



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Tuesday 20220830

## Dengue

### **Punjab in dengue grip; cases to peak by mid-October: Experts (The Tribune: 20220830)**

<https://www.tribuneindia.com/news/punjab/punjab-in-dengue-grip-cases-to-peak-by-mid-october-experts-426578>

Punjab in dengue grip; cases to peak by mid-October: Experts

The state is in the grip of dengue with 800 cases already having been reported so far this year. The number is almost double the cases reported till the end of August last year.

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As per the data of the Health Department, the state has tested 15,807 samples for suspected dengue of which 801 had been found positive. Last year, by the end of August, the state had reported around 400 cases. So far, two persons have succumbed to the vector-borne disease.

In the district-wise break up of cases, Fatehgarh Sahib is the worst affected with 125 cases, followed by Ferozepur (123), SAS Nagar (88) and SBS Nagar (87).

Experts say the cases may suddenly increase in September and by mid-October, these are likely to hit the peak. Dr Ranjit Singh Ghotra, Director, Health Services, Punjab, said the number of cases this year was certainly more than the previous year. “We generally start getting dengue cases in August, but this year, we had cases even in March,” he said.

However, the response of the government is lethargic as the last meeting of the State Task Force of 11 departments on dengue was called in May. Since then, not even a single meeting has been called. Dr Ghotra said they had started the process to call the meeting and it would be held soon.

In the past two years, due to the Covid outbreak, the health infrastructure of the state has expanded massively. The dengue test is done in all government hospitals free of cost and kits

needed for testing have been made available in all such hospitals. The number of dengue tests being done since last year is around three times the last decade's average.

The symptoms of the disease include high grade fever above 102°F, headache, pain in eyes, general body pains, vomiting, skin rashes, which must be monitored for seven to 10 days by medical experts.

What precautions you need to take

Always keep overhead water tanks properly covered  
Drain out water from coolers and scrub these dry once a week  
In case of fever, get your blood examined at the earliest  
Wear full-sleeve clothes and take full treatment if infected  
Don'ts

Do not allow water to stagnate in and around your house  
Do not throw discarded containers, tyres, pitchers and pots on the rooftop  
#dengue #fatehgarh sahib

## **Covid virus,**

### **New durable coating may kill Covid virus, other germs in minutes: Scientists (The Tribune: 20220830)**

<https://www.tribuneindia.com/news/health/new-durable-coating-may-kill-covid-virus-other-germs-in-minutes-scientists-426502>

The coating contains antimicrobial molecules derived from tea tree oil and cinnamon oil  
New durable coating may kill Covid virus, other germs in minutes: Scientists  
Photo for representational purpose only. iStock

Scientists in the US have developed a durable and safe-to-use coating that may kill the COVID-19 causing SARS-CoV-2 virus, E. coli and MRSA bacteria, and a variety of other pathogens within minutes.

The coating developed by researchers at the University of Michigan killed 99.9 per cent of microbes even after months of repeated cleaning and abrasion on real-world surfaces like keyboards, cell phone screens and chicken-slathered cutting boards.

The coating could be a game changer in traditionally germ-laden public spaces like airports and hospitals, said Anish Tuteja, a professor at the University of Michigan.

“Disinfectant cleaners can kill germs in only a minute or two but they dissipate quickly and leave surfaces vulnerable to reinfection” said Tuteja, a co-corresponding author of the research published in the journal *Matter*.

“We do have long-lasting antibacterial surfaces based on metals like copper and zinc, but they take hours to kill bacteria. This coating offers the best of both worlds,” he explained.

The coating, which is clear and can be brushed or sprayed on, uses antimicrobial molecules derived from tea tree oil and cinnamon oil, both used for centuries as safe and effective germ killers that work in under two minutes, the researchers said.

The coating’s durability comes from polyurethane, a tough, varnish-like sealer that is commonly used on surfaces like floors and furniture, they said.

“The antimicrobials we tested are classified as ‘generally regarded as safe’ by the FDA, and some have even been approved as food additives,” Tuteja said.

“Polyurethane is a safe and very commonly used coating. But we did do toxicity testing just to be sure, and we found that our particular combination of ingredients is even safer than many of today’s antimicrobials,” he added.

The results of the study’s durability tests suggest that the coating could keep killing germs for six months or longer before its oil begins to evaporate and reduce its disinfectant power.

However, even then, Tuteja said it can be recharged by wiping it with fresh oil which is reabsorbed by the surface, starting the cycle again. Tuteja estimates that the technology could be commercially available within a year.

It has been licensed to Hygratek, a spinoff company that Tuteja founded with assistance from the University of Michigan Innovation Partnerships.

The key challenge in making the coating was to combine the oil and polyurethane in a way that let the oil molecules do their germ-killing work while preventing them from evaporating quickly.

The team, including associate professor Geeta Mehta, and materials science and engineering PhD students Abhishek Dhyani and Taylor Repetto, found a possible solution in cross-linking, a well-known process that uses heating to link materials together at the molecular level.

The smaller oil molecules readily combined with the cross-linking polymer molecules, forming a stable matrix, the researchers said.

