



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20220808

Human brain

Human brain did not shrink 3,000 years ago as thought earlier, say researchers

Last year, a group of scientists had concluded that the human brain shrank during the transition to modern urban societies about 3,000 years ago (The Tribune: 20220808)

<https://www.tribuneindia.com/news/health/human-brain-did-not-shrink-3-000-years-ago-as-thought-earlier-say-researchers-419769>

Human brain did not shrink 3,000 years ago as thought earlier, say researchers

As speculated earlier, the 12th-century BCE, a time when humans were forging great empires and developing new forms of written text, did not coincide with an evolutionary reduction in brain size, say a team of researchers refuting the popular hypothesis among the science community.

Last year, a group of scientists made headlines when they concluded that the human brain shrank during the transition to modern urban societies about 3,000 years ago because, they said, our ancestors' ability to store information externally in social groups decreased our need to maintain large brains.

Their hypothesis, which explored decades-old ideas on the evolutionary reduction of modern human brain size, was based on a comparison to evolutionary patterns seen in ant colonies.

Not so fast, said the team from University of Nevada-Los Angeles.

"We were struck by the implications of a substantial reduction in modern human brain size at roughly 3,000 years ago, during an era of many important innovations and historical events, the appearance of Egypt's New Kingdom, the development of Chinese script, the Trojan War, and the emergence of the Olmec civilization, among many others," said anthropologist Brian Villmoare from the varsity.

In a new paper published in *Frontiers in Ecology and Evolution*, they re-examined the previous dataset and found that human brain size has not changed in 30,000 years, and probably not in 3,00,000 years.

"In fact, based on this dataset, we can identify no reduction in brain size in modern humans over any time-period since the origins of our species," Villmoare said.

The team questioned several of the previous hypotheses that gleaned from a dataset of nearly 1,000 early human fossil and museum specimens.

They noted the rise of agriculture and complex societies occurred at different times around the globe - meaning there should be variation in timing of skull changes seen in different populations.

However, the previous dataset sampled only 23 crania from the timeframe critical to the brain shrinkage hypothesis and lumped together specimens from locations including England, China, Mali, and Algeria.

The previous dataset is also heavily skewed because more than half of the 987 skulls examined represent only the last 100 years of a 9.8-million-year span of time, and therefore don't give scientists a good idea of how much cranial size has changed over time, Villmoare said.

Life expectancy

Life expectancy in African region increases by 10 years, biggest in world: WHO (The Tribune: 20220808)

<https://www.tribuneindia.com/news/health/life-expectancy-in-african-region-increases-by-10-years-biggest-in-world-who-419446>

Life expectancy in African region increases by 10 years, biggest in world: WHO
Image only for representational purposes

The average life expectancy in the African region has increased on average by 10 years per person between 2000 and 2019, the WHO has said, describing the rise greater than in any other region of the world during the same period.

But the World Health Organisation also cautioned that the advent of the COVID-19 pandemic at the end of this period could have a disruptive impact on these huge gains going forward.

Sharing details of a report called 'Tracking Universal Health Coverage in the WHO African Region 2020' launched during an online media briefing on Friday from its headquarters in Brazzaville, the global health body said that the number of years an individual is in a good state of health—increased to 56 years in 2019, compared with 46 in 2000.

While the increase in life expectancy in Africa is still well below the global average of 64, over the same period, global healthy life expectancy increased by only five years, the report stated.

Among the reasons cited for this increased life expectancy in Africa were improvements in the provision of essential health services, gains in reproductive, maternal, new-born and child health, as well as progress in the fight against infectious diseases.

In particular, the rapid scale-up of HIV, tuberculosis, and malaria control measures from 2005 helped to extend healthy life expectancy.

Essential health service coverage on the African continent improved to 46 per cent in 2019, compared with 24 per cent in 2000.

But while there were significant achievements in preventing and treating infectious diseases, there was also a dramatic rise in lifestyle diseases such as hypertension and diabetes, with a lack of health services targeting these diseases.

