



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Tuesday 20220802

## Breastfeeding and exercise

### **Breastfeeding and exercise: Here's everything a nursing mother should know**

**According to a doctor, exercise improves a mother's health and has a positive effect on her emotional well-being (The Indian Express: 20220802)**

<https://indianexpress.com/article/lifestyle/health/breastfeeding-awareness-week-breastfeeding-exercise-nursing-mother-new-moms-baby-health-8062824/>

Breastfeeding, breastfeeding benefits, breastfeeding benefits for new mother, breastfeeding benefits for baby, breastfeeding health benefits, breastfeeding and exercising, working out while breastfeeding, indian express news Exercise can also increase the production of 'prolactin', the hormone responsible for breast milk production. (Photo: Getty/Thinkstock)  
It is a known fact that breastfeeding provides complete nutrition to infants up to 6 months of age, which is why the WHO and other medical bodies recommend exclusive breastfeeding during this period, and continued breastfeeding for up to 2 years of age.

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As a nursing and first-time mother, you need to know of certain health benefits of breastfeeding. According to Dr Sreenath Manikanti, senior consultant neonatologist, Kauvery Hospital, Electronic City, Bangalore, breastfeeding can reduce vaginal bleeding and speed up the contraction of the uterus to pre-pregnancy size.

Five reasons why breastfeeding mothers should meditate

“The energy used to produce breast milk expedites weight loss and a return to pre-pregnancy weight. Natural fertility is reduced, temporarily reducing (but not eliminating) the likelihood of another pregnancy. Breastfeeding also creates a strong mother-baby bond,” he says.

The doctor adds that breastfeeding also benefits the baby. “Nutritional quantity and quality are assured, because all nutrients are present in the most suitable and easy-to-digest form,” he says, adding that the temperature of breast milk suits the baby and there is little-to-no risk of bacterial contamination.

“Breastfed babies have a decreased risk of infections like gastroenteritis, ear infections, pneumonia. The infant controls the intake by responsive feeding and it decreases risk of allergy and eczema.”

ALSO READ |World Breastfeeding Week: Things to know about breastfeeding before having a baby

But, what role does exercising play when it comes to breastfeeding?

Explaining the benefits of exercising while breastfeeding, Dr Manikanti says the mother has more energy. “Being a new mom can be exhausting, and moderate exercise helps build energy stores when you’re up breastfeeding into the wee hours of the night.”

The next thing to know is that exercise “improves a mother’s health and has a positive effect on her emotional well-being”. According to the doctor, it may help prevent postpartum depression, which impacts 1 out of 9 mothers, according to the CDC.

ALSO READ |Six best foods for lactating mothers

Exercise can also increase the production of ‘prolactin’, the hormone responsible for breast milk production. “Studies have shown exercise with caloric restriction was associated with weight loss and fat loss in lactating females. It helps mothers with a quicker return to pre-pregnancy weight. It also improves bone health by decreasing bone loss.”

Staying hydrated is also important for nursing mothers. They need to make sure they drink enough water before and after working out, the doctor concludes.

## **Medical Education**

### **Foreign medical graduates**

### **Foreign medical graduates (The Tribune: 20220802)**

<https://www.tribuneindia.com/news/editorials/foreign-medical-graduates-416906>

THE one-time offer drafted by the National Medical Commission (NMC) ends the uncertainty being faced by final-year Indian students of the undergraduate medicine course who left their institutes abroad due to Covid-19 or the Russia-Ukraine war. Those with a certificate of completion of the course can now take the Foreign Medical Graduation Examination, but upon qualifying will have to undergo a two-year instead of the existing one-year Compulsory Rotating Medical Internship (CRMI) to make up for the clinical training which they could not physically attend. They will be eligible for registration only after completing the CRMI. The relaxation has got the approval of the Supreme Court, which on April 29 had directed the regulatory body to find a way out after ruling against provisional registration for foreign MBBS degree holders to finish their internship in India without completing the clinical training in the physical form.

For the medical students of other batches who were evacuated from Ukraine, though, the NMC's decision not to permit their transfer to any Indian institution comes as a setback. Scores of parents and students have vowed to intensify protests and move court, but many are already exploring options in countries such as Poland, Hungary and Georgia, that could entail additional expenses since the cost of education there is much higher than in Ukraine. The NMC affidavit lists the options available: Russia and Kazakhstan have offered the students evacuated from Ukraine a chance to continue their studies, while the Kyrgyz National University has also communicated its willingness to offer help. The high course fee, however, is a dampener.

The careers of nearly 40,000 Indian MBBS students from Ukraine and China have taken a hit because of the war and the pandemic. While China has begun the process to facilitate the return of students studying in its universities, for the students from Ukraine, their nightmarish experience that began in February-end is showing no signs of ending.

## **World Lung Cancer Day 2022**

### **World Lung Cancer Day 2022: Are non-smokers also at risk of developing it?**

**"According to an important study on Indian subjects, 88 per cent of female lung cancer patients were non-smokers, compared to 41.8 per cent of males," said Dr Niti Raizada (The Tribune: 20220802) (The Indian Express: 20220802)**

lung cancer, smoking, non-smokersLung cancer is becoming a major healthcare problem in India (Source: Getty Images/Thinkstock)

Smoking or tobacco consumption has long been known as the primary cause of lung cancer worldwide. But, turns out, that non-smokers are equally at risk. "According to an important study on Indian subjects, 88 per cent of female lung cancer patients were non-smokers, compared to 41.8 per cent of males, concluding that environmental and genetic factors were involved in the case of non-smokers," said Dr Niti Raizada, Director, Medical Oncology and Hemato-Oncology, Fortis Group of Hospitals, Bangalore.

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As we observe World Lung Cancer Day — aimed at raising awareness about the disease and the risk factors – today, let's understand how non-smokers can also develop lung cancer.

ALSO READ | Are frequent naps linked to increased blood pressure, stroke risk?

According to Dr Raizada, lung cancer in non-smokers can be caused by radon, second-hand smoke, and air pollution, among other factors.

"Workplace exposure to asbestos, diesel exhaust, or other chemicals can also cause lung cancer in non-smokers. A small percentage of lung cancer occurs in people with no known disease risk factors. Some of these could simply be random events with no outside cause, while others could be the result of unknown factors," she added.

Current monkeypox symptoms different from previous outbreaks: BMJ study

Some of the common symptoms they described include rectal pain and penile swelling (oedema), which differ from those described in previous outbreaks, the researchers said (The Indian Express: 20220802)

<https://indianexpress.com/article/lifestyle/health/current-monkeypox-symptoms-different-from-previous-outbreaks-bmj-study-8063510/>

monkeypox Monkeypox is a viral zoonotic disease with symptoms similar to smallpox, although with less clinical severity. (Source: WHO.int)

People infected with monkeypox during the ongoing global outbreak are displaying symptoms not typically associated with the viral infection, according to a study published in the British Medical Journal.

The findings are based on 197 confirmed monkeypox cases at an infectious disease centre in London, UK, between May and July 2022.

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Some of the common symptoms they described include rectal pain and penile swelling (oedema), which differ from those described in previous outbreaks, the researchers said.

They recommend that clinicians consider monkeypox infection in patients presenting with these symptoms.

According to the researchers, those with confirmed monkeypox infection with extensive penile lesions or severe rectal pain “should be considered for ongoing review or inpatient management.” All 197 participants in the study were men (average age 38 years), of whom 196 identified as gay, bisexual, or other men who have sex with men.

All patients presented with lesions on their skin or mucosal membranes, most commonly on the genitals or in the perianal area.

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Most (86 per cent) of patients reported systemic illness (affecting the entire body). The most common systemic symptoms were fever (62 per cent), swollen lymph nodes (58 per cent), and muscle aches and pain (32 per cent).

In contrast with existing case reports suggesting that systemic symptoms precede skin lesions, 38 per cent of patients developed systemic symptoms after the onset of mucocutaneous lesions, while 14 per cent presented with lesions without systemic features.

A total of 71 patients reported rectal pain, 33 sore throat, and 31 penile oedema, while 27 had oral lesions, 22 had a solitary lesion, and 9 had swollen tonsils.

The researchers noted that solitary lesions and swollen tonsils were not previously known to be typical features of monkeypox infection, and could be mistaken for other conditions.

Just over a third (36 per cent) of participants also had HIV infection and 32 per cent of those screened for sexually transmitted infections had a sexually transmitted infection, they said.