However, to kill germs, the oil molecules need to penetrate their cell walls, which they can’t do if they are tightly tethered into the matrix.

Eventually, they found a middle ground by partially cross-linking the materials—enough to keep some of the molecules free to do their work, but keeping others bound tightly to the polyurethane.

“There was some trial and error, but we eventually found that cross-linking only some of the oil did what we needed,” Tuteja said.

“The free oil tends to stay with the oil that’s cross-linked into the matrix, helping the coating last longer,” he said.

Once the basic recipe was set, the researchers set about finding a combination of active ingredients that would kill a wide variety of the germs that trouble humans most.

To identify a representative sample of microbes, the team found a precise balance of antimicrobial molecules that were effective, safe and inexpensive.

Tuteja noted that the team’s understanding of individual ingredients’ properties enables them to tweak the formula for specific applications or rebalance the antimicrobial agents to kill specific germs.

“It’s never our goal just to develop a one-off coating, but instead to develop a library of underlying material properties to draw from,” Tuteja said.

“If we can understand those properties, then we can develop coatings to meet the needs of specific applications,” he added.

## **Sleeping**

### **Study reveals risk of heart disease, stroke low among good sleepers Researchers finds that the risk of coronary heart disease and stroke decreases by 22% for every (The Tribune: 20220830)**

<https://www.tribuneindia.com/news/health/study-reveals-risk-of-heart-disease-stroke-low-among-good-sleepers-426501>

A survey found that nine out of ten Americans do not get enough sleep at night. Inadequate sleep has been associated with an increased risk of cardiovascular disease and stroke. Seven out of ten of these cardiovascular disorders could be avoided if everyone slept well, according to the researchers.

“The low prevalence of good sleepers was expected given our busy, 24/7 lives,” said study author Dr. Aboubakari Nambiema of INSERM (the French National Institute of Health and Medical Research), Paris, France. “The importance of sleep quality and quantity for heart health should be taught early in life when healthy behaviours become established. Minimising night-time noise and stress at work can both help improve sleep.”

Previous studies on sleep and heart disease have generally focused on one sleep habit, such as sleep duration or sleep apnoea, where breathing stops and starts while sleeping. In addition, prior studies have often assessed sleep at baseline only. The current study used a healthy sleep score combining five sleep habits. The researchers investigated the association between the

baseline sleep score, and changes over time in the sleep score, and incident cardiovascular disease.

This study included 7,200 participants of the Paris Prospective Study III (PPP3), an observational community-based prospective cohort. Men and women aged 50 to 75 years and free of cardiovascular disease were recruited in a preventive medical centre between 2008 and 2011. The average age was 59.7 years and 62% were men. Participants underwent a physical examination and completed questionnaires on lifestyle, personal and family medical history, and medical conditions.

Questionnaires were used to collect information on five sleep habits at baseline and two follow up visits. Each factor was given 1 point if optimal and 0 if not. A healthy sleep score ranging from 0 to 5 was calculated, with 0 or 1 considered poor and 5 considered optimal. Those with an optimal score reported sleeping 7 to 8 hours per night, never or rarely having insomnia, no frequent excessive daytime sleepiness, no sleep apnoea, and an early chronotype (being a morning person). The researchers checked for incident coronary heart disease and stroke every two years for a total of 10 years.

At baseline, 10% of participants had an optimal sleep score and 8% had a poor score. During a median follow up of eight years, 274 participants developed coronary heart disease or stroke. The researchers analysed the association between sleep scores and cardiovascular events after adjusting for age, sex, alcohol consumption, occupation, smoking, body mass index, physical activity, cholesterol level, diabetes, and family history of heart attack, stroke or sudden cardiac death. They found that the risk of coronary heart disease and stroke decreased by 22% for every 1 point rise in the sleep score at baseline. More specifically, compared to those with a score of 0 or 1, participants with a score of 5 had a 75% lower risk of heart disease or stroke.

The researchers estimated the proportion of cardiovascular events that could be prevented with healthier sleep. They found that if all participants had an optimal sleep score, 72% of new cases of coronary heart disease and stroke might be avoided each year.

Over two follow-ups, almost half of participants (48%) changed their sleep score: in 25% it decreased whereas in 23% it improved. When the researchers examined the association between the change in score and cardiovascular events, they found that a 1 point increment over time was associated with a 7% reduction in the risk of coronary heart disease or stroke.

Dr. Nambiema said: “Our study illustrates the potential for sleeping well to preserve heart health and suggests that improving sleep is linked with lower risks of coronary heart disease and stroke. We also found that the vast majority of people have sleep difficulties. Given that cardiovascular disease is the top cause of death worldwide, greater awareness is needed on the importance of good sleep for maintaining a healthy heart.”

## **Dementia**

### **Study finds new approach to prevent dementia**

## **Amyloid beta accumulation in the brain is first step in the development of Alzheimer's dementia (The Tribune: 20220830)**

<https://www.tribuneindia.com/news/health/study-finds-new-approach-to-prevent-dementia-426499>

Researchers have discovered a new druggable mechanism that could help prevent dementia.