“The sharp rise in healthy life expectancy during the past two decades is a testament to the region's drive for improved health and well-being of the population. At its core, it means that more people are living healthier, longer lives, with fewer threats of infectious diseases and with better access to care and disease prevention services,” said Dr Matshidiso Moeti, WHO Regional Director for Africa.

Moeti called for increased attention to other diseases.

“Unless countries enhance measures against the threat of cancer and other non-communicable diseases, the health gains could be jeopardised,” Moeti said.

The report said it was critical for governments to contribute more towards their national health budgets.

It said most governments in Africa fund less than 50 per cent of their national health budgets, resulting in large funding gaps.

Only Algeria, Botswana, Cabo Verde, Eswatini, Gabon, Seychelles and South Africa fund more than 50 per cent of their national health budgets.

“COVID-19 has shown how investing in health is critical to a country's security. The better Africa can cope with pandemics and other health threats, the more our people and economies thrive. I urge governments to invest in health and be ready to tackle head on the next pathogen to come bearing down on us,” Moeti said.

Covid

Do I have Covid or hay fever? Here's how to tell (The Tribune: 20220808)

<https://www.tribuneindia.com/news/health/do-i-have-covid-or-hay-fever-heres-how-to-tell-419445>

With warm weather in the northern hemisphere, many people will be suffering from pollen allergies. Also, called hay fever, this common condition affects millions of people around the world during the spring, summer and autumn months.

Meanwhile, Covid cases are high. Although seasonal allergies are commonplace for many people, there's significant overlap between Covid and hay fever symptoms. This could lead people to mistake COVID for allergies, in turn exacerbating the spread of Covid in the community.

Notably, we're now often seeing milder Covid symptoms compared with earlier in the pandemic. This is due to a combination of factors, including increased immunity from vaccines and prior infections, and the evolution of new variants of the virus.

Of course, it's a good thing that people generally aren't getting as sick with Covid. At the same time, this could actually increase confusion between Covid and other illnesses or allergies.

The latest data from the UK's ZOE app, which tracks people's self-reported Covid symptoms, shows the most commonly reported symptoms of Covid are now a sore throat, followed by headache, cough, blocked nose and runny nose. These symptoms can all affect people with pollen allergies. So it's very possible someone might dismiss Covid as the onset of their usual allergies.

Covid symptoms vs hay fever symptoms

Although there are several overlapping symptoms, there are a few key symptoms that may help you distinguish between Covid and hay fever.

-- Itchy eyes: Itchy, red, watery or puffy eyes are a common sign of pollen allergies, but are not associated with Covid.

-- Fever or chills: A high temperature is not a sign of pollen allergies, but it's a fairly common Covid symptom. So if you have a fever, in combination with other symptoms, you may have Covid or another respiratory infection.

-- Diarrhoea, vomiting and nausea: Diarrhoea in particular can be an early sign of Covid, starting on the first day of infection and often getting worse from there. It's not associated with pollen allergies.

-- Muscle ache: Covid-related muscle pains can range from being mild to quite debilitating, especially when they occur alongside fatigue. Muscle aches and pains are not associated with pollen allergies.

Differences can also be seen within some symptoms of pollen allergies and Covid. For example, Covid-related coughing is commonly persistent and dry, whereas a cough associated with hay fever is more “tickly”, due to mucus from the nose presenting in the throat. Similarly, the loss of smell and taste in pollen allergies results from a blocked nose, so if you have this symptom without a blocked nose, it could be more likely to be Covid.

If your pollen allergy symptoms seem worse than usual, or you have one or more of the distinguishing symptoms above, it's advisable to take a rapid Covid test.

Protecting yourself

Controlling allergy symptoms can help to prevent absences from work and school, and potentially facilitate earlier identification of Covid symptoms, in combination with testing. Further, although there's no link between allergies and increased risk of Covid, pollen exposure can actually weaken the body's immunity against Covid.

