve the health of people with HIV but also to prevent HIV

## **Monkeypox**

### **Why India needs to up guard on monkeypox (Indian Express:20220701)**

<https://indianexpress.com/article/lifestyle/health/why-india-needs-to-up-guard-on-monkeypox-7999342/>

Though a mild disease for a majority of the population, available data shows that children, pregnant women and immunosuppressed individuals continue to be the most vulnerable group given the possibility of adverse outcomes in this population. Preparedness is thus vital, says a comprehensive review conducted by Dr Chandrakant Lahariya, Archana Thakur and Nonita Dudeja.

Monkeypox disease is an infectious zoonotic disease caused by the monkeypox virus (MPXV), which belongs to the Orthopoxvirus genus of the Poxviridae family. (Image: Reuters)

Co-written by Archana Thakur and Nonita Dudeja

The biggest-ever outbreak of monkeypox disease in non-endemic countries started in May, 2022. Though no monkeypox case has been reported from India till mid-June, considering the rate of its spread in non-endemic countries, there is an urgent need of better understanding of the disease epidemiology to help clinicians, public health specialists and policymakers to be prepared for any eventuality. This disease is known to cause severe outcomes in children, pregnant women, and immunocompromised hosts and this group needs to be given special attention.

The monkeypox in non-endemic countries should be used as an opportunity by India and other low and middle income countries to strengthen public health surveillance and health system capacity for outbreak and epidemic preparedness and response.

Monkeypox disease is an infectious zoonotic disease caused by the monkeypox virus (MPXV), which belongs to the Orthopoxvirus genus of the Poxviridae family, the same genus as that of the smallpox virus. It is a double-stranded deoxy ribonucleic acid (dsDNA) virus. The MPXV was first detected in 1958, in a group of monkeys in a laboratory in Denmark. The first human case was identified in a nine-month-old child, during the intensive search for smallpox cases, in the Democratic Republic of the Congo (then known as Zaire) in 1970. Ever since, the disease has been endemic in nearly 11 countries of the Central and Western African regions with thousands of cases being reported annually. Though various animal species have been identified as susceptible to the monkeypox virus, uncertainty remains on the natural host of the virus and further studies are needed to identify the reservoir(s) and how virus circulation is maintained in nature.

The case fatality rate of monkeypox ranges from 0-11 per cent, slightly lower at around 0 to 3 per cent for the West African clade and 0 to 11 per cent for the Central African (Congo basin) clade, in comparison to the high fatality of 30 per cent for smallpox virus. To date, deaths in the endemic countries have mainly been reported mostly in young children and people with human immunodeficiency virus/acquired and Immunodeficiency syndrome (HIV/AIDS) or other immunocompromised hosts.

In the ongoing outbreak, the West African clade is responsible for the unprecedented rise of cases. As per the latest WHO update, till June 15, 2022, around 2,039 laboratory confirmed cases of monkeypox disease have been notified from 36 non-endemic countries worldwide. A majority of the cases (84 per cent) have been reported from WHO European region. However, imported and travel history-related cases have been reported from the Americas, Eastern Mediterranean and Western Pacific Region. Among the endemic countries, an outbreak of monkeypox disease has been ongoing in Nigeria since 2017.

Also read |[Monkeypox: WHO issues recommendations to keep yourself safe from the zoonotic disease](#)

Outcome of infection and risk in children

Monkeypox is usually a self-limiting disease and remains mild but severe cases occur among children, pregnant women, comorbid and immunocompromised hosts. The transplacental transmission of monkeypox has resulted in miscarriages and foetal deaths. However, the association between severity of maternal illness and these outcomes is unclear. Over the years, there has been a shift in the median age of monkeypox disease in Africa, which was four and five-year-old children in the 1970s and 1980s to 10 and 21-year-olds in the 2000s and 2010s. During an outbreak in the US in the past, among the confirmed cases, 10 out of 34 (29 per cent) were below 18 years. However, during the first year of the ongoing outbreak in Nigeria, in 2017-2018, children formed around eight per cent of the 91 cases.

A recent longitudinal study from the Democratic Republic of Congo showed that among 216 admitted patients of monkeypox from the year 2007 till 2021, half were in the age group of 0-12 years.

Available data shows that the risk of children developing disease may have gone down over the years; however, they continue to be a more vulnerable group given the possibility of adverse outcomes in this population. The prognosis is related to the extent of virus exposure, infection with Congo Basin clade of virus, patient's health status and nature of complications.

## Therapeutics

Treatment of monkeypox disease is mostly symptomatic with management of complications and prevention of long-term sequelae. Fluids and adequate nutrition are necessary to improve overall recovery. A drug named Tecovirimat, originally researched and developed for smallpox, was approved for MPXV in a few countries in early 2022; however, it is not yet widely available. Two other antiviral drugs, Cidofovir and Brincidofovir, also developed to treat smallpox and working by inhibiting the viral DNA polymerase, have shown efficacy in animal studies. However, data is insufficient on their effectiveness for treatment of monkeypox disease in humans. Research is also in progress on monoclonal antibody combinations. Vaccinia Immunoglobulins (VIG) showed some efficacy against other Orthopoxviruses and is licensed by the US Food and Drug Administration [35]. VIG plays a role in post exposure prophylaxis and reducing the severity of the disease, but further studies are needed.