Amyloid beta accumulation in the brain is the first step in the development of Alzheimer's dementia. Scientists have poured countless hours and millions of dollars into finding ways to clear amyloid away before cognitive symptoms arise, with largely disappointing results.

In this study, published August 24 in the journal *Brain*, researchers found a way to increase the clearance of waste products from the brains of mice by ramping up a genetic quirk known as readthrough. This same strategy also may be effective for other neurodegenerative diseases characterized by the buildup of toxic proteins, such as Parkinson's disease, the researchers said.

Every once in a while, the brain protein aquaporin 4 is synthesized with an extra little tail on the end. At first, Darshan Sapkota, PhD -- who led this study while a postdoctoral researcher at Washington University but is now an assistant professor of biological sciences at the University of Texas, Dallas -- thought this tail represented nothing more than an occasional failure of quality control in the protein-manufacturing process.

"We were studying this very wonky basic science question -- 'How do proteins get made?' -- and we noticed this funny thing," said senior author Joseph D. Dougherty, PhD, a Washington University professor of genetics and of psychiatry, and Sapkota's former mentor. "Sometimes the protein-synthesizing machinery blew right through the stop sign at the end and made this extra bit on the end of aquaporin 4. At first, we thought it couldn't possibly be relevant. But then we looked at the gene sequence, and it was conserved across species. And it had this really striking pattern in the brain: It was only in structures that are important for waste clearance. So that's when we got excited."

Scientists already knew that the cell's protein-building machinery occasionally fails to stop where it should. When the machinery doesn't stop -- a phenomenon known as readthrough -- it creates extended forms of proteins that sometimes function differently than the regular forms.

Sapkota and Dougherty created tools to see whether the long form of aquaporin 4 behaved differently in the brain than the regular form. They found the long form -- but not the short one -- in the so-called endfeet of astrocytes. Astrocytes are a kind of support cell that help maintain the barrier between the brain and the rest of the body. Their endfeet wrap around tiny blood vessels in the brain and help regulate blood flow. Astrocytic endfeet are the perfect place to be if your job is to keep the brain free of unwanted proteins by flushing waste out of the brain and into the bloodstream, where it can be carried away and disposed of.

Thinking that increasing the amount of long aquaporin 4 might increase waste clearance, Sapkota screened 2,560 compounds for the ability to increase readthrough of the aquaporin 4 gene. He found two: apigenin, a dietary flavone found in chamomile, parsley, onions and other

edible plants; and sulphaquinoxaline, a veterinary antibiotic used in the meat and poultry industries.

Sapkota and Dougherty teamed up with Alzheimer's researchers and co-authors John Cirrito, PhD, an associate professor of neurology, and Carla Yuede, PhD, an associate professor of psychiatry, of neurology and of neuroscience, to figure out the relationship between long aquaporin 4 and amyloid beta clearance.

The researchers studied mice genetically engineered to have high levels of amyloid in their brains. They treated the mice with apigenin; sulphaquinoxaline; an inert liquid; or a placebo compound that has no effect on readthrough. Mice treated with either apigenin or sulphaquinoxaline cleared amyloid beta significantly faster than those treated with either of the two inactive substances.

"There's a lot of data that says reducing amyloid levels by just 20 per cent to 25 per cent stops amyloid buildup, at least in mice, and the effects we saw were in that ballpark," Cirrito said. "That tells me that this could be a novel approach to treating Alzheimer's and other neurodegenerative diseases that involve protein aggregation in the brain. There's nothing that says this process is specific for amyloid beta. It may be enhancing, say, alpha-synuclein clearance, too, which could benefit people with Parkinson's disease."

Sulphaquinoxaline is not safe for use in people. Apigenin is available as a dietary supplement, but it's not known how much gets into the brain, and Cirrito cautions against consuming large amounts of apigenin in an attempt to stave off Alzheimer's. The researchers are working on finding better drugs that influence the production of the long form of aquaporin 4, testing several derivatives of sulphaquinoxaline and additional compounds.

"We're looking for something that could be quickly translated into the clinic," Sapkota said. "Just knowing that it's targetable at all by a drug is a helpful hint that there's going to be something out there we can use."

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## **Healthy Lifestyle**

**Lifestyle choices, lack of proper sleep, food and exercise causing rise in heart attacks: Experts**

**Daily exercise for 30 to 45 minutes can keep the body fit and free from many diseases like diabetes, hypertension, says cardiac surgeon Dr Ramakanta Panda(The Tribune: 20220830)**

<https://www.tribuneindia.com/news/health/lifestyle-choices-lack-of-proper-sleep-food-and-exercise-causing-rise-in-heart-attacks-experts-426208>

Lifestyle choices, lack of proper sleep, food and exercise causing rise in heart attacks: Experts  
Photo for representational purpose only. iStock

Lifestyle choices, increased stress levels, lack of sleep, nutritious food and exercise are primary causes of the rise in cases of heart attacks in relatively younger people, say experts.

The recent case of comedian-actor Raju Srivastava (58) suffering a heart attack has put the issue in spotlight again.

Fullscreen

In May this year, noted singer KK (53) died of cardiac arrest after a concert in Kolkata.