If you have a history of pollen allergies, make sure your treatment plan is current and that you have medications on hand for when you need them. Pollen exposure can be reduced by avoiding outdoor activities when the pollen count is high, keeping windows closed, changing clothes after being outside, and using an air purifier.

The best ways to prevent Covid infection continue to include vaccination, wearing appropriately-fitting face coverings, and physical distancing. If you're looking for the best of both worlds, a particle filter mask can be protective against both pollen and Covid.

Digital health accounts

20 crore digital health accounts opened, says Health Minister Mansukh Mandaviya (The Tribune: 20220808)

<https://www.tribuneindia.com/news/nation/20-cr-digital-health-accounts-opened-says-mandaviya-419228>

20 crore digital health accounts opened, says Health Minister Mansukh Mandaviya
Union Health Minister Mansukh Mandaviya- File photo

As many as 20 crore Indian citizens, about 15 per cent of the country's population, have opened digital health accounts under the Ayushman Digital Health Mission.

Digital health accounts will enable everyone to have their health record in digital form. The accounts will be OTP-protected and health data privacy will be maintained. Such accounts are being opened under the Ayushman Bharat Digital Mission. Health Minister Mansukh Mandaviya on Friday, while replying to a debate on the private members' bill “Right to Health” Bill 2022 moved by RJD's Manoj Jha, said digital health

mission was a futuristic idea and India was moving fast towards it. “Nearly 20 crore accounts have been opened under the Ayushman Bharat Digital Mission, which will enable everyone to have digital health accounts and end the era of medical files. Digital accounts will be OTP-protected and health data privacy will be maintained,” the minister said, urging MPs to open digital accounts.

The minister, while detailing government programmes, including Ayushman Bharat, which provides for health and wellness centres and cashless and free annual hospitalisation cover of Rs 5 lakh to poor and vulnerable families, urged Jha to withdraw the Bill. Jha followed suit. The minister said of the promised 1.5 lakh health and wellness centres, 1.22 lakh had already been set up. The minister referred to a satisfactory experience he had while recently visiting a wellness centre in Jhajjar where, he said, the attending doctor, in virtual mode, sought the opinion of a specialist doctor in PGI-Chandigarh to treat a poor patient.

“The fact that a specialist doctor from PGI saw a poor patient at a Jhajjar wellness centre through telemedicine was extremely satisfying to me as I sat watching the process from a distance,” Mandaviya said. “The WHO recommends 1 doctor for every 1,000 people, we have 1 for 800 people,” he added.

Covid antiviral drug

IISc out with Covid antiviral drug, may help in cancer research too (The Tribune: 20220808)

<https://www.tribuneindia.com/news/nation/iisc-out-with-covid-antiviral-drug-may-help-in-cancer-research-too-419222>

In promising news for long-term Covid response, researchers at the Indian Institute of Science (IISc), Bengaluru, have reported a new class of drugs that may work against the SARS-CoV2 virus.

Virus inhibitor

The Health Ministry says the research at the IISc pertains to a new class of artificial and synthetic peptide inhibitors (peptide drugs) that can inhibit the Covid-causing virus and may also find use in cancer treatment research.

Further research on the drug is under way.

The current spectrum of antivirals against Covid-19 is limited though vaccine options are widely available. The government has been informed of the drug discovery.

The Health Ministry says the research at the IISc pertains to a new class of artificial, synthetic peptide inhibitors (peptide drugs) that can inhibit the Covid-causing virus and may also find use in cancer treatment research.

“As proof, IISc scientists designed one such inhibitor that binds to the receptor-binding site of the spike protein of the SARS-CoV-2 virus, thus preventing infection both in the test tube and hamster model. In general, research on drugs that have been used for the treatment and management of Covid are tested for repurposing in laboratory settings for other disease models, including cancer,” the ministry said.

Human insulin and growth hormones are some examples of peptide drugs made using recombinant DNA technology.