Overall, 20 (10 per cent) of participants were admitted to hospital for the management of symptoms, most commonly rectal pain and penile swelling. However, no deaths were reported and no patients required intensive hospital care.

Only one participant had recently travelled to an endemic region, confirming ongoing transmission within the UK, and only a quarter of patients had known contact with someone with confirmed monkeypox infection, raising the possibility of transmission by people with no or very few symptoms.

ALSO READ |Charu Asopa's daughter is suffering from hand, foot and mouth disease: Find out what causes it

The study authors acknowledge some limitations, such as the observational nature of the findings, the potential variability of clinical record keeping, and the fact that the data are limited to a single centre.

However, they said these findings confirm the ongoing unprecedented community transmission of the monkeypox virus among gay, bisexual, and other men who have sex with men seen in the UK and many other non-endemic countries.

“Understanding these findings will have major implications for contact tracing, public health advice, and ongoing infection control and isolation measures,” the researchers added.

Are there any side effects of drinking tea on an empty stomach every morning?

Drinking tea first thing in the morning may upset your tummy or trigger stomach acids and wreck your digestion, says an expert(The Indian Express: 20220802)

<https://indianexpress.com/article/lifestyle/health/side-effects-tea-empty-stomach-morning-8062122/>

drinking tea, drinking tea in the morning, having tea on empty stomach, tea drinking habits, best time to have tea, indian express news You can have nuts before having tea and can even replace sugar with jaggery, which is healthier. (Photo: Getty/Thinkstock)

Many people are in the habit of drinking tea first thing in the morning. In fact, they cannot imagine starting their day without taking a sip of the piping hot beverage, which is extremely popular in India and among the Indian diaspora.

But, have you ever wondered if it is a good idea to have tea on an empty stomach?

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According to Dr Rohini Patil, MBBS, nutritionist and CEO of Nutracy Lifestyle, tea is the ultimate comfort drink with many health benefits; it has antioxidants that boost immunity and metabolism.

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But, drinking it empty stomach every morning may upset your tummy or trigger stomach acids and wreck your digestion, she warns, adding that morning tea can affect the washing out of bacteria from your mouth to your gut, which can “disrupt your metabolism and cause indigestion and heartburn” — solid reasons to drink tea while eating something.

Patil lists the following side effects; read on.

1. Headaches: You may have had a cup to reduce your headache, but it may be the very reason behind it, due to the presence of caffeine in tea. Drinking plenty of water before going to bed can help with this.

2. Indigestion and dehydration: Drinking tea on an empty stomach can form gas in your digestive system. Tea is diuretic, it causes you to constantly urinate and frequent urination, if not replenished with frequent hydration, can cause dehydration.

“Your body is already dehydrated due to hours of sleep at night and when you drink tea in the morning as soon as you wake up, it causes dehydration. Theophylline, a chemical substance in tea, can have a dehydrating effect on coprolite, which might also lead to constipation,” says the expert.

3. Inhibit absorption of nutrients: Tea has an element called tannin, which hampers the absorption of iron from food; caffeine can reduce the absorption of nutrients.

drinking tea, drinking tea in the morning, having tea on empty stomach, tea drinking habits, best time to have tea, indian express news Morning tea can affect the washing out of bacteria from your mouth to your gut, which can “disrupt your metabolism and cause indigestion and heartburn”. (Photo: Getty/Thinkstock)

4. Acidity: Tea disrupts the acid base of your stomach fluids, and the alkaline balance, which causes acidity. With acid reflux, you can feel pain in your lower chest, referred to as heartburn. Heartburn is a part of that acidic tea reaction in your stomach.

ALSO READ | Food and drinks are getting sweeter. Even if it's not all sugar, it's bad for our health

Instead of drinking tea on an empty stomach, do the following:

According to Patil, you can have it along with your breakfast, or with some snacks. Alternatively, you can have nuts before having tea. You can even replace sugar with jaggery, which is healthier and contains a number of vitamins and minerals like phosphorus, iron, magnesium and potassium. Jaggery also has a positive effect on digestion.

“A warm glass of water can keep you healthy. The best time to drink tea is around 3 pm, as it can improve the immune system and prevent flus and colds,” the expert concludes.

### Five easy ways to deal with loneliness

Give as much as you seek to get in your relationships. It is important to assess and evaluate the ways in which you are engaging in your relationships to see whether a shift or change from your side could be beneficial in shaping the overall quality of the relationships around you in the long run, says Dr Samir Parikh, Director, Fortis, National Mental Health Programme (The Indian Express: 20220802)

<https://indianexpress.com/article/lifestyle/health-specials/five-easy-ways-to-deal-loneliness-8050355/>

A study in 2018 found that loneliness was linked to a higher risk of dementia, while a 2020 study found it could lead to a higher risk of diabetes. (Source: Getty Images/Thinkstock)

Loneliness is fast becoming a pervasive reality of modern living. Although surrounded by people, individuals share experiences of feeling disconnected from them and discontent with the social relations they do have. Finding that space, where people can have conversations which are meaningful, are characterised by authenticity and involve true support for each other, is becoming increasingly challenging.

Continued loneliness results in a mental state where a person can feel greatly isolated and on their own when it comes to building experiences and being able to share things. They find themselves in a situation where everyone they know seems to be greatly preoccupied and busy. This leads to thinking negatively, low moods and anxious states. The resulting unhappiness can make a person question the meaning and purpose of the lives they live, making them wonder about the ways in which they can be qualitatively enhanced.

Here are some factors to consider if you are experiencing loneliness:

- Work towards understanding and building an acceptance of what is happening. In knowing where your loneliness is emerging from, you will be able to make more conscious, concerted efforts to effectively tackle it. In accepting what your feelings are, you enable yourself to build and take a more constructive approach towards taking care of yourself.
- Proactively seek to connect with those around you in the real world. A lot of time gets spent on virtual platforms and spaces which takes away from the valuable time they can have in engaging with people in the real world. Making a conscious choice to disengage from the virtual world, doing a detox and instead emphasising making connections within the real world is important.
- Give as much as you seek to get in your relationships. It is important to assess and evaluate the ways in which you are engaging in your relationships to see whether a shift or change from your side could be beneficial in shaping the overall quality of the relationships around you in

the long run. Often people can be unaware of their own ways of engaging, which may be contributing towards continuing the patterns that reinforce feelings of loneliness.

- Carve out time for activities that can be collaboratively done with others and which add greater value to your life. Assessing what you would like to do can help you enhance the quality of your life. Simply chugging along and running towards an elusive goal is unhelpful. It's important to reflect and allow yourself to slow down to be able to stay connected with the things that really matter.

- Become mindful of the ways in which you are living and immersing yourself in the experiences of day to day life. Enjoy and savour the moments as you indulge in diverse activities. Allow yourself to fully engage with what you are doing at any given moment in time.

Dealing with loneliness requires active efforts from you. Taking proactive measures can ensure that it does not impact you in more severe ways that are to the detriment of the quality of life you are living and your mental and emotional well-being.

#### DELHI NEWS

1Ghaziabad: Man wanted in a dozen criminal cases arrested after gunfire exchange with cops  
2Delhi HC quashes FIR against man found with live bullet at IGI, directs him to give mosquito repellent and hand sanitiser to school kids

3Delhi News Live: Liquor shops reopen after govt's license extension; Nigerian national is Delhi's second monkeypox case

More from Delhi

Many studies have recorded the impacts of loneliness. According to a study in 2014, "loneliness is caused not by being alone, but by being without some definite needed relationship or set of relationships." The study went on to suggest that loneliness can lead to many psychiatric disorders and may even contribute to physical health problems. A study in 2015 found how loneliness triggers the release of a gene called CtrA, which, in turn, alters the immune response in a way that makes the body more susceptible to illness. A study in 2018 found that loneliness was linked to a higher risk of dementia, while a 2020 study found it could lead to a higher risk of diabetes. Another study the same year showed how loneliness triggered the brain region associated with hunger. This "hunger" is for human contact and emotional companionship.

## **Monkeypox**

**India confirms 1st monkeypox death, another case in Capital (Hindustan Times: 20220802)**

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=282a0a3f68&imageview=0>

The Kerala health department on Monday reported India's first possible monkeypox fatality after the test results of a 22-year-old man, who died on Saturday morning following his return from the United Arab Emirates, returned positive.