Last year, actors Siddharth Shukla (40), Puneeth Rajkumar (46), Amit Mistry (47) died due to cardiac arrest.

Dr Nikhil Parchure, cardiologist at the Apollo Hospital in Navi Mumbai, told PTI that the heart attack rate has doubled in India in the last 20 years and more young people are now prone to it.

He said 25 per cent of all heart attack cases are being seen in people below the age of 40.

“Smoking is the most important among other risk factors like diabetes, high blood pressure and cholesterol. Lifestyle choices, lack of sleep, nutritious food and exercise, and increased stress levels are probably responsible for heart attacks in young people,” he said.

Also, COVID-19 has been recently responsible for an increase in heart attack cases among young people in India, he added.

Dr Ajit Menon, consultant, cardiac sciences at the Sir HN Reliance Foundation Hospital in Mumbai, claimed India is becoming the “diabetes capital” of the world, and said this is also why young people are prone to heart attacks.

The number of young hypertensives is dynamically increasing and the factor leading to it is stress, he said.

Menon also pointed out the physiology of Indians as another factor.

“If you look at the average Indian, they have a much higher fat content than an average European of the same Body Mass Index (BMI), which means the same height and weight, and that difference is quite staggering,” he said.

An average European’s fat content is seven to eight per cent, whereas that of an Indian is almost 12 to 23 per cent in terms of visceral adiposity, he said.

“Something that was touted earlier and is still relevant, and that is called the thin fat Indian. This means the person will look thin from the outside, but his visceral content of fat, which eventually determines that the patient is going to develop any atherosclerotic disease and blockages etc, is on a much higher side for Indians as compared to Westerners who have a much better muscle mass than Indians,” he said.

Family history plays a very strong role, and especially if the mother had a heart problem at a young age, chances of children getting it are also reasonably high. Genes is one thing which you cannot alter, irrespective of what you do, Menon said.

“Whatever lifestyle you lead, if your genetic tendencies are extremely high, there is a very strong possibility that you will develop blockages sooner or later. So you need to assess yourself on a periodic basis beyond a certain age,” he said.

Dr Ramakanta Panda, leading cardiac surgeon and head of Mumbai’s Asian Heart Institute, also pointed to genetic tendencies as an important factor.

“Other common reasons for heart issues in the young include a strong family history of heart disease, co-existing medical conditions such as diabetes and hypertension, lifestyle problems such as smoking, obesity, stress, lack of exercise and environmental pollution,” he said.

He said sudden death is more common in young people because their body has not developed an alternative circulation.

This is not so in older people as they develop blockages over time and their body gets enough time to get accustomed to the change, he said.

Daily exercise for 30 to 45 minutes can keep the body fit and free from many diseases and health conditions like diabetes, hypertension, obesity, Panda said.

This in turn helps prevent cardiac disease. But, he also cautioned youngsters about not hydrating their body enough before a strenuous exercise.

“When you do not hydrate but exercise heavily and sweat, the blood becomes thicker and you may develop a clot. Also, exercising beyond your capacity causes stress, which may result in the rupturing of an artery. Youngsters must guard against this,” he said.

Panda said periodic screening tests are needed to identify the problem at an early stage, so that proper treatment may be given before there is significant damage to the heart.

Common screening tests include electrocardiogram (ECG), 2D echocardiogram, stress test, CT scan for coronary calcium.

Cardiac screening tests are advisable once a year or once in two years after the age 40 in the general population or after the age of 30 in the high-risk population, Panda said.

Dr Mohit Garg, consultant and head of accident and emergency department at the Global Hospital in Mumbai, said if cardiac arrest is left untreated, irreversible brain damage occurs within three to eight minutes and death rapidly follows.

Even in patients who are resuscitated or revived from cardiac arrest, post-cardiac arrest brain injury is the main cause of death and the main cause of long-term disability in those who survive the acute phase, he said.

## **Healthcare for transgenders (The Tribune: 20220830)**

<https://www.tribuneindia.com/news/editorials/healthcare-for-transgenders-425334>

First, Ayushman insurance scheme in need of cure

In a commendably inclusive move, the Centre has brought transgender persons under the umbrella of its Ayushman Bharat–Pradhan Mantri Jan Arogya Yojana (PMJAY) health insurance scheme that aims to provide free healthcare to the poor and underprivileged. Significantly, in view of the transgenders’ unique need, their Rs 5-lakh policy will also cover sex reassignment surgeries. However, this step, expected to cover 4.8 lakh members of this marginalised and stigmatised community, underscores the feasibility of the PMJAY that was launched with much fanfare in 2018, promising universal healthcare.

Since then, the hollowness of the promise of cashless quality treatment has been exposed as intended beneficiaries who were assured of access to empanelled public and private hospitals have been, by and large, left to fend for themselves as they are made to pay up on one pretext or the other. The scheme is turning sour even for private hospitals and state governments as they are saddled with delayed bill payments (the stipulated time is 15 days). A few months back, Punjab private hospitals shut doors to patients till the insurance companies cleared their dues worth hundreds of crores. Unhappy with the services of two insurance companies, last December, the Punjab Government terminated its contract with them, leaving 45.60 lakh beneficiaries in the lurch. A few months later, Gujarat did the same as its PMJAY claims mounted.

