

दैनिक समाचार पत्र: आज के स्वास्थ्य, जनसँख्या और परिवार कल्याण सम्बन्धी प्रमुख समाचार Daily News Bulletin: Leading Health, Population and Family Welfare Stories of the Day

Friday

Date:2.9.2022

Omicron-specific vaccine

SII will try to launch Omicron-specific vaccine after six months: Adar Poonawalla (The Tribune:20220902)

<https://www.tribuneindia.com/news/nation/sii-will-try-to-launch-omicron-specific-vaccine-after-six-months-adar-poonawalla-427555>

Pune-based Serum Institute is working with US biotechnology major Novavax to bring the Omicron-specific vaccine

SII will try to launch Omicron-specific vaccine after six months: Adar Poonawalla

Photo for representational purpose only. Reuters file

The Serum Institute of India will try to launch Omicron-specific vaccine for COVID-19 after six months, its CEO Adar Poonawalla said on Thursday.

Speaking to reporters on the sidelines of an event, he said there is good data available for Covavax vaccine.

“The original Novovax vaccine Covovax covers omicron and there is good data for it. We will try to launch Omicron-specific vaccine after six months,” he said.

The Pune-based Serum Institute is working with US biotechnology major Novavax to bring the Omicron-specific vaccine.

Omicron sub-variant of the COVID-19 was declared as a variant of concern by the World Health Organisation due to its fast transmission and infection rate.

The company’s Covavax vaccine is available for those above the age of 12 in the country.

On monkeypox, Poonawalla said the need for a vaccine for is “debatable”.

“Yes, it created a little bit of buzz when we saw the cases here. We are conducting research on the topic and can collaborate with the Department of Biotechnology on it too. Our research is going on and we will see in six months,” he said.

Cervical cancer

First indigenous cervical cancer shot unveiled; experts call for administering it to boys too

Minister Jitendra Singh and Adar Poonawalla at the function. Tribune photo: Mukesh Aggarwal (The Tribune:20220902)

<https://www.tribuneindia.com/news/nation/first-indigenous-cervical%20cancer-shot-unveiled-experts-call-for-administering-it-to-boys-too-427531>

India on Thursday unveiled the first indigenous quadrivalent human papillomavirus vaccine (qHPV) as a primary prevention tool for cervical cancer, the second most common cancer affecting young women, after cancers of the breast.

Cancer of the cervix is the second leading cancer among women aged 15 to 44 after breast cancers with 90 per cent mortality due to this cancer reported in low- and middle-income countries.

A third major example of public-private partnership in vaccine development -- after the development of rota virus and covid vaccines -- the qHPV shot has been developed in collaboration between the Department of Biotechnology under the government and the Serum Institute of India, Pune.

With market authorisation granted by the Drug Controller General of India in July this year, the shot will be launched into the national programme in a few months, MoS Science and Technology Jitendra Singh said, adding that today's announcement of the vaccine was meant as a celebration of the scientific effort that went into developing the shot.

"We are here to celebrate the script writers of this wonderful story of scientific discovery and self-reliant India. Once the vaccine hits the markets for use, manufacturers will get all the credit and rightly so. By then it will be too late to recall the script writers," Singh said praising DBT secretary Rajesh Gokhale and his team for the work.

Speaking about the vaccine, AIIMS obstetrics and gynaecology professor Neerja Bhatla said the vaccine is safe and effective although one would have to wait longer for around a decade to see if it reduces cancer.

"Evidence from the UK and Nordic countries has shown fast reductions in cancers with vaccines even though these are slowly reducing cancers. The shot is reliable, safe, affordable and the good thing is we now have a solution for a very deadly disease," Bhatla said, calling for the shot to be administered to young boys also to prevent other cancers caused by HPV and also to address the problem of genital warts and raise herd immunity.

Speaking on the occasion, Adar Poonawalla, CEO, SII, termed the achievement remarkable.

"This is a testament of what we can achieve together. Hope we can work together to develop more vaccines and drugs. This is not a launch. We will launch in a few months. This is to celebrate science and a momentous milestone," Adar said.

The minister for his part said the government was working in mission mode on cancer prevention.

"This is the first indigenous vaccine for HPV. It is affordable and adds to the esteem of common Indians. We are already working on preventive health-care in the cancer sector. We have of late started a process of opening cancer sub centres. Five years ago, we began one in Guwahati which is now running a DM on oncology medicine course and an MCH in oncology surgery. Tata memorial cancer hospitals have been set up in Bihar, Uttarakhand, Varanasi and recently in Mohali," Singh said.