State health minister Veena George said the test results of the 22-year-old “showed that the man had monkeypox”, even as the Capital confirmed its second case of the viral disease in a 35-year-old man from Nigeria with no recent history of foreign travel.

The country has now reported six cases of monkeypox, after the first case was reported from Kerala’s Kollam on July 14.

Addressing the media on Monday, George said the man’s samples were sent to the National Institute of Virology (NIV) in Alappuzha on July 30, but he had tested positive for the disease in the UAE on July 19.

The man, who hailed from Chavakkad Kuranjiyur in Thrissur district, returned on July 22.

“On the evening of July 26, he developed abnormal jerking and he had fever too. On July 27, he was admitted, and on July 28, he was moved to the ventilator,” George told reporters.

The minister further said that hospital authorities informed the health department on July 30 that the man underwent a test in UAE on July 19 and had tested positive before his return.

“Our team reached the hospital but unfortunately the person died in the evening. According to our procedure, we sent the samples to National Institute of Virology (NIV) Alappuzha and test results show that he was positive for monkeypox,” George said.

The genome sequencing of his sample is also being conducted at NIV, she said. It remains unclear whether monkeypox was the cause of death.

The Kerala government, meanwhile, has initiated an inquiry into the death and how he reached India despite first testing positive in a foreign country.

“The result of the test conducted in the foreign country was positive. He sought treatment in Thrissur due to severe fatigue and encephalitis and monkeypox is not a fatal disease,” said George on Sunday.

She said they will also examine why there was delay in his hospitalisation after he arrived from the UAE.

“This particular variant of monkeypox is not as highly virulent or contagious like Covid-19, but it does spread. Comparatively, the mortality rate of this variant is low. Therefore, we will examine why the 22-year-old man died in this particular case as he had no other illness or health problems,” the minister said.

The Union health ministry, however, is yet to issue a statement confirming the monkeypox death — possibly Asia’s first of a person suffering from the viral disease.

The Centre on Monday constituted a task force to monitor the situation.

India has reported six cases of monkeypox so far, of which four are from Kerala and two from Delhi.

In the state, health authorities confirmed that 20 people, who came in close contact with the man, have been quarantined and their symptoms are being monitored.

“The situation is well under control, there’s no panic here as of now. The person had direct contact with only 10 people including family members and a few friends. Twenty people quarantined so far,” Renjini, member, education and health standing committee, told news agency PTI.

The deceased’s primary contacts include family members, a domestic help, four friends who picked him up from the airport and nine others he played football with, state officials said.

Another 160 people, who travelled to Kerala on the same flight as the man have also been identified, health department officials said.

The department is keeping a close watch on the 15 passengers who returned to Thrissur, but since they did not have any close interaction with the patient, the likelihood of them developing any symptoms is slim, the officials said.

Monkeypox is a viral zoonosis (a virus transmitted to humans from animals) with symptoms similar to those seen in the past in smallpox patients. According to the World Health Organization (WHO), which declared it a public health emergency on July 23, it is clinically less severe than smallpox.

The disease can be transmitted through direct contact with bodily fluids or the lesions of the infected person.

It can also be spread through indirect contact with lesion material, such as through contaminated clothing or linen.

So far, 75 countries have reported at least 22,000 cases of the infection.

## **Potential severity of monkeypox**

### **Unpacking a conundrum: on potential severity of monkeypox (The Hindu: 20220802)**

<https://www.thehindu.com/opinion/editorial/unpacking-a-conundrum-on-potential-severity-of-monkeypox/article65711345.ece>

The authorities must communicate the potential severity of monkeypox. A fortnight after India confirmed its first case of monkeypox, it has reported its first casualty. A 22-year-old man, from Thrissur in Kerala, died due to suspected monkeypox symptoms, a day after which Kerala’s Health Minister Veena George said he had tested positive in the United Arab Emirates (UAE). The patient was undergoing treatment in a private hospital for severe fatigue and brain fever, six days after his arrival in the State on July 21. His swab samples have been sent to the ICMR-National Institute of Virology (NIV) centre in Alappuzha.

for confirmation. Death from the virus is reportedly rare, though as the experience of COVID-19 shows, it could vary depending on the population at hand. According to the World Health Organization, the case fatality ratio of monkeypox has historically ranged from 0% to 11% in the general population and has been higher among young children. In recent times, the case fatality ratio has been around 3%-6%. While the disease has been around in Africa since the 1970s, it has also been reported in the U.S., the U.K. and Israel. In 2017, Nigeria experienced a large outbreak, with a case fatality ratio of approximately 3%; cases continue to be reported. It is the surge outside Africa, in 78 countries, that has elevated the risk profile of the disease along with the realisation that there are considerable gaps in knowledge on whether the disease poses a greater risk to specific population groups, just as it was eventually determined for COVID-19. In monkeypox deaths in Brazil and Spain, the patients were reported to have had serious associated syndromes such as encephalitis and lymphoma, though it is unclear what role the virus played in their disease outcome.

That monkeypox spreads mainly through sexual transmission and close contact — it is not an airborne disease — should not be of comfort to health authorities. The death in Thrissur highlights the need for a thorough probe as well as a public disclosure on the case progression. For instance, Kerala's health authorities say the person was admitted not after being confirmed to be monkeypox-positive but due to a fever and experiencing fatigue. It was only later that the rashes and blisters showed up. Intriguingly, that he had tested positive for monkeypox was disclosed to the health authorities a day before he died. It is to rule out a misdiagnosis of monkeypox (by the UAE) that the NIV has undertaken a re-test. India has announced a task force to monitor the disease spread. The Indian Council of Medical Research has isolated the strain of the virus and invited vaccine makers to develop a vaccine. It has also invited proposals to develop diagnostic kits. While it is fortunate that the disease so far appears to be self-limiting, the Government must not be slack in transparently communicating the potential severity of the disease.

## **Population**

### **Political Line | The debates around populism and welfare politics, secularism and religion, (The Hindu: 20220802)**

<https://www.thehindu.com/opinion/columns/the-debates-around-populism-and-welfare-politics-secularism-and-religion-centre-and-states-relations-and-more/article65670845.ece>

Here is the latest edition of the Political Line newsletter curated by Varghese K. George (The Political Line newsletter is India's political landscape explained every week by Varghese K. George, senior editor at The Hindu . You can subscribe here to get the newsletter in your inbox every Friday.)

## **Active COVID-19 cases in country dip to 1,39,792**

### **Active COVID-19 cases in country dip to 1,39,792(The Hindu: 20220802)**

<https://www.thehindu.com/news/national/active-covid-19-cases-in-country-dip-to-139792/article65714684.ece>

A health staff spraying disinfectant outside the COVID isolation ward as people wait to get COVID tests done at King George Hospital in Visakhapatnam on Thursday, July 28, 2022. | Photo Credit: Deepak K. R.

A decrease of 4,197 cases has been recorded in the active COVID-19 caseload in a span of 24 hours

With 13,734 new coronavirus infections being reported in a day, India's tally of COVID-19 cases has risen to 4,40,50,009, according to the Union Health Ministry data updated on Tuesday.

The death toll has climbed to 5,26,430 with 27 new fatalities, the data updated at 8 a.m. stated.

The active cases have declined to 1,39,792. They comprise 0.32% of the total infections, while the national COVID-19 recovery rate was recorded at 98.49%, the ministry said.

A decrease of 4,197 cases has been recorded in the active COVID-19 caseload in a span of 24 hours.

India's COVID-19 tally had crossed the 20-lakh mark on August 7, 2020, 30 lakh on August 23, 40 lakh on September 5 and 50 lakh on September 16. It went past 60 lakh on September 28, 70 lakh on October 11, crossed 80 lakh on October 29, 90 lakh on November 20 and surpassed the one-crore mark on December 19. The country crossed the grim milestone of two crore on May 4 and three crore on June 23 last year. It crossed the four-crore mark on January 25 this year.

## **Monkeypox:**

### **Monkeypox: California governor declares state of emergency (The Hindu:20220802)**

<https://www.thehindu.com/news/international/monkeypox-california-governor-declares-state-of-emergency/article65714594.ece>

California Governor Gavin Newsom declared a state of emergency over monkeypox, becoming the second state in three days to take the step. File.

California Governor Gavin Newsom declared a state of emergency over monkeypox, becoming the second state in three days to take the step. File. | Photo Credit: AP

California's governor has declared a state of emergency to speed efforts to combat the monkeypox outbreak

California's governor on Monday declared a state of emergency to speed efforts to combat the monkeypox outbreak, becoming the second state in three days to take the step.