Domestic violence

Task force set up to report on domestic violence within south-Asian community living in New York

It will also focus on the unique needs of the south-Asian women in abusive situations (The Tribune: 20220808)

<https://www.tribuneindia.com/news/diaspora/task-force-set-up-to-report-on-domestic-violence-within-south-asian-community-living-in-new-york-420045>

New York State Assemblywoman Jenifer Rajkumar has announced setting up of a task force to investigate and report on domestic violence within the south-Asian-American community in the wake of the death by suicide of Mandeep Kaur, an Indian-origin woman resident of New York City.

Kaur ended her life on August 3, allegedly after suffering abuse from her husband for many years.

The task force will also focus on the unique needs of the south-Asian women in abusive situations, Rajkumar, the first south-Asian-American woman ever elected to a New York State Office, said in a press release on Sunday.

Rajkumar said, “I join with Mandeep Kaur’s family, friends, and the entire community in mourning the tragic suicide of the Richmond Hill resident at age 30.

“The video testimonial Kaur recorded days before her suicide tells a horrifying tale of eight years of physical and psychological abuse by her husband. Anyone who commits such morally depraved crimes must face the full consequences of our criminal justice system.

“I have already spoken with 102nd Precinct Commanding Officer Captain Jeremy Kivlin and he assured me that the NYPD is investigating the alarming accusations of domestic violence against Kaur.”

Rajkumar said her office is a sanctuary for women needing help, particularly immigrant women, and assured anyone suffering abuse that resources of the state were there for them.

“You are not alone,” Rajkumar said, adding there was zero tolerance for violence against women in her district.

Rajkumar said she has “established a task force led by senior staffer Amrit Kaur to investigate and report on domestic violence within the south-Asian-American community, including the unique needs of south-Asian women in abusive situations.”

The task force will also provide any assistance needed to coordinate the parallel investigations by the NYPD and the police in Uttar Pradesh, Mandeep Kaur’s home before moving to America.

leprosy drug

Centre mum on availability, requirement of key leprosy drug (The Hindu: 20220808)

<https://www.thehindu.com/sci-tech/health/centre-mum-on-availability-requirement-of-key-leprosy-drug/article65741576.ece>

There has been an acute shortage of clofazimine in the country for months now. Hospitals across the country have been facing an acute shortage of clofazimine, one of the key drugs to treat leprosy, for months now. But, the Union Ministry of Health and Family Welfare, doesn’t want to part with information on its availability and requirement.

Vascular diseases

Vascular diseases on the rise, but surgeons too few, says Health Minister (The Hindu: 20220808)

<https://www.thehindu.com/news/national/karnataka/vascular-diseases-on-the-rise-but-surgeons-too-few-says-health-minister/article65735743.ece>

We have to ensure a strict health regimen to protect our blood vessels, he says. For a population of about 1.3 billion, India has only around 500 vascular specialists, said Health and Medical Education Minister K. Sudhakar on Saturday, stressing the need to create increased awareness on vascular diseases in the country.

Healthcare

Affordable and accessible healthcare to all is our aim: Health Minister (The Hindu: 20220808)

<https://www.thehindu.com/news/national/affordable-and-accessible-healthcare-to-all-is-our-aim-health-minister/article65733494.ece>

He said that the government would achieve the target of 1.5 lakh Ayushman Bharat Health and Wellness Centres centres by the end of this year
Healthcare which is affordable and easily accessible to all is the aim of all programmes that we are bringing in, said Health Minister Mansukh Mandaviya, on Friday, in Rajya Sabha.

Monkeypox taskforce

Monkeypox taskforce recommends sprucing up research infrastructure for developing indigenous vaccine (The Hindu: 20220808)

<https://www.thehindu.com/news/national/monkeypox-taskforce-recommends-sprucing-up-research-infrastructure-for-developing-indigenous-vaccine/article65733028.ece>

Experts reckoned that monkeypox was unlikely to immediately require mass vaccination, said a senior government official.
With at least eight cases of the monkeypox virus reported out of India, a task force of the experts constituted by the Centre has laid out plans to fund research in developing the critical infrastructure needed for preparing an indigenous vaccine. Developing a dedicated vaccine, experts told The Hindu, would take well over a year because there were several gaps in figuring out what vaccine approach would be ideal.