Stent implant

A first: PGI performs robot-assisted stent implant; 15 patients in waiting (The Tribune:20220902)

<https://www.tribuneindia.com/news/chandigarh/a-first-pgi-performs-robot-assisted-stent-implant-15-patients-in-waiting-427356>

A first: PGI performs robot-assisted stent implant; 15 patients in waiting

In a first, a robot-assisted bioresorbable stent implantation in interventional cardiology was performed at the PGI.

The surgery was performed by Prof Yash Paul Sharma, Head, Department of Cardiology, and his team on a 47-year-old patient of coronary artery disease with 90 per cent stenosis of major coronary arteries. The patient underwent successful implantation of bioresorbable stents through the Corindus Robotic Arm of Cardiac Cath Lab.

“This system will help further reduce complications in the stenting procedure and increase precision in the surgery. In future, telerobotics can be used to treat critical patients in remote places with a cardiologist commanding the robot. Telerobotics has a high potential to impact a significant number of lives by providing access to care,” said the professor.

The robotic system comprises three parts — a robotic arm, a cockpit from where the cardiologist commands the robot using a joystick and a replaceable cassette that carries the clinical materials required in the case.

The procedure lasted only 15-20 minutes and 15 more patients are lined up to be treated with the robotic assistance.

The use of bioresorbable stents in interventional cardiology presents a novel approach in the treatment of coronary artery disease. The bioresorbable technology was introduced to overcome limitations of current metallic drug-eluting stents such as late in-stent restenosis and permanently caging the vessel.

“The Advanced Cardiac Centre at the PGI has for the first time performed a robot-assisted percutaneous coronary intervention (PCI), formerly known as angioplasty with stent,” added Prof Sharma.

Robotic PCI has the advantage of a high degree of precision and it cuts down radiation exposure of the cardiologists performing the stenting procedure.

The professor said, “A bioresorbable stent with thinner struts (100 microns) developed in India has been introduced. Now, these stents dissolve in body over two-three years, leaving the natural artery intact.”

Boon for patients in remote places: HoD

In future, telerobotics can be used to treat patients in remote places with a cardiologist commanding robot. It has a high potential to impact a significant number of lives. — Prof Yash Paul Sharma, Head, Dept of Cardiology

Swine flu cases

Rise in swine flu cases in Punjab leaves doctors baffled (The Tribune:20220902)

7 deaths, 44 positive cases reported before onset of winter

<https://www.tribuneindia.com/news/punjab/rise-in-swine-flu-cases-leaves-doctors-baffled-426967>

Rise in swine flu cases in Punjab leaves doctors baffled

A swine flu ward set up at the Samana Civil Hospital. Tribune Photo

Though swine flu usually occurs during the late fall (September to October) and winter, around 44 people have already tested positive and seven have lost their lives in the state. Of seven, three deaths have been reported in Ludhiana district, two in Patiala and one each in Malerkotla and Sangrur.

Last week, a 22-year-old youth from Patiala had died of Swine flu at PGI, Chandigarh.

Following the rise in cases of swine flu, the Health Department has directed all the districts to take preventive steps and set up “flu corners” at the hospitals.

Officials in the department said 220 persons had already been tested for swine flu in the state.

Nodal Officer Dr Gagandeep Grover said, “Swine flu cases are usually reported from November till March. It is quite strange that positive cases are being reported earlier. The ‘flu corners’ are being set up in each district.”

When asked about the rising deaths, Dr Grover said, “A team comprising experts from the PGIMER and medical colleges will conduct a death audit. Majority of the patients who died of swine flu had comorbidities.”

He said majority of the swine flu cases were scattered and no clusters had been reported so far. “We are closely monitoring the situation. Around 134 contacts of positive patients have been given Tamiflu.”

New covid cases

India sees over 6,000 new covid cases in 24 hours; active caseload declines (The Tribune:20220902)

<https://www.tribuneindia.com/news/nation/india-sees-over-6-000-new-covid-cases-in-24-hours-active-caseload-declines-427803>

With 6,168 new coronavirus infections being reported in a day, India's tally of covid cases rose to 4,44,42,507, while the active cases declined to 59,210, according to the Union Health Ministry data updated on Friday.

The death toll has climbed to 5,27,932 with 21 new fatalities that include two deaths reconciled by Kerala, the data updated at 8 am stated.

The active cases comprise 0.13 per cent of the total infections, while the national covid recovery rate has increased to 98.68 per cent, the health ministry said.

There has been a decline of 3,538 cases in the active covid caseload in 24 hours.

The daily positivity rate was recorded at 1.94 per cent while the weekly positivity rate was 2.51 per cent, the health ministry said.