Governor Gavin Newsom said the declaration will help California coordinate a government-wide response, seek more vaccines and lead outreach and education efforts on where people can get treatment and vaccination.

"We'll continue to work with the federal government to secure more vaccines, raise awareness about reducing risk, and stand with the LGBTQ community fighting stigmatisation," Mr. Newsom said in a statement announcing his declaration.

Also read: Monkeypox virus spread can be curtailed with right strategies in right groups: WHO official

The monkeypox virus spreads through prolonged and close skin-to-skin contact, which can include hugging, cuddling and kissing, as well as through the sharing of bedding, towels and clothing. People getting sick so far have mainly been men who have sex with men, though health officials note that the virus can infect anyone.

"Public health officials are clear: stigma is unacceptable and counterproductive in public health response," Michelle Gibbons, executive director of the County Health Executives Association of California said in a statement. "The fact is that monkeypox is primarily spread by skin to skin contact and sharing objects like bedding or towels, without regard to sexual orientation or gender identity."

The type of monkeypox virus identified in this outbreak is rarely fatal, and people usually recover within weeks. But the lesions and blisters caused by the virus are painful, and they can prevent swallowing or bowel movements if in the throat or anus.

The declaration in California came after a similar one in New York state on Saturday, and in San Francisco on Thursday. Mr. Newsom's administration had said as recently as Friday that it was too soon for such a declaration.

Move aids administration of vaccines

Mr. Newsom's proclamation allows emergency medical personnel to administer monkeypox vaccines that are approved by the federal government.

This is similar to a recent law that allows pharmacists to administer vaccines, Mr. Newsom's administration said. It said the state's response is building on the steps developed during the coronavirus pandemic to set up vaccination clinics and make sure there is outreach to vulnerable populations in cooperation with local and community-based organisations.

California has received more than 61,000 vaccine doses and has distributed more than 25,000 doses.

As of last week, the state had expanded its testing capacity to process more than 1,000 tests a week. Critics have said the long wait for test results delayed treatment options.

In San Francisco, Peter Tran was among hundreds who lined up sometimes for hours to receive the monkeypox vaccine at the Zuckerberg San Francisco General Hospital on Monday after the clinic was forced to close last week because it did not receive enough doses.

“It’s horrible. Like this is a vaccine that’s been out for such a long time. And like, it’s not even a deadly disease. It’s harder to be transmitted than COVID. But the rollout of the vaccines throughout this nation is absolutely horrible,” Mr. Tran said.

“I think the science shows that protection is greatly improved with the vaccine. So that’s why I’m doing it. And I honestly just don’t want the lesions on my body. I heard the lesions are painful and leave scarring. So I think that’s another motivation to go out and get it.”

Before making their own emergency declaration last week, San Francisco city officials were criticised for not responding rapidly enough to the outbreak. They, in turn, faulted the federal government for failing to deliver enough vaccines. The city received about 4,000 doses on Friday, enabling it to restart vaccinations, and hopes to administer them by mid-week, said Dr. Lukejohn Day, chief medical officer at the Zuckerberg San Francisco General Hospital.

## WHO

### **Monkeypox virus spread can be curtailed with right strategies in right groups: WHO official (The Hindu:20220802)**

<https://www.thehindu.com/sci-tech/health/monkeypox-virus-spread-can-be-curtailed-with-right-strategies-in-right-groups-who-official/article65710124.ece>

Dr Poonam Khetrpal Singh, Regional Director, WHO South-East Asia Region.

Dr Poonam Khetrpal Singh, Regional Director, WHO South-East Asia Region. | Photo Credit: Special Arrangement

Dr. Poonam Singh said monkeypox is self-limiting, mortality has remained low, and the cases concentrated mostly among men who have sex with men

The monkeypox virus spread can be curtailed with the right strategies in the right groups, without creating stigma and discrimination, said Dr. Poonam Khetrpal Singh, regional director, World Health Organisation (WHO) South-East Asia adding that the risk of monkeypox in WHO South-East Asia Region is currently assessed as moderate.

“However, in view of the complexities and uncertainties associated with this multi-country public health event, WHO announced the ongoing monkeypox transmission as a Public Health Emergency of International Concern (PHEIC), the highest level of global public health alert for countries to implement a coordinated response, with the goals of stopping human-to-human transmission and protecting the vulnerable groups,” Dr. Poonam cautioned.

Stating that the testing capacities for monkeypox globally, and in the region are limited, but are being strengthened Dr. Poonam Singh said that India’s National Institute of Virology, Pune, is one of the four referral laboratories for countries across WHO South-East Asia region. India has identified a network of laboratories for the diagnosis of monkeypox.

Also Read | ‘Monkeypox virus has evolved’

“Also here the experience of India and the region in strengthening laboratory diagnosis for COVID-19 will be useful. WHO is supporting countries with technical assistance and procurement of diagnostic assays that are high in demand and low in supplies globally,” Dr. Poonam said.

Speaking about the extensive travel that the world has opened up to with the COVID-related travel restrictions, Dr. Poonam admitted that South East Asia, having very high human density, adds to the unique challenges of transmissibility.

“For countries with recently imported cases of monkeypox, WHO recommends implementing a coordinated response to stop human-to-human transmission of monkeypox virus, prioritizing communities at high risk of exposure. Targeted risk communication and community engagement, case detection, supported isolation of cases and treatment and contact tracing, are among the key recommendations,” Dr. Poonam added.

Also Read | The monkeypox virus: origin, symptoms and vaccine

Highlighting how during the ongoing COVID-19 pandemic, countries have built, strengthened, and demonstrated capacities to overcome health emergencies she said that countries are now better prepared to respond to health emergencies.

Dr. Poonam Singh further said that from what we know so far – Monkeypox is self-limiting, mortality has remained low, and the cases concentrated mostly among men who have sex with men.

Strengthen surveillance, public health measures for monkeypox: WHO

Detecting early and isolating cases for the duration of the infectious period; minimizing risk of onward transmission during the infectious stage; conducting contact tracing among individuals in contact with anyone who may be a suspected, probable, or confirmed case of Monkeypox; are critical measures for preventing virus spread, Dr. Poonam explained.

“Intensifying surveillance, strengthening laboratory capacity and genomic sequencing capacity are important for coordinated response to monkeypox,” Dr. Poonam noted.

## **virus situation**

### **Monkeypox | Centre forms task force to monitor virus situation (The Hindu:20220802)**

<https://www.thehindu.com/sci-tech/health/monkeypox-centre-forms-task-force-to-monitor-virus-situation/article65710024.ece>

The monkeypox Isolation ward at a government hospital in Hyderabad. File  
The monkeypox Isolation ward at a government hospital in Hyderabad. File | Photo Credit: G. Ramakrishna

Centre's move to form a task force comes days after a Kerala youth died of monkeypox-like symptoms

The Central Government has constituted a task force in the wake of monkeypox cases in India to monitor and provide guidance on the expansion of diagnostic facilities and to explore vaccination for the infection in the country.

The decision was taken during a meeting attended by senior officials recently. The team will be headed by Dr. V.K. Paul, member (Health), NITI Aayog. Until Monday, India confirmed four monkeypox cases — three in Kerala and one in Delhi.

Explained | What type of vaccine will work against monkeypox?

Last week, a youth in Kerala presenting monkeypox-like symptoms died, following which State Health Minister Veena George had initiated a high-level inquiry.

Dr. Paul earlier reassured the general public, saying there is no need for any panic about the monkeypox virus as the government has taken significant measures to keep the disease in check.

According to the World Health Organization (WHO), more than 18,000 cases have been reported from 78 countries.

Explained | All we know about the monkeypox virus outbreak so far

Take the risks seriously: WHO

“The monkeypox outbreak can be stopped if countries, communities and individuals inform themselves, take the risks seriously, and take the steps needed to stop transmission and protect vulnerable groups,” said Dr. Tedros Adhanom Ghebreyesus, Director-General, WHO, on Thursday.

Monkeypox is a zoonotic disease caused by the monkeypox virus, which belongs to the same family of viruses that causes smallpox. The disease is endemic in regions like West and Central Africa but lately, cases have been reported from non-endemic countries too, according to the WHO.