The root of the challenges besetting the scheme lies in funding. In this scenario, one shudders to think what standard of care the poor Ayushman card-holders would be getting. At the other end of the spectrum is the fake Ayushman Bharat card scam in Punjab, as reported by The Tribune last month. Allegedly in connivance with some private empanelled hospitals, touts were offering PMJAY cards to ineligible people for just Rs 2,000. Also to contend with is the perennial lack of adequate number of doctors as well as medical infrastructure in many hospitals. In this context, for the transgenders particularly, the sex reassignment surgeries, requiring expertise, seem to be doomed. Surely, the PMJAY must be cured of its ills first.

## **Suicidal Cases (Hindustan Times:20220830)**

<https://epaper.hindustantimes.com/delhi?eddate=30/08/2022&pageid=459168>

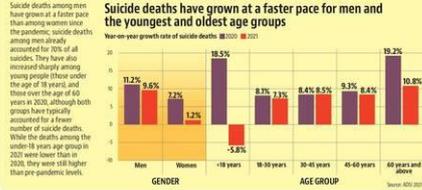
# NUMBER THEORY

## Breaking down the rise in suicide numbers

Abhishek Jha

Suicide deaths per million population were at their highest level in India in 2021, data released last week by the National Crime Records Bureau (NCRB) showed, continuing a disturbing trend also evident in 2020. The numbers suggest that the continuing impact of the pandemic might have taken a toll on mental health. A deeper analysis shows that such deaths have largely grown across age groups, but not necessarily for the same reasons. Here are three charts that show this.

### 1 The surge in suicide deaths has not been the same for different genders and age groups

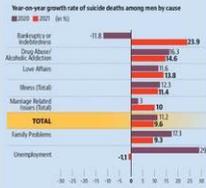


### 2 Causes leading to suicide vary between men and women

Family problems and illness are the biggest causes of suicide deaths among both men and women. Beyond this, the causes that lead to deaths among the two genders vary. For example, marital discord account for around 10% of suicide deaths among women, but only around 1% for men. The causes that have contributed to a higher number of suicide deaths since the pandemic are also not exactly the same for the two genders.

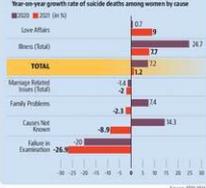
#### Suicide deaths due to financial distress have grown at the fastest pace among men

Among men, unemployment and bankruptcy-related suicide deaths increased the fastest in 2020 and 2021, although they still account for less than 1% of all suicide deaths among men. Suicide deaths related to family problems, illnesses, and drug abuse – the three biggest reasons among men – increased in both 2020 and 2021 and have been the driver of the overall trend for men and, by extension, of suicide deaths overall.



#### Illnesses, second biggest reason for suicide deaths among women, increased in both 2020 and 2021

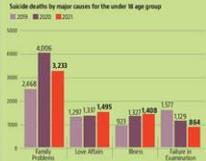
For women, the second-largest reason for suicide deaths, illnesses, increased in both 2020 and 2021. The biggest reason, family problems, increased in 2020, but decreased in 2021. The pandemic, however, does not seem to have created any additional marital problems for women. Suicide deaths related to this cause decreased by 1.4% and 2% in 2020 and 2021.



### 3 Family problems may have caused a surge in suicides among youth

Family problems, failing exams, and love affairs were the biggest causes of suicide deaths for those under the age of 18 years in 2019. Family problems became even bigger (15% of total) for this age group during lockdown-affected 2020. Although there were fewer deaths due to this cause in 2021, the reason why suicide deaths for this age group decreased in 2021, they were still significant. The good news for this age group is that failure in examination has continued to shrink as a cause of deaths.

#### Family related suicide deaths decreased for those under 18 years, but are still above 2019 levels

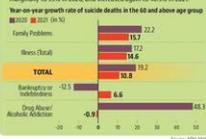


#### Unemployment, drug abuse related suicide deaths have increased the fastest for working age people

In the working-age group (18-64 years), unemployment, drug abuse, and illness (around half of these are mental illnesses) showed the biggest increase as causes of suicide deaths in 2020. In 2021, suicide deaths due to bankruptcy and insolvency increased at the fastest rate for this age group and deaths due to unemployment decreased. This trend should not be surprising because unemployment rates have improved after the lockdown imposed in 2020, although the quality of jobs continues to be bad. Trends in suicide deaths due to drug abuse and illnesses are also worrying. These are the only two big causes that have grown at a faster pace than the overall growth rate of suicide deaths for the age group.

#### Family problems have risen the fastest among the big causes of suicide deaths of senior citizens

Illnesses are the biggest reason for suicide deaths among those over the age of 60 years, with family problems coming in second. Suicides from family problems, however, increased at a faster pace for this group in both 2020 and 2021. This does not mean that illnesses contributed less than earlier. The share of illnesses as a cause in suicide deaths for this age group was 19.7% in 2019, decreased marginally to 19% in 2020, and increased again to 21.3% in 2021.