AIIM

Centre to give in-principle approval for AIIMS in Kozhikode: Union Minister (The Hindu: 20220808)

<https://www.thehindu.com/news/national/kerala/centre-to-give-in-principle-approval-for-aiims-in-kozhikode-union-minister/article65732613.ece>

‘State government has to acquire land and hand it over to Centre’

Union Minister for Health and Family Welfare Mansukh Mandaviya has assured that the Centre will give in-principle approval for setting up All India Institute of Medical Sciences (AIIMS) at Kinalur near Balussery in Kozhikode if the State government acquires the required land and hands it over to the Ministry.

Oral cancer

Savara heartland battling with oral cancer (The Hindu: 20220808)

<https://www.thehindu.com/news/national/andhra-pradesh/savara-heartland-battling-with-oral-cancer/article65722415.ece>

Women are believed to be most affected by reverse smoking

The entire Savara tribal pocket along the Andhra-Odisha border in the erstwhile Srikakulam district remains the hot spot for oral cancer in Andhra Pradesh owing chiefly to its practice of 'reverse smoking'.

Wellness Wisdom

Wellness Wisdom: Yoga for the would-be mom (Indian Express: 20220808)

<https://indianexpress.com/article/lifestyle/health-specials/reconstructive-surgeries-save-two-victims-of-kite-string-throat-slits-8072750/>

Wellness Wisdom: Yoga for the would-be mom Mothers-to-be can turn to yoga as the timeless knowledge is an easy self-help system of bringing in a new soul into the world. Just roll out your yoga mat every day for some simple asanas, pranayama practices for 30 minutes to an hour and sail through your conception, pregnancy and childbirth, advises yoga guru Kamini Bobde.

Mothers-to-be can turn to yoga as the timeless knowledge is an easy self-help system of bringing in a new soul into the world. Just roll out your yoga mat every day for some simple asanas, pranayama practices for 30 minutes to an hour and sail through your conception, pregnancy and childbirth, advises yoga guru Kamini Bobde.

Reconstructive surgeries

Reconstructive surgeries save two victims of kite-string throat slits

We get three to four cases of life-threatening injuries almost every month, especially among young girls who use a cycle or Scooty very often to travel and get tangled by stray maanjha, (Indian Express: 20220808)

says Dr Manoj K Johar, Senior Director and Head, Department of Plastic Surgery, Max Super Speciality Hospital, Patparganj.

These cases of life-threatening injuries highlight the menace of "Chinese manjha" and its rampant illegal sale, despite a ban by the government.(Representational)

Vidyawati was riding a two-wheeler in East Delhi when she felt a thread around her throat. Before the 61-year-old knew it, a sharp jab of pain and profuse bleeding immobilised her and she fell in a heap. Usha Rajan was crossing the road when an excruciating pain shot up her right heel, completely immobilising her. Both women were victims of illegal Chinese kite-strings or maanjha, that cut through their tissues, muscles and key blood vessels. Both were saved in the nick of time by delicate repair surgeries lasting hours.

Cholesterol level

How to maintain a healthy cholesterol level? Just avoid CRAP (calorie-rich and processed) food

Keep in mind that those with unhealthy cholesterol levels don't show any symptoms. You only face sudden health emergencies. Therefore, you need to overhaul your diet and physical activity levels, says Dr Suranjit Chatterjee, Senior Consultant, Internal Medicine, Indraprastha (Indian Express: 20220808)

<https://indianexpress.com/article/lifestyle/health-specials/how-to-tame-a-beast-called-cholesterol-8070936/>

Ideally every adult, aged 20 or above, should go for cholesterol check-up after four to six years. (Photo: Getty Images/Thinkstock)