## Multiple COVID-19 infections

### Coronavirus: How multiple COVID-19 infections can harm your body (The Times of India:20220802)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/coronavirus-how-multiple-covid-19-infections-can-harm-your-body/photostory/93274984.cms?picid=93274999>

With COVID-19 reinfections on the rise, scientists warn that each time you get infected, there is a higher risk of you being vulnerable to troubling health problems in the future. Due to the emergence of the more infectious Omicron variants, people are even reporting their third or fourth infection. Studies have also shown that the Omicron sub-variants such as BA.5 are more capable of evading immunity, compared to the previous variants.

In a new study which has not yet been peer-reviewed, Ziyad Al-Aly, chief of research and development at the Veterans Affairs St. Louis Healthcare System, analysed more than 5.6 million military veterans' medical records which showed each new COVID infection added to their risk of dying. It also boosted the risks of health problems related to the heart, blood, and brain, as well as diseases such as diabetes, chronic fatigue, and long COVID.

#### READMORE

02/6Immediate and long-term impact of reinfections

Immediate and long-term impact of reinfections

Studies have found that reinfections are typically milder than a first infection. This is because your immune system has previously experienced the virus and is therefore aware of how to deal with it. The immune system responds faster to the infection now, which is why you experience only mild symptoms.

However, in some cases, reinfections can have an immediate severe impact on people's health as well. In any case, even mild reinfections should not be neglected as each subsequent infection increases a person's cumulative risk of harm from COVID-19.

03/6Crucial role of vaccination, but with limitations

Crucial role of vaccination, but with limitations

Omicron variant has displayed its ability to pervade immunity created by both natural and vaccine-induced immunity. Apart from Omicron's attack, these also tend to wane by themselves over time.

A recent study by Laith J. Abu-Raddad, an infectious disease epidemiologist at Weill Cornell Medicine-Qatar, shows that individuals who have been vaccinated and had a previous infection are about 97 percent less likely to get a severe, critical, or fatal reinfection from coronavirus.

However, he emphasises that even if the risk of severe reinfection is very small, each subsequent infection increases a person's cumulative risk of harm from COVID-19. It's possible that COVID reinfections could cause long-term inflammation in the blood vessels, leading to the development of blood clots and an increased risk for heart attacks or strokes.

Read more: World Lung Cancer Day: Early symptoms of the cancer to watch out for [READMORE](#)

04/6 Research on reinfection and long COVID connection

Research on reinfection and long COVID connection

Scientists also worry whether each reinfection also carries the risk of developing long COVID—a post-COVID condition associated with a long list of possible symptoms that can last months to years after an initial infection.

A September 2021 study published in *The Lancet* found that people who have received two doses of the COVID-19 vaccines are half as likely to develop long COVID, compared to people who are unvaccinated. However, a May 2022 study published in *Nature Medicine* suggests that vaccination may lower the risk of developing long COVID by only about 15 percent.

Meanwhile, Dr Al-Aly's most recent study suggests that long COVID is more prevalent in people with multiple infections, compared to those who got COVID infection only once.

[READMORE](#)

05/6 What causes long COVID?

What causes long COVID?

Scientists believe it is important to identify what causes long COVID, before any connection between post-COVID symptoms and rate of reinfections can be made certain. So far, there are several theories on why we may keep experiencing troublesome symptoms even after recovering from the initial COVID infection.

Some researchers speculate that long COVID is caused by particles of the virus that linger in the body even after the acute phase of the disease is over. Others suggest that it could be caused by a pre-existing autoimmune disorder or an immune system that didn't reset properly after the previous illness. The exact cause is yet to be determined.

Read more: Note! You may experience Monkeypox symptoms in THIS order [READMORE](#)

06/6 Prevention is the best tool

Scientists need more time to study coronavirus. As the virus keeps changing with new variants, and the body of evidence and research grows, researchers argue that things can go either way. We might find reinfections are much worse or we might get to a point where we have immunity for life.

In the meantime, experts say that people should still follow safety measures to protect themselves from this uncertainty. It is important to get vaccinated and boosted if you're eligible. Masking is still necessary, especially if you are exposing yourself to crowded, public places. It is best to avoid reinfections as you may experience mild symptoms but you still don't know about the serious long-term consequences to your body's health.

## **Rheumatoid arthritis**

### **Rheumatoid arthritis can occur in young people; early signs to watch out for (The Times of India:20220802)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/rheumatoid-arthritis-can-occur-in-young-people-early-signs-to-watch-out-for/photostory/93248683.cms>

Arthritis, as many believe, is not just a disease associated with older age. Rather it can occur in people who are young and seemingly healthy.

While it is true that older adults are more likely to be diagnosed with this condition, younger adults can also develop it.

A study found that about 8 in 100,000 young adults between the ages of 18 and 34 have been diagnosed with rheumatoid arthritis (RA).

Although concerning, it does not necessarily mean that the young adults have to constantly live with their pain. There are many treatments to ease the discomfort and relieve the soreness that comes along with the disease.

But to better understand how, let us first learn more about RA.

What is rheumatoid arthritis (RA)?

Rheumatoid arthritis (RA) is an autoimmune disease that occurs when one's own immune system mistakenly attacks healthy tissues, affecting multiple joints and overall health. This is why it is also recognized as a chronic inflammatory disorder, which can damage a variety of organs including the skin, eyes, lungs, heart and blood vessels.

Also read: Coronavirus: Omicron BA.5 strain can cause this extra symptom during night  
03/8Know your triggers; what causes RA?

Know your triggers; what causes RA?

Our immune system is usually programmed to protect us from foreign pathogens, such as bacteria and viruses.

With an autoimmune and inflammatory condition as rheumatoid arthritis, the immune system fails to identify healthy bodily cells for what they are and mistakes them for foreign invaders, thus releasing inflammatory chemicals that attack those healthy cells and tissues.

In rheumatoid arthritis, your immune system attacks the synovium, the tissue lining around a joint that produces a fluid that helps joints to function smoothly. This leads to inflammation, causing tenderness, pain and swelling, making it difficult to move.

While researchers are yet to confirm why RA occurs in people at all, they believe it is linked to certain genes.

According to the Mayo Clinic, "While your genes don't actually cause rheumatoid arthritis, they can make you more likely to react to environmental factors - such as infection with certain viruses and bacteria - that may trigger the disease."

Although there is no possible cure, there are various treatments available. But to proceed with the treatment, one must first identify the symptoms.

#### READMORE

04/8Joint inflammation, pain and stiffness

Joint inflammation, pain and stiffness

Rheumatoid arthritis is said to attack the lining of the joints, which causes pain and swelling that gradually leads to bone erosion and joint deformity.

That said, in the early stages of RA, people may not experience any redness or swelling, but may suffer from pain and tenderness.

According to Arthritis Foundation of India, some of the symptoms to note are as follows:

- Joint pain, tenderness, swelling or stiffness that lasts for six weeks or longer.
- Morning stiffness that lasts for 30 minutes or longer.
- More than one joint is affected.
- Small joints (wrists, certain joints in the hands and feet) are typically affected first.
- The same joints on both sides of the body are affected.

#### READMORE

05/8Fatigue, fever and appetite loss

Fatigue, fever and appetite loss

Apart from the classic signs of RA, such as joint pain and swelling, the affected individual may experience fatigue due to the body's response to inflammation. Experts believe fatigue associated with RA is different from general tiredness. People report it as an overwhelming and an unpredictable feeling.

Furthermore, low grade fever is also one of the rare symptoms of RA. This occurs when the body causes heavy inflammation of the joints.

As a consequence of the pain, fatigue and fever, one may also lose their appetite, leading to weight loss. This is when you must speak with your doctor and get yourself checked and treated immediately.

#### READMORE

06/8Pay close attention to the most affected joints

Pay close attention to the most affected joints

Rheumatoid arthritis can affect any joint with a synovial lining. However, it mostly affects joints that are used the most in a day to day setting. Some of the most affected joints include: fingers, which can affect grip strength, wrists, which also affects the forearm, knees, ankles and feet, which involves the joints of the toes and the balls of the feet.

07/8Juvenile rheumatoid arthritis in young adults

Juvenile rheumatoid arthritis in young adults

As discussed, rheumatoid arthritis also affects younger adults and more severely. They're more prone to having inflammation in the small joints of the hands and feet, bony erosions, and rheumatoid nodules.

This is also known as juvenile idiopathic arthritis, which is a type of RA (juvenile rheumatoid arthritis).

"Idiopathic" is a medical term that doctors use to describe a disease that has no known cause. Juvenile idiopathic arthritis is the most common kind of arthritis among kids and teens, which has a known cause, hence giving it the name.