In sum, economic and family problems, mental illness, even drug problems seem to have worsened on account of the pandemic, although for different age groups. While less pressure on examinations has helped, the uncertainty around what it will mean in the long-term has not. If suicide deaths are to be brought down, these factors have to be kept in mind.

HELP IS JUST A CALL AWAY SnehI 011-65978181 Sumatri 011-23389090

## **Heart attacks**

**HealthMen or women: Who is more prone to heart attacks?**

**Men or women: Who is more prone to heart attacks?**

**A heart attack in women may not necessarily look or feel the same as it does in males, expert (The Indian Express: 20220830)**

<https://indianexpress.com/article/lifestyle/health/heart-attacks-men-more-prone-women-hormones-menopause-lifestyle-8113247/>

heart attack, men, womenMen are about twice as likely as women to have a heart attack, a study says (Source: Getty Images/Thinkstock)

There has been a rising incidence of heart attacks in India, especially in the last few years. An RTI filed by an activist further revealed that Mumbai witnessed a six-fold rise in deaths related to heart attacks in the first month of 2021. Recently, celebrity deaths owing to heart attacks have added to the grim reality.

## **Mental Health**

**'You don't have to understand it, just support it,' Shaheen Bhatt to people who are dismissive of mental health**

**'Somebody else's opinion on me, my mental health, or mental health in general, is none of my business,' Shaheen said (The Indian Express: 20220830)**

<https://indianexpress.com/article/lifestyle/health/shaheen-bhatt-dealing-people-dismissive-mental-health-8118277/>

Shaheen BhattShaheen Bhatt has been quite vocal about her mental health struggles (Source: Shaheen Bhatt/ Instagram)

Among the many celebrities who have been vocal about their struggles with mental health is Shaheen Bhatt, who has not shied away from talking about experiencing episodes of anxiety and depression even since she was a child. Now, she has spoken up about how the experience becomes worse when people — especially when it is close friends and family members — do not understand the problem and become dismissive about it.

## **Muscle pain**

**HealthStatins do not commonly cause muscle pain: Lancet**

**Statins do not commonly cause muscle pain: Lancet**

**Statin therapy is widely prescribed as an effective prevention of cardiovascular disease but there have been widespread concerns that statins may frequently cause muscle pain or (The Indian Express: 20220830)**

<https://indianexpress.com/article/lifestyle/health/statins-do-not-commonly-cause-muscle-pain-lancet-8119664/>

The authors told The Indian Express that statin therapies are affordable and widely available. (Representational image)

In more than 90 per cent of cases, statin therapy is not likely to be the cause of muscle pain in a person taking statins, according to the most comprehensive analysis of the risks to date, published in The Lancet.

## **Sleep Technics**

**Sleep like a baby with these time-tested techniques**

**Dr Narendra Shetty added that it is the human mind's tendency to get caught up in thoughts, especially at the end of the day. These constant thoughts about external interactions and emotional situations severely impact sleep. (The Indian Express: 20220830)**

<https://indianexpress.com/article/lifestyle/health/yoga-meditation-sleep-insomnia-yoga-nidra-mindfulness-benefits-8097205/>

Did you know that yoga and meditation can also help you get a good night's sleep? (Source: Getty Images/Thinkstock)

Yoga and meditation are known to aid well-being, by keeping you healthy, active, and calm. According to Dr Deepak Mittal, Founder and Meditation Expert, Divine Soul Yoga, these are ancient restorative sciences that promote holistic healing of the mind, soul, and body.

## **Anxiety**

**'I accept that I am feeling anxious': Kriti Sanon on how she manages anxiety; expert shares some tips**

**"Letting family know how they can help you during anxiety will make you feel more calm and at peace with yourself," says Dr Roma Kumar (The Indian Express: 20220830)**

<https://indianexpress.com/article/lifestyle/health/kriti-sanon-opens-up-about-how-she-deals-with-anxiety-experts-on-how-it-may-affect-overall-well-being-8010858/>

Kriti-Sanon-The actor believes that letting it out is important during anxiety (Source: Kriti Sanon / Instagram)

Anxiety is a psychological condition wherein a person feels persistently stressed and fearful about everyday situations. It can also, often, make a person feel restless and tense. While experiencing anxiety in certain situations is considered normal, it must be treated if it is recurring. Also, experts stress that during the pandemic, episodes of anxiety and panic attacks increased which, in turn, impacted everyday life, personality, and even physical health.

## **Sex ratio?**

**What are the consequences of India's falling sex ratio? (The Hindu: 20220830)**

<https://www.thehindu.com/sci-tech/health/what-are-the-consequences-of-indias-falling-sex-ratio/article22920346.ece>

A recent report from the NITI Aayog said sex ratio at birth (SRB) nationwide had dropped from 906 in 2012-2014 to 900 in 2013-2015. The SRB is the number of girls born for every 1,000 boys. In all, 17 of 21 large Indian States saw a drop in the SRB, with Gujarat performing the worst, declining 53 points. While the NITI Aayog report used data up to 2013-15, newer data from India's Sample Registration System show the SRB fell even further in 2014-2016, from 900 to 898. While this is a highly disturbing trend, it isn't new for India, which has seen a consistent lowering of the SRB since the 1970s. In natural circumstances, the SRB hovers around 952 girls for every 1,000 boys.