Cholesterol, a waxy substance found in our blood, is an extremely essential element for the body to ensure its smooth functioning. It assists in developing new cells, strengthening metabolic functions, producing vitamins and other hormones such as testosterone, oestrogen and adrenal hormones that are vital for our body and good health. So, you need to maintain a certain level of cholesterol in your body. However, excess amounts can be problematic and pose a threat.

variant-specific data

'We need to see the variant-specific data with respect to long Covid'

While The Lancet study quantifies long-term symptoms, real life cases show that COVID-19 has had a more lasting effect on the patient's neurological systems, kidneys, gastrointestinal tracts, the neuro-muscular and musculo-skeletal systems, says Dr Vikas Deswal, Senior Consultant, Internal Medicine, Medanta Hospital, Gurgaon (Indian Express: 20220808)

<https://indianexpress.com/article/lifestyle/health-specials/we-need-see-variant-specific-data-long-covid-8073311/>

Long Covid is poorly understood but it is becoming clearer that it is something that we should be seriously worried about. It has varied presentations and we are still nowhere near developing a common pathway to these conditions. (Express photo by Nirmal Harindran)
One in eight adults (12.7 per cent), who are infected with SARS-CoV-2, experiences long term symptoms because of it, suggests a large Dutch study published in The Lancet.

Metabolism

**What your morning appetite says about your metabolism
By the time you wake up, you are most probably "fasting" for 8-14 hours, depending on the time of your last meal (Indian Express: 20220808)**

<https://indianexpress.com/article/lifestyle/health/morning-appetite-metabolism-hunger-digestion-8061119/>

appetite, metabolism Having an appetite in the morning is something to celebrate! (Source: Getty Images/Thinkstock)

Do you feel hungry immediately after your wake up, or you can go on for hours without having your first meal of the day? Turns out, your morning appetite can say a lot about your metabolism, and overall health. According to nutritionist Bhakti Kapoor, “having an appetite in the morning is something to celebrate!”

Immunity

HealthWant to lose weight and boost immunity? Try this special drink with Indian spices

Want to lose weight and boost immunity? Try this special drink with Indian spices

Drink it first thing in the morning on an empty stomach. (Indian Express: 20220808)

<https://indianexpress.com/article/lifestyle/health/boost-immunity-weight-loss-simple-water-recipe-ajwain-saunf-jeera-8029601/>

Bloating, weight lossCarom, fennel, and cumin seeds have several beneficial properties resulting in weight loss. (Pexels)

Indian spices go way beyond just cooking. Loaded with health benefits, many kitchen condiments play a vital role in keeping digestive issues at bay, healing and giving a glow to the skin, while also aiding weight loss. Alongside eating healthy and indulging in regular exercise, these Indian herbs, when mixed consciously, can prove to be extra beneficial.

Mental health,

Sharing bed with your partner can improve sleep and mental health, says study

Sleeping with a partner is associated with lower depression, anxiety, and stress scores(Indian Express: 20220808)

<https://indianexpress.com/article/lifestyle/health/sharing-bed-with-partner-improve-sleep-mental-health-study-7978548/>

sleepHow are you sleeping every day? (Source: Pexels)

Not everybody likes sharing their bed with someone else. However, sharing the bed with your partner can be beneficial for your overall well-being. It might come with a lot of blanket snatching fights and snoring, but it can help improve your physical as well as mental health, research found.

According to a study published in Sleep, the official journal of the Sleep Research Society, sleeping with your partner can improve your sleep quality and overall mental health. The study explored whether sharing a bed with someone can impact a person's health or not. As such, it was found that sleeping with your romantic partner can not only improve sleep quality but also help in sleeping faster and longer. However, it might not be true in all cases.

Also Read | |World Sleep Day: Why do women need more quality sleep than men?

The results stated that those who slept with their partners reported less insomnia severity and fatigue. The ones who slept with their child reported greater sleep apnea whereas those who slept alone reported even higher levels of insomnia severity, sleepiness, and fatigue.