Those who suffer with this condition experience pain and stiffness that comes and goes. Sometimes there may be instances of a 'flare up', which means the disease becomes more active and the symptoms worsen.

In some miraculous cases, the symptoms just go away with treatment, which is known as remission. However, in certain other cases, the condition can last for months and years.

READMORE

08/8Things to note

Things to note

It is important to move around when you're suffering with a condition that causes inflammation of the joints.

Walking around, indulging in stretching exercises, and gentle massaging can help tremendously.

Furthermore, eating nutrient-rich foods, limiting oily, processed and unhealthy diets can help with the symptoms and maintain overall health.

Do not ignore mental health struggles in people living with rheumatoid arthritis, especially young adults who have to battle the serious consequences of the disease. It is important to have someone to talk about your experiences and convey your problems to someone you can trust.

Certain therapies can also help manage not just physical but emotional pain.

## Cancer

### **Kurukshetra: Women's wing of Khap panchayat to launch campaign against cancer (The Tribune:20220802)**

<https://www.tribuneindia.com/news/haryana/womens-wing-of-khap-panchayat-to-launch-campaign-against-cancer-417616>

Kurukshetra: Women's wing of Khap panchayat to launch campaign against cancer  
Tribune News Service

Kurukshetra, July 31

Following the continuous rise in the number of cancer patients in the state, the women's wing of the Sarva Jatiya Sarva Khap Mahapanchayat has decided to run a campaign in Haryana to raise awareness and educate people about the disease.

Proposed steps to fight disease

Launch of 'Dudh Dahi Ka Khana, Cancer Mukht Haryana' campaign  
Discouraging single-use plastic, packaged food and chemical-based products  
Promoting earthen pots, clay-based utensils in homes  
Cases increasing

Cancer cases are increasing in the country. Haryana is also recording a large number of new cancer patients every year. We have decided to launch a 'Dudh Dahi Ka Khana, Cancer Mukht Haryana' campaign to raise awareness about cancer. — Dr Santosh Dahiya, National Prez, Women's wing

Dr Santosh Dahiya, national president of the women's wing, said, "Cancer cases are increasing in the country and, unfortunately, Haryana is also recording a large number of new cancer patients every year, which is a matter of concern for us. We have decided to launch a 'Dudh Dahi Ka Khana, Cancer Mukht Haryana' campaign in the state to raise awareness and educate people about the prevention and screening of cancers.

"A programme was organised on the occasion of Teej festival today where the women were administered oath to make a start in the cancer-free campaign. The women will ensure that they will not use single-use plastic, packaged food, chemical-based products, other harmful products and utensils in their homes and also educate other people about the same. They will also tell people how they can reduce the risk of getting common cancers and motivate them to lead a healthy lifestyle," she added.

The women on this occasion said the cancer patients were increasing rapidly, but the health facilities were not increasing at the same pace. It was sad to see that people die due to the lack of medical facilities and in-time treatment. The women's wing will collaborate with the people

working to provide affordable cancer treatment. If the disease was detected and treated at an early stage, lives of hundreds of people could be saved.

Dahiya, who is also the national president of the All India Mahila Shakti Manch, said, “Earlier, earthen pots were used in our kitchen and experts, too, recommend using earthen pots due to the multiple benefits they offer, but over the years earthen pots have been replaced by different kind of utensils. We will also motivate people to use earthen pots and other clay-based utensils. It has been decided to run campaigns in the villages across the state. During the campaign, we will tell people about the early signs, symptoms of cancer and help the cancer patients in getting treatment at affordable rates.”

## **Antibiotics**

**Antibiotics in young kids can cause permanent asthma, allergies: Study ‘Antibiotics among the most used medications in children, affect gut microbiome communities and metabolic functions; these changes in microbiota structure can impact host immunity’ (The Tribune:20220802)**

<https://www.tribuneindia.com/news/health/antibiotics-in-young-kids-can-cause-permanent-asthma-allergies-study-417509>

Early exposure to antibiotics kills healthy bacteria in the digestive tract and can cause asthma and allergies, claims a new study conducted on mice.

The study, published in ‘Mucosal Immunology’, has provided the strongest evidence, so far, that the long-observed connection between antibiotic exposure in early childhood and later development of asthma and allergies is causal.

“The practical implication is simple: Avoid antibiotic use in young children whenever you can because it may elevate the risk of significant, long-term problems with allergy and/or asthma,” said Martin Blaser, director of the Center for Advanced Biotechnology and Medicine at Rutgers University in the US.

In the study, the researchers from Rutgers, New York University and the University of Zurich, noted that antibiotics, “among the most used medications in children, affect gut microbiome communities and metabolic functions. These changes in microbiota structure can impact host immunity.”

In the first part of the experiment, five-day-old mice received water, azithromycin or amoxicillin. After the mice matured, researchers exposed them to a common allergen derived from house dust mites. Mice that had received either of the antibiotics, especially azithromycin, exhibited elevated rates of immune responses—i.e., allergies.

The second and third parts of the experiment tested the hypothesis that early exposure to antibiotics (but not later exposure) causes allergies and asthma by killing some healthy gut bacteria that support proper immune system development.

Lead author Timothy Borbet first transferred bacteria-rich faecal samples from the first set of mice to a second set of adult mice with no previous exposure to any bacteria or germs. Some received samples from mice given azithromycin or amoxicillin in infancy. Others received normal samples from mice that had received water.

Mice that received antibiotic-altered samples were no more likely than other mice to develop immune responses to house dust mites, just as people who receive antibiotics in adulthood are no more likely to develop asthma or allergies than those who don't.

Things were different, however, for the next generation. Offspring of mice that received antibiotic-altered samples reacted more to house dust mites than those whose parents received samples unaltered by antibiotics, just as mice that originally received antibiotics as babies reacted more to the allergen than those that received water.

“This was a carefully controlled experiment,” said Blaser. “The only variable in the first part was antibiotic exposure. The only variable in the second two parts was whether the mixture of gut bacteria had been affected by antibiotics. Everything else about the mice was identical.

Blaser added that “these experiments provide strong evidence that antibiotics cause unwanted immune responses to develop via their effect on gut bacteria, but only if gut bacteria are altered in early childhood.” IANS

### **Food and Nutrition (Dainik Bhasker:20220802)**

<https://epaper.bhaskar.com/detail/1493282/75505248684/mpcg/02082022/194/image/>

# भास्कर खास • प्रति व्यक्ति स्वीटनर का इस्तेमाल 36% ज्यादा हो गया, पैकेज्ड फूड में एडेड शुगर 9% बढ़ी भारत में पैकेज्ड फूड में ज्यादा शुगर-स्वीटनर मिला रहे, यही निर्माता अमेरिका जैसे देशों में इनकी मात्रा घटाकर सेहतमंद उत्पाद दे रहे हैं

एजेंसी | वॉशिंगटन

भारत, चीन जैसे देशों में पैकेज्ड फूड और ड्रिंक्स में चीनी (एडेड शुगर) और स्वीटनर (जैसे सैक्रीन आदि) का इस्तेमाल बढ़ रहा है जो कि चिंताजनक है। 2007 से 2019 के बीच पैकेज्ड फूड और सॉफ्ट ड्रिंक्स में चीनी और स्वीटनर के इस्तेमाल को लेकर स्टडी में यह जानकारी दी गई है। ऑनलाइन साइंस मैगजीन साइंस अलर्ट के अनुसार दुनिया में कुल मिलाकर प्रति व्यक्ति स्वीटनर का इस्तेमाल अब 36% बढ़ गया है। जबकि पैकेज्ड फूड में चीनी 9% बढ़ गई है। स्वीटनर आइसक्रीम, बिस्किट जैसी चीजों में ज्यादातर उपयोग किए जा रहे हैं। ड्रिंक्स को मीठा करने के लिए चीनी का इस्तेमाल भारत, चीन जैसे देशों में 50% बढ़ा है। वहीं अमीर देशों