## **Oldest infectious disease of humans (The Hindu: 20220830)**

<https://www.thehindu.com/sci-tech/health/oldest-infectious-disease-of-humans/article5167806.ece>

Modern humans (or homo sapiens) emerged out of the “hominid” group almost two million years ago, and began wandering out of Africa about 70,000 years ago to populate the world. How healthy were these people? What kind of illnesses affected them? Do we carry these afflictions to this date?

Questions such as these form the main research themes for a group of scientists who call themselves paleopathologists — paleo for ancient and pathology to

## **Paracetamol**

### **How overdose of paracetamol hits kids (The Hindu: 20220830)**

<https://www.thehindu.com/sci-tech/health/policy-and-issues//article59928765.ece>

'Health & Lifestyle' is a weekly column on how lifestyles impact on health and wellness. Even love is valuable only if it is given in the right dosage. Overdoses of drugs, specially the common paracetamol, need not be dangerous in adults, but can lead to serious complications, including liver failure, in children.

Over the past few weeks, with viral and flu infections rampant, a number of children have been admitted to the intensive care units, not for treatment of

## **2nd COVID-19**

### **Gap between 2nd COVID-19 jab and precaution dose reduced to six months (The Hindu: 20220830)**

<https://www.thehindu.com/sci-tech/health/gap-between-second-covid-19-jab-and-precaution-dose-reduced-to-six-months/article65608042.ece>

Earlier, the time interval between the second shot and the precaution dose was nine months. The Health Ministry, on Wednesday, decided to reduce the gap between the second dose and precaution dose of COVID-19 vaccine to six months for all adults in view of the

recommendation by National Technical Advisory Group on Immunization (NTAGI). Earlier, the time interval between the second vaccine shot and the precaution dose was nine months.

The Health Ministry in its communication to States said that in view of the evolving scientific evidence and global practices, the Standing Technical Sub

## Epilepsy symptoms

**Epilepsy symptoms: ये 10 लक्षण पहले ही बता देंगे आपको पड़ने वाला है मिर्गी का दौरा, डॉ. से जानिए सही इलाज (The Hindu: 20220830)**

<https://navbharattimes.indiatimes.com/business/business-news/there-is-no-insurance-product-for-every-risk-know-what-the-experts-says/articleshow/93797999.cms>

मिर्गी एक न्यूरोलॉजिकल रोग है जिसमें दिमाग का कामकाज प्रभावित हो जाता है। इसमें मरीज कभी-कभी चेतना खो सकता है इसके साथ बेहोशी या फिर आंतों या ब्लैडर पर नियंत्रण खत्म हो सकता है। मिर्गी के दौरों की पुष्टि तब तक नहीं होती, जब तक व्यक्ति को एक या दो से ज्यादा बार दौरा न पड़ जाए।

मिर्गी (Epilepsy) केंद्रीय स्नायु तंत्र की (न्यूरोलॉजिकल) का एक चिरकालिक असंक्रामक रोग है, जिसमें दिमाग की गतिविधि असामान्य हो जाती है, और व्यक्ति को दौरों, असामान्य व्यवहार, संवेदनों के आवेग आ सकते हैं एवं कभी-कभी चेतना खो सकती है। दौरों के कारण कुछ समय तक अनियंत्रित गतिविधि हो सकती है, जिसमें पूरा शरीर या शरीर के एक आंशिक हिस्से में असामान्य गतिविधि हो सकती है और इसके साथ बेहोशी या फिर आंतों या ब्लैडर पर नियंत्रण खत्म हो सकता है। मिर्गी से हर आयु, नस्ल और जाति के लोग प्रभावित हो सकते हैं।  
स्पीकर्स, इयरबड्स.. बोट्स डेज पर बंपर ऑफर्स, 50% तक की छूट |

गाजियाबाद स्थित मणिपाल हॉस्पिटल्स में कंसल्टेंट न्यूरोसर्जरी डॉ. निकुंज मित्तल के अनुसार, हर दौरा मिर्गी के कारण नहीं पड़ता। मदिरापान छोड़ने के दौरान आमतौर से सेहतमंद रहने वाले मस्तिष्क को भी दौरों पड़ सकते हैं। रक्त के प्रवाह में अचानक गिरावट होने पर भी दौरों के लक्षण उत्पन्न हो सकते हैं और बेहोशी या पैनिक अटैक पड़ सकते हैं।

मिर्गी के दौरों पड़ने के कारण क्या हैं? मिर्गी का शीघ्रता से निदान करना मुश्किल हो सकता है, क्योंकि इन घटनाओं के लक्षण भी मिर्गी के समान ही हैं। दूसरी तरफ, मिर्गी के दौरों अक्सर अप्रत्याशित और बिना वजह के पड़ते हैं। ब्रेन ट्यूमर, संक्रमण, स्ट्रोक, मस्तिष्क में घाव या चोट, ऑटोइम्यून रोग, विकासात्मक विकृतियों, और अनुवांशिक प्रवृत्तियों जैसी विकृतियों के कारण मिर्गी के दौरों पड़ सकते हैं। मिर्गी के दौरों की पुष्टि तब तक नहीं होती, जब तक व्यक्ति को एक या दो से ज्यादा बार दौरा न पड़ जाए।