Poor quality of sleep can lead to many health problems (Source: Pexels)

“In addition, sleeping with a partner was associated with lower depression, anxiety, and stress scores, and greater social support and satisfaction with life and relationships,” the report said.

Health care

Health care is responsible for seven per cent of our carbon emissions and there are safe and easy ways this can be reduced

Midwives, however, have cautioned mothers should not be made to feel guilty about their pain relief choices, and suggested hospitals could introduce nitrous oxide systems to allow its ongoing use.(Indian Express: 20220808)

<https://indianexpress.com/article/lifestyle/health/healthcare-responsible-seven-per-cent-carbon-emissions-ways-reduce-8069846/>

healthcare Treating patients indirectly causes human harm, at odds with the mission of health-care professionals to increase the duration and quality of patients' lives (representative)

Gynaecological infections

Does marital status play a role in the treatment of women diagnosed with gynaecological infections? Here's what doctors say

Recently, Twitter also erupted in a debate around the same -- why do gynaecologists ask about the marital status of patients, instead of simply asking if they are sexually active? (Indian Express: 20220808)

<https://indianexpress.com/article/lifestyle/health/women-sexual-health-marriage-obstetrician-gynecologists-std-pelvic-inflammation-8029950/>

gynecologist Dr Yuvrajsingh Jadeja, M.D Obstetrics and Gynaecology, Medical Director of Nimaaya- Center for Women's Health, feels that there is a small number of gynecologists who might judge due to a lack of sensitisation and sometimes, proper communication. (Photo: Pexels)

When Sonia Singh, the owner of a digital startup, was diagnosed with a urinary tract infection (UTI), she was told by her gynaecologist that it was probably because she used public

restrooms. But since she was unmarried, the expert “never enquired about my sexual health to investigate if it could be something because of it”, said the 32-year-old.

SARS-CoV-2

1 in 8 SARS-CoV-2 patients develop long COVID symptoms: Lancet study

The study provides one of the first comparisons of long-term symptoms after SARS-CoV-2 infection, with symptoms in an uninfected population, as well as those in individuals both pre- and post-COVID-19 infection (Indian Express: 20220808)

<https://indianexpress.com/article/lifestyle/health/cov-2-patients-long-covid-symptoms-study-8072020/>

covid, pandemic, SARS-Cov2 According to a Dutch study, one in eight adults who are infected with the SARS-CoV-2 virus experience long term symptoms due to COVID-19 (Source: Nirmal Harindran)

One in eight adults who are infected with the SARS-CoV-2 virus experience long term symptoms due to COVID-19, according to a large Dutch study published on Friday in The Lancet journal.

Breastfeeding Awareness

Breastfeeding Awareness Week: How long should you breastfeed your baby?

According to a doctor, one should regularly breastfeed in the early weeks at least 8-12 times a day (Indian Express: 20220808)

<https://indianexpress.com/article/lifestyle/health/breastfeeding-awareness-week-how-long-should-you-breastfeed-baby-8065548/>

Breastfeeding Awareness Week, breastfeeding, breastfeeding mothers, breastfeeding benefits, breastfeeding newborn, how long to breastfeed, exclusive breastfeeding, indian express news In the first few weeks post birth, feed your baby on demand (whenever they feel hungry). (Photo: Getty/Thinkstock)

That breastfeeding is beneficial for both the mother and her baby, has been established. It helps create a bond, while also protecting the newborn from allergies and diseases. Breast milk provides nutrition and is rich in vitamins, protein and fats that help in the baby’s growth. It also contains antibodies for the little one to build an immunity against viruses and bacteria.