## शुगर फ्री के दावों पर न जाएं, अधिक मात्रा में लेने से इनके नुकसान हैं

बाजार में कई तरह के शुगर फ्री उत्पाद हैं जिनको लेकर दावा किया जाता है इनमें शुगर नहीं है और डायबिटीज के रोगी इनका सेवन कर सकते हैं। डायबिटीज के मरीज चाय, कॉफी आदि में इन गोलियों का इस्तेमाल करते हैं। लेकिन इनके साइड इफेक्ट्स हैं। इसलिए अधिक मात्रा में इनके इस्तेमाल से बचने की सलाह दी जाती है। मैसाचुसेट्स जनरल हॉस्पिटल की रिसर्च के अनुसार शुगर फ्री दुबला होने में बिल्कुल मदद नहीं करती। इनको ज्यादा खाने से दिल की बीमारियों सहित अन्य रोगों का खतरा है। आंखों की रोशनी भी कम हो सकती है।

अमेरिका और ऑस्ट्रेलिया में यह कम हुआ है। स्टडी में पाया गया है कि निर्माता खाद्य सामग्री में शुगर और स्वीटनर के मामले में दोहरे मानदंड अपना रहे हैं। चीनी और स्वीटनर की कम मात्रा वाले सेहतमंद उत्पाद अमीर देशों में सप्लाई कर रहे हैं। अन्य देशों को ज्यादा चीनी और स्वीटनर वाले उत्पाद सप्लाई कर रहे हैं। इससे बचने के लिए कई देशों की

सरकारें अब चीनी की मात्रा को लेकर प्रतिबंध लगा रही हैं। लेबलिंग पर ध्यान देकर भ्रामक विज्ञापनों पर रोक लगा रही हैं। सरकारों की सख्ती के बाद निर्माता चीनी की जगह स्वीटनर का इस्तेमाल करने लगे हैं। स्वीटनर में बहुत कम या बिल्कुल भी कैलोरी नहीं होती। ये चीनी से प्राकृतिक या कृत्रिम तरीके से तैयार हो सकते हैं। कार्बोनेटेड सॉफ्ट ड्रिंक में चीनी की बजाय

स्वीटनर का इस्तेमाल तेजी से बढ़ा है। कम कैलोरी वाले स्वीटनर के इस्तेमाल के नाम पर निर्माता इन उत्पादों के सेहतमंद होने का दावा करते हैं। लेकिन चीनी की जगह स्वीटनर के इस्तेमाल में कम खतरा नहीं है। कनाडा की मैनिटोबा यूनिवर्सिटी की रिसर्च के अनुसार स्वीटनर चीनी से कहीं ज्यादा खतरनाक है। इन्हें रासायनिक प्रक्रिया से गुजरना होता है। इनके इस्तेमाल से पाचन तंत्र पर बुरा असर होता है। यह आंतों में मौजूद बैक्टीरिया पर बुरा असर डालता है जिससे भूख कम लगती है। इनके साथ मोटापा, टाइप-2 डायबिटीज, दिल की बीमारियों का खतरा जुड़ा हुआ है। चीनी की जगह इसे देखते हुए डब्ल्यूएचओ स्वीटनर के इस्तेमाल की गाइडलाइंस भी तैयार कर रहा है। अल्ट्रा प्रोसेस्ड फूड में स्वीटनर का इस्तेमाल किया जाता है जिसके कई प्रतिकूल प्रभाव हैं।

## थायरॉइड-गठिया (Navbharat Times :20220802)

## Ayurveda Tips: थायरॉइड-गठिया समेत ये 10 बीमारी रहेंगी अंडर कंट्रोल, हर रोज बस ऐसे पिएं पानी (Navbharat Times:20220802)

<https://navbharattimes.indiatimes.com/lifestyle/health/doctor-nitika-kohli-shared-tips-to-drink-water-which-helps-to-control-10-disease-like-thyroid-arthritis/articleshow/93288603.cms?story=10>

How much water do I need a day: पानी से जुड़े सवालों जैसे दिन में कितना पानी पीना चाहिए, कैसे पानी पीना आपके लिए ज्यादा सेहतमंद है, या शरीर में पानी की कमी से कौन-से रोग हो सकते हैं। यह बातें आपके लिए जानना उतना ही जरूरी है जितना जीवित रहने के लिए पानी पीना।

doctor nitika kohli shared tips to drink water which helps to control 10 disease like thyroid arthritis

Ayurveda Tips: थायरॉइड-गठिया समेत ये 10 बीमारी रहेंगी अंडर कंट्रोल, हर रोज बस ऐसे पिएं पानी

वयस्क मानव शरीर में 60% तक पानी होता है। जिसमें से हमारा मस्तिष्क और हृदय, फेफड़े, त्वचा, मांसपेशियां, गुर्दे, यहाँ तक कि हड्डियाँ भी पानी से युक्त होती हैं। ऐसे में हर दिन पर्याप्त पानी मिलना आपके स्वास्थ्य के लिए महत्वपूर्ण है। पानी शरीर में होने वाले निर्जलीकरण को रोक सकता है। जो मूड में बदलाव, कब्ज, गुर्दे की पथरी जैसी पेशानियों को रोकने का काम करता है। शरीर में पानी की कमी को पेशाब के कलर द्वारा पहचाना जा सकता है। यदि आपका पेशाब साफ पानी के कलर का नहीं है तो आपके शरीर में पर्याप्त मात्रा में पानी नहीं है। पानी में कोई कैलोरी नहीं होती है, इसलिए यह मीठे चाय या नियमित सोडा जैसे कैलोरी वाले पेय के स्थान पर शरीर के वजन को प्रबंधित करने और कैलोरी की मात्रा को कम करने में भी मदद कर सकता है।

एमर्जॉन पर ग्रेट फ्रीडम सेल के लिए हो जाएं तैयार, 6-10 अगस्त पर बंपर डिस्काउंट

पानी से क्या क्या लाभ होता है? पानी आपके शरीर के तापमान को सामान्य रखता है। इसके साथ ही जोड़ों की हेल्थ को बनाए रखता है, रीढ़ की हड्डी और अन्य संवेदनशील ऊतकों को सुरक्षा पहुंचाता है, पेशाब, पसीना और मल त्याग के माध्यम से कचरे को शरीर से बाहर निकालने का काम करता है।

आयुर्वेद विशेषज्ञ डॉक्टर नीतिका कोहली ने हाल ही में सेहतमंद तरीके से पानी पीने की जानकारी अपने इंस्टा पोस्ट पर शेयर की है। उन्होंने कहा है कि यदि आप पूछेंगे कि क्या तांबा के बर्तन में पानी पीना हल्दी है? तो मैं कहूंगी जी हां, तांबे का पानी अपने कई स्वास्थ्य लाभों के लिए जाना जाता है। बस ध्यान रखें कि तांबे का बर्तन असली होने के साथ ही साफ हो। इस तरह पानी का सेवन करना थायरॉइड, विटिलिगो, गठिया जैसे गंभीर रोगों से परेशान लोगों के लिए यह उपाय सबसे उत्तम है।  
थायरॉइड ग्रंथि के कार्य में सुधार

एक्सपर्ट बताती हैं कि कॉपर की कमी से थायरॉइड ग्लैंड्स में खराबी आ जाती है। ऐसे में तांबे का पानी थायरॉइड ग्रंथि की अक्षमताओं को संतुलित करता है। यदि आपको थायरॉइड की परेशानी है तो हर रोज तांबे के बर्तन में पानी पीना आपके लिए सेहतमंद विकल्प है।

जोड़ों और गठिया के सूजन को कम करता है

तांबे का पानी हड्डियों को मजबूत करके आपके स्वास्थ्य को लाभ पहुंचाता है। इससे यह गठिया का एक उत्कृष्ट उपचार बन जाता है। तांबे का एंटी-इंफ्लेमेटरी प्रभाव गठिया वाले व्यक्तियों के लिए बहुत फायदा होता है। साथ ही जोड़ों में दर्द की समस्या को भी कम करते हैं।

पाचन में मदद करता है

तांबे का पानी प्रदूषकों और हानिकारक कीटाणुओं को दूर करता है। इसके साथ ही पेट की जलन को कम करता है, और चयापचय को बढ़ावा देता है और पाचन को बेहतर बनाने का काम करता है।

एक्सपर्ट से जाने गंभीर रोगों से बचाव के लिए कैसे पिएं पानी

हृदय प्रणाली को रखता है सुरक्षित

तांबे का पानी उचित रक्त परिसंचरण को बढ़ावा देता है। और रक्त वाहिकाओं को फैलाता है। ऐसे में दिल संबंधित रोगों का खतरा कम हो जाता है।