Explained |Who is protected against monkeypox?

## Vaccination

In observational studies, the vaccination against smallpox had shown up to 85 per cent cross protection and reduced severity of monkeypox disease. However, in the current outbreak, immunity from the past smallpox vaccination may not be useful as first, it is limited to those who were administered the vaccine by or before the 1980s and second, there is every possibility of further waning of the protective effect in that population, over the last four decades.

Smallpox vaccines have not been available to the public since its eradication in 1980. It is also believed that vaccination, up to 14 days after exposure and four days before appearance of symptoms, may also prevent disease or reduce its severity given the long incubation period.

A third-generation smallpox vaccine, MVA-BN (Modified vaccinia Ankara -Bavarian Nordic strain) was approved against monkeypox in 2019. This vaccine is based on a strain of vaccinia virus and is considered protective against MPXV. As of June 11, 2022 MVA-BN smallpox vaccine is available in many European countries, USA and Nigeria, mostly for 'off-label' use. An interim guideline from WHO has recommended that local authorities may consider the use of approved smallpox and/or monkeypox vaccines in response to the ongoing outbreak. Only second and third generation smallpox vaccines can be used for the ring vaccination in the monkeypox outbreak, guided and determined at the local level.

For pregnant and breastfeeding women, non-replicating (MVN-BN) and minimally replicating (LC16) are preferred. For children, MVA-BN and LC-16 are preferred. The only approved vaccine for infants and children is LC16. However, MVA-BN, which is approved for adults, can also be administered as off-label use for children in different settings.

## Migraine Awareness Day

### **Migraine Awareness Day: Are patients with chronic headaches often misdiagnosed?**

**"Migraine is not completely curable, but 70 per cent of it can be controlled and managed. It is imperative for one to understand the triggers," says a doctor (Indian Express:20220701)**

<https://indianexpress.com/article/lifestyle/health/migraine-awareness-day-are-patients-with-chronic-headaches-often-misdiagnosed-7998932/>

Migraine Awareness Day, Migraine Awareness Day 2022, migraine, migraine headaches, migraine diagnosis, migraine pain, migraine treatment, migraine vs normal headaches, how is migraine treated, indian express news Most people do not receive an accurate diagnosis for their migraine headaches for several years. (Photo: Getty/Thinkstock)

There is a difference between a migraine headache and a regular one. Migraines can have a negative impact on not just the patient, but also their families, co-workers and the society. Which is why it is important to diagnose and treat patients in a timely manner.

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Despite its debilitating impacts on health and overall quality of life, migraine remains one of the most “undiagnosed, undertreated, underfunded and under-recognised” medical conditions, says Dr Jitendra Sharma, classified specialist (medicine and neurology), Base Hospital, Delhi Cantt.

ALSO READ | All you need to know about migraine attacks and triggers

Citing research, the doctor says that most people do not receive an accurate diagnosis for their migraine headaches for several years. “With chronic migraine, only 1 in 20 patients find the correct diagnosis and guided treatment,” he says.

It should be noted that some chronic and mild conditions have similar symptoms and so, patients are diagnosed with these instead of migraine, which can further delay their treatment therapies.

According to Dr Sharma, here are some of them:

1. Tension headaches: These are one of the most common types of headaches, which are usually stress-induced and carry similar symptoms to that of migraine, such as photophobia, nausea, incessant pain, etc. Chronic tension headaches can gradually transform into migraines, which require correct diagnosis.
2. Sinus headaches: A number of migraine patients feel they are experiencing a sinus headache. These headaches are somewhat rare and are developed due to a bacterial/viral sinus infection. Patients may feel facial pain and headache until the infection completely disappears.

Migraine Awareness Day, Migraine Awareness Day 2022, migraine, migraine headaches, migraine diagnosis, migraine pain, migraine treatment, migraine vs normal headaches, how is migraine treated, indian express news A number of migraine patients feel they are experiencing a sinus headache. (Photo: Getty/Thinkstock)

3. Anxiety: It is common for migraines to be perceived as anxiety or panic attacks. Symptoms such as nausea, vomiting, headache, and lightheadedness are common. There is a fair chance for a migraine patient developing anxious emotions due to the presence of the condition eventually.

4. Neck pain and headaches: Migraine patients commonly experience neck pain and headaches. A poor posture and shoulder tension can be a cause, or it can be overworking or lounging in uncomfortable positions. If the pain is accompanied by nausea, vomiting, triggered by light and noise, and other environmental factors, the patient may suffer from migraine.

ALSO READ |Mira Kapoor shares ayurvedic hack for migraine relief; know about its effectiveness

5. Eye strain: Conditions such as dry eyes, injury to the eye, degenerative eye disease, uncorrected nearsightedness and farsightedness, lead to headaches. It is important to analyse that these headaches are not disabling and not as recurrent. One needs to understand the difference between the two headaches.

“Migraine is not completely curable, but 70 per cent of it can be controlled and managed. It is imperative for one to understand the triggers as they vary from person-to-person. If one suffers from core symptoms such as recurrent and disabling headaches, one must visit a specialist — a neurologist. They can help find the root cause of migraine by understanding the symptoms,” the doctor concludes.