World Lung Cancer Day

World Lung Cancer Day: ‘Tobacco damages lung tissue, smokers over 50 must get scans’

To spread awareness on the occasion of World Lung Cancer Day which was on August 1, Dr Digambar Behera, Director, Pulmonary Medicine at Fortis Hospital, Mohali, in an advisory explained the causes, symptoms, diagnosis, and treatment options to prevent lung cancer. (Indian Express: 20220808)

<https://indianexpress.com/article/lifestyle/health/world-lung-cancer-day-tobacco-damages-lung-tissue-smokers-over-50-must-get-scans-8071670/>

Lung cancer can be diagnosed through lab tests, PET/CT scans, bronchoscopy, and endobronchial ultrasound (Source: Getty Images/Thinkstock)

Lung cancer is a common form of the disease and claims several lives across the world every year. It is one of the leading forms of cancer in men followed by the head-neck region and is the fifth most

Positive Thoughts (Indian Express: 20220808)

भास्कर खास • मनोवैज्ञानिकों के अनुसार, सही समय, स्थान, पॉजिटिव सोच होना जरूरी विचारों में खो जाना भी थैरेपी, यह खुशी देती है, क्रिएटिव बनाती है, समस्याओं को हल करना इससे आसान हो जाता है

• The New York Times
दैनिक भास्कर से विशेष अनुबंध के तहत

मेलिंडा वेनर मोयर | ज्यादातर लोग अपने भीतर सोच-विचार की प्रक्रिया से बचते हैं। यहां तक कि वे इसकी बजाय तकलीफ सहना भी पसंद कर लेते हैं। एक स्टडी के अनुसार, अपने भीतर विचार मंथन से बचने का एक कारण यह है कि हम सोच-विचार की प्रक्रिया को कम आंकते हैं। यूनिवर्सिटी ऑफ फ्लोरिडा के डे-ड्रीमिंग और बोर्डम (दिवास्वप्न और बोरियत) पर स्टडी कर रही डॉ. एरिन वेस्टगेट का कहना है कि विचारों में खो जाना (डे-ड्रीमिंग) एक तरह की थैरेपी है। यह हमारे लिए फायदे का सौदा बन सकती है। अगर सोच-विचार को सही दिशा और परिस्थितियां दें। खास तरह से डे-ड्रीमिंग करें तो यह हमें स्थिरता, खुशी देता है और ज्यादा

डे-ड्रीमिंग से मल्टीटास्किंग में आसानी होती है, याददाश्त बेहतर होती है

विशेषज्ञों के अनुसार, इंसान अपने जागने के समय का 47% डे-ड्रीमिंग में बिताता है। आसपास की चीजों से हटकर विचार वैक्यूम में भटकने लगते हैं। ये सही दिशा में होने से मेमोरी बेहतर होती है और मल्टीटास्किंग में आसानी होती है। हमेशा पॉजिटिव रह सकते हैं। जर्मनी में यूनिवर्सिटी ऑफ टूबिंज के मनोवैज्ञानिक के मुरायामा का कहना है कि वयस्कों से अनुमान करने को कहा गया कि शांत कमरे में अकेले बैठना उन्हें कितना पसंद आएगा। उसके बाद उन्हें 20 मिनट इस तरह से बैठने को कहा गया। उन्हें अनुमान से ज्यादा खुशी महसूस हुई।

क्रिएटिव बनाता है। समस्याओं के समाधान में भी इसके अच्छे नतीजे मिले हैं।

सही समय और स्थान : डॉ. वेस्टगेट का कहना है कि ऐसा समय विचारों में खोने के लिए सबसे सही है, जब कोई ऐसा काम आप कर रहे हों, जिसमें मानसिक रूप से ध्यान केंद्रित करने की जरूरत नहीं हो। आप उस समय में भीतर के

विचारों पर फोकस कर सकें। जैसे कि बागवानी, वॉक या ब्रश करते हुए ऐसा किया जा सकता है, लेकिन इसका अर्थ यह नहीं है कि कुछ भी न करें और सिर्फ दिवास्वप्न देखते रहें। यूनिवर्सिटी ऑफ कैलिफोर्निया के जोनाथन शूल्जर का कहना है कि छोटे-मोटे काम करते समय डे-ड्रीमिंग ज्यादा आसान है।

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common cancer affecting women in India.