उम्र बढ़ने की प्रक्रिया को नियंत्रित करता है

आयुर्वेद एक्सपर्ट बताती हैं कि तांबे के पानी के लाभों में मुक्त कणों के हानिकारक प्रभाव से लड़ना भी शामिल होता है। जिससे उम्र बढ़ने की समस्या कम होती है।

स्ट्रोक को रोकता है

तांबे के बर्तन में रखा पानी ऑक्सीडेंट को तेजी से या बेहतर तरीके से काम करने से रोकता है, जिससे स्ट्रोक का खतरा कम होता है।

वजन घटाने में सहायक

शरीर में कॉपर की सही मात्रा आपके मेटाबॉलिज्म को बढ़ाने का काम करती है। साथ ही फैट बर्न करके स्वस्थ रूप से वजन कम करने में मदद करती है।

कॉपर पानी हीमोग्लोबिन को बढ़ाता है

कॉपर एक महत्वपूर्ण खनिज है। शरीर को हीमोग्लोबिन संबंधी विकारों को रोकने के लिए उचित स्तर पर इसकी आवश्यकता होती है।

संक्रमण को कम करना

विशेषज्ञ के अनुसार, तांबे में प्राकृतिक जीवाणुरोधी गुण होते हैं जो संक्रमण को कम कर सकते हैं। ऐसे में बारिश में तांबे के बर्तन में पानी स्टोर करके पीना आपको इस मौसम में फैलने वाले संक्रमण से बचा सकता है।

डिस्क्लेमर: यह लेख केवल सामान्य जानकारी के लिए है। यह किसी भी तरह से किसी दवा या इलाज का विकल्प नहीं हो सकता। ज्यादा जानकारी के लिए हमेशा अपने डॉक्टर से संपर्क करें।

## Hepatitis A,B,C,D,E

### Hepatitis A,B,C,D,E क्या है? डॉक्टर से जानिए किन्हें है लीवर की इस घातक बीमारी का खतरा (Navbharat Times :20220802)

<https://navbharattimes.indiatimes.com/lifestyle/health/doctor-explain-various-type-of-hepatitis-know-the-cause-symptoms-and-treatment/articleshow/93276603.cms?story=5>

How do u know if u have hepatitis: यदि आपके लक्षणों को देखकर डॉक्टर को लगता है कि आपको हेपेटाइटिस हो सकता है, तो वह इसकी पुष्टि के लिए आपसे ब्लड टेस्ट करवाने कह सकते हैं।

#### doctor explain various type of hepatitis know the cause symptoms and treatment

Hepatitis A,B,C,D,E क्या है? डॉक्टर से जानिए किन्हें है लीवर की इस घातक बीमारी का खतरा

लीवर में सूजन को हेपेटाइटिस (hepatitis) कहा जाता है। हेपेटाइटिस एक वायरस होता है, जो अत्यधिक शराब के सेवन, विषाक्त पदार्थ, दवाएं और कुछ मेडिकल कंडीशन के वजह से शरीर में पनपने लगते हैं। लीवर आपके शरीर का एक महत्वपूर्ण अंग होता है जो पोषक तत्वों को प्रोसेस करने, खून को फिल्टर करने के साथ ही संक्रमण से लड़ता है। ऐसे में जब लीवर में सूजन या क्षति होती है, तो यह कार्य प्रभावित होने लगते हैं। अनुपचारित हेपेटाइटिस लीवर फेल या लीवर कैंसर कारण बन सकता है।

एमजॉन पर ग्रेट फ्रीडम सेल के लिए हो जाएं तैयार, 6-10 अगस्त पर बंपर डिस्काउंट

विश्व स्वास्थ्य संगठन (WHO) का अनुमान है कि वर्तमान में वैश्विक स्तर पर 354 मिलियन लोग क्रोनिक हेपेटाइटिस बी और सी से पीड़ित हैं।

मुंबई के मेडिसिन सोमैया मेडिकल कॉलेज के प्रोफेसर डॉ. अमर आर. पजारे बताते हैं कि हेपेटाइटिस वायरस को काफी हद तक रोका जा सकता है। वायरल हेपेटाइटिस को भारत में, विशेषकर सामाजिक-आर्थिक रूप से कमजोर वर्ग के लोगों में स्वास्थ्य की एक गंभीर समस्या माना जाता है। भारत की आबादी में लगभग 5 करोड़ लोग क्रोनिक हेपेटाइटिस से पीड़ित हैं। कई तरह के होते हैं हेपेटाइटिस के वायरस

हेपेटाइटिस दो उप-समूहों के बांटा गया है - संक्रामक हेपेटाइटिस और सीरम हेपेटाइटिस। संक्रामक हेपेटाइटिस में हेपेटाइटिस ए और हेपेटाइटिस ई शामिल होते हैं। वहीं, सीरम हेपेटाइटिस में हेपेटाइटिस बी, हेपेटाइटिस सी और हेपेटाइटिस डी शामिल होते हैं। दोनों प्रकार के हेपेटाइटिस शरीर में विभिन्न वायरस से संक्रमित पदार्थों, जैसे कि पानी, जूस, भोजन, दूध आदि के सेवन के कारण होते हैं।

संक्रामक हेपेटाइटिस लक्षण और कारण

वायरल हेपेटाइटिस ए बच्चों में और हेपेटाइटिस ई सभी उम्र के लोगों में होता है। इन मरीजों में बुखार, मितली, उल्टी, भूख की कमी, अत्यंत कमजोरी, आँखों और पेशाब में पीलापन, पेट में दर्द, शरीर पर खुजली जैसे विविध लक्षण प्रकट होते हैं। कुछ मरीजों को मुँह से रक्तस्राव या त्वचा

पर काले धब्बे हो सकते हैं। दुर्लभ मामलों में कोई-कोई मरीज कोमा में जा सकता है। जाँच में लिवर की असामान्य क्रिया की जाँच, बढ़ा हुआ और भंगुर (टेंडर) लिवर के लिए जाँच और सोनोग्राफी तथा वायरस के प्रकार के जाँच शामिल हैं।

#### सीरम हेपेटाइटिस लक्षण और कारण

सीरम हेपेटाइटिस डी एक अपूर्ण वायरस है और इसे जीवित रहने के लिए हेपेटाइटिस बी से मदद की ज़रूरत होती है। हेपेटाइटिस बी और सी रक्त या रक्त उत्पाद आधान (ट्रांसफ्यूजन), यौनिक या नसों में मादक पदार्थ लेने (सूई साझा करना) के माध्यम से संचारित होते हैं। इस हेपेटाइटिस में संक्रामक हेपेटाइटिस जैसे बुखार के लक्षण प्रकट नहीं होते, लेकिन आँखों और पेशाब में पीलापन जैसे अन्य लक्षण प्रकट होते हैं।

#### हेपेटाइटिस का उपचार

हेपेटाइटिस ए और ई के लिए कोई विशिष्ट एंटीवायरल उपचार नहीं है। यह अपने-आप सीमित होने वाली खराबी है। इसका उपचार लक्षण के आधार पर होता है।

हेपेटाइटिस बी ठीक नहीं होता है, इसलिए इसमें वायरस के प्रतिरूपण (रेप्लिकेशन) को नियंत्रित करने के लिए आजीवन उपचार की ज़रूरत हो सकती है। हेपेटाइटिस बी से बचाव के लिए हेपेटाइटिस बी का टीका लगवाने की सलाह दी जाती है।

हेपेटाइटिस सी पूरी तरह ठीक होने वाला रोग है। अगर लिवर की क्रिया में अव्यवस्था का कोई प्रत्यक्ष कारण नहीं है तो हेपेटाइटिस सी की जाँच करा लेनी चाहिए। इसका उपचार केवल 3 महीने के लिए होता है और बहुत खर्चीला भी नहीं है।

कितना खतरनाक है हेपेटाइटिस रोग

हेपेटाइटिस ए और ई को उचित सावधानियों के साथ रोका जा सकता है। हेपेटाइटिस बी को भी वैक्सीन से रोका जा सकता है। आम तौर पर हेपेटाइटिस ए और ई के परिणाम अच्छे निकलते हैं। हेपेटाइटिस सी का उपचार अगर सिरोसिस (लिवर का कैंसर) होने के पहले हो जाता है तो इसके परिणाम भी अच्छे निकलते हैं। हेपेटाइटिस बी ऐसा रोग है जो एक््यूट हेपेटाइटिस होने पर जानलेवा हो जाता है। यह बढ़कर सिरोसिस में बदल जाता है जिसके लक्षण बुरे होते हैं।