मिर्गी के दौरों पड़ने के लक्षण

बार-बार दौरा पड़ना मिर्गी का मुख्य लक्षण है

अस्थायी रूप से बेहोश हो जाना

मांसपेशियों में मरोड़, आवाज कम हो जाना, पेशियों का अनियंत्रित रूप से काम करना

अस्थायी रूप से भ्रम उत्पन्न होना, सोचने की शक्ति मंद हो जाना, संचार एवं समझने में दिक्कत होना

संवेदनों में परिवर्तन

सुन्न महसूस होना

बोलने या समझने में दिक्कत होना

दिल की धड़कन और श्वास की गति बढ़ जाना

भय, चिंता या दहशत महसूस करना।

हाथों व पैरों की गतिविधि में परिवर्तन

(फोटो साभार: TOI)

मिर्गी के दौरों का इलाज

इन दौरों का निदान मरीज के मेडिकल इतिहास और दिमाग में इलेक्ट्रिकल गतिविधि की असामान्य प्रक्रिया के आकलन पर निर्भर होता है। मिर्गी के निदान और मिर्गी का कारण जानने के लिए डॉक्टर अनेक परीक्षणों का सुझाव दे सकता है। मिर्गी के आकलन में शामिल हो सकते हैं -

(फोटो साभार: TOI)

न्यूरोलॉजिकल टेस्ट

न्यूरोलॉजिकल परीक्षण, जिसमें डॉक्टर मरीज के व्यवहार, मोटर क्षमताओं, मानसिक कार्य, एवं अन्य क्षेत्रों का आकलन करता है, ताकि मरीज की स्थिति का निदान कर मिर्गी के प्रकार को समझा जा सके।

(फोटो साभार: TOI)

ब्लड टेस्ट

खून की जांच, जिसमें डॉक्टर खून का नमूना लेकर उसमें संक्रमण, अनुवांशिक स्थिति, या अन्य किसी स्थिति का परीक्षण करता है, जिनकी वजह से मिर्गी का दौरा पड़ सकता हो।

(फोटो साभार: TOI)

मिर्गी की जांच के लिए मेडिकल टेस्ट

आगे की जांच के लिए डॉक्टर कुछ विस्तृत निदान परीक्षणों का सुझाव दे सकता है। इन परीक्षणों में शामिल हो सकते हैं -

इलेक्ट्रोएन्सेफैलोग्राफी (ईईजी)

मैग्नेटिक रेजोनेंस इमेजिंग (एमआरआई)

पोजिट्रॉन एमिशन टोमोग्राफी (पीईटी)

कंप्यूटराइज्ड टोमोग्राफी (सीटी स्कैन)

सिंगल-फोटॉन एमिशन कंप्यूटराइज्ड टोमोग्राफी (स्पेक्ट)

(फोटो साभार: TOI)

मिर्गी के दौरों का इलाज कैसे किया जा सकता है?

मिर्गी के अनेक कारण नियंत्रण से बाहर हैं और अपरिहार्य हैं, लेकिन उनका इलाज हो सकता है। मिर्गी का इलाज दवाइयों से शुरू होता है। यदि दवाइयों से लाभ न मिले, तो डॉक्टर सर्जरी या अन्य तरह के इलाज का सुझाव दे सकते हैं।

(फोटो साभार: TOI)

पर्याप्त नींद भी है जरूरी

इलाज के साथ व्यक्ति को जीवनशैली में संशोधन करना जरूरी है, जैसे उसे पर्याप्त नींद लेना चाहिए, क्योंकि कम नींद लेने से मिर्गी बढ़ सकती है। नियमित व्यायाम करने से व्यक्ति शारीरिक रूप से स्वस्थ रहता है और तनाव एवं चिंता कम करने में मदद मिलती है।

(फोटो साभार: TOI)

संतुलित भोजन लें

व्यक्ति को संतुलित आहार लेना चाहिए, वजन नियंत्रित रखना चाहिए, और पर्याप्त पानी पीना चाहिए। मदिरा एवं अन्य अवैध पदार्थों से दिमाग को नुकसान हो सकता है, जिससे मिर्गी का दौरा पड़ सकता है। इसलिए व्यक्ति को अत्यधिक तम्बाकू और मदिरा का सेवन नहीं करना चाहिए।

(फोटो साभार: TOI)

डिस्कलेमर: 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।

आपके लिए

फैमिली

रोज इन गलतियों को दोहराने वाले मां-बाप, अपने ही बच्चे के लिए खोल देते हैं 'निराशा के दरवाजे'

हेल्थ

**Hunger Pangs tips:** कितना भी खा लें नहीं भरता पेट? ट्राय करके देखें न्यूट्रीशनिस्ट के ये 5 आसान टिप्स