The number of people who have recuperated from the disease surged to 4,38,55,365 while the case fatality rate was recorded at 1.19 per cent.

According to the ministry, 212.75 crore doses of covid vaccine have been administered in the country so far under the nationwide vaccination drive.

Blood pressure

Does your blood pressure remain high despite medication? How do you lower the risk of heart failure with uncontrolled BP? (Indian Express:20220902)

In some cases, medicines for Resistant Hypertension don't work properly because they are not being taken correctly. For the medicine to work, the right amount of dose should be taken regularly at the right time and the correct number of times per day. Other than these, make lifestyle changes, says Dr Suranjit Chatterjee, Senior Consultant, Internal Medicine, Indraprastha Apollo Hospital, New Delhi

Uncontrolled high blood pressure is a common condition in today's high-pressure work and living environment.

One of our patients came to us with very high blood pressure (BP) (165/105mmHg). The ideal blood pressure is considered to be 120/80mmHg. High blood pressure is considered to be 140/90mmHg or higher. Even after administration of drugs and changing them, her BP never went down and remained stubborn at 140/100mmHg. Uncontrolled high blood pressure is a common condition in today's high-pressure work and living environment. But in extreme

conditions, when high blood pressure can't be controlled despite medication, it is known as "resistant."

Let's understand what Resistant Hypertension is

It is a condition where your blood pressure remains high despite the medication you take to control or lower it. In some patients with Resistant Hypertension, it becomes a major health concern with time. It is rather frustrating for several patients to be on multiple medications and yet not see any improvements in their blood pressure levels. According to experts, people who suffer from Resistant Hypertension are at a much higher risk of stroke, kidney diseases and even heart failure than those who have their high blood pressure in control.

- Your blood pressure is constantly higher than the target goal of 130/80 mmHg (although individual targets should be in discussion with the treating doctor) even if you take three blood pressure-lowering medication, including one diuretic (water pill).
- You are consuming at least four or more medication to control high blood pressure
- In some cases, any underlying medical condition, or secondary cause, can also be a key factor in keeping your high blood pressure resistant to medications.

Symptoms and Causes of Resistant Hypertension

In most patients, hypertension can go unnoticed for years as it rarely causes any symptoms. But one should remember that untreated conditions of high blood pressure can be potentially dangerous to your overall health.

Once you reach a particular age, you and your doctor should monitor your blood pressure levels. These days with the help of good quality BP machines, you can also keep a regular check on your blood pressure even when at home.

When your blood pressure gets suddenly very high, you may experience a hypertensive crisis that can lead to headaches, shortness of breath and dizziness. In such a condition you need immediate doctor assistance. cent adults in India hypertensive

What are the causes of Resistant Hypertension?

Lifestyle and Diet: Obesity, high intake of salt, high intake of alcohol, and physical inactivity are some of the causes of Resistant Hypertension.

Drug and Medication: Other causes of poor blood pressure control can be the drugs and medications that you might be taking. Intake of painkillers like ibuprofen and naproxen, birth control pills, ginseng or other herbal products can lead to high blood pressure.

The secondary causes of Resistant Hypertension can be:

- Excessive production of certain hormones from the adrenal glands
- Narrowing of arteries of the kidneys

- Sleep apnea
- Chronic Kidney Disease

Also Read | Full body check-up: What blood tests should I get done? How to understand lab results for blood?

Management and Treatment of Resistant Hypertension

To treat Resistant Hypertension, your doctor may ask you to run a few tests related to kidney or detect the presence of excess hormones that may be leading to high blood pressure.

In some cases, medications for Resistant Hypertension don't work properly because they are not being taken correctly. For the medicine to work, the right amount of dose should be taken regularly at the right time and the correct number of times per day.

Other than these, lifestyle changes are equally important to treat Resistant Hypertension:

- Avoiding alcohol, taking a low amount of salt in the diet
- Limiting the use of painkillers and NSAIDs
- Engaging in physical activity, and doing at least 30 minutes of yoga or aerobics every day
- Treating sleep apnea with continuous positive airway pressure.

All the above-mentioned ways should be incorporated into daily life to control high blood pressure.

Blood pressure

Does your blood pressure remain high despite medication? How do you lower the risk of heart failure with uncontrolled BP? (Indian Express:20220902)

<https://indianexpress.com/article/lifestyle/health-specials/blood-pressure-medication-heart-failure-8124750/>

In some cases, medicines for Resistant Hypertension don't work properly because they are not being taken correctly. For the medicine to work, the right amount of dose should be taken regularly at the right time and the correct number of times per day. Other than these, make lifestyle changes, says Dr Suranjit Chatterjee, Senior Consultant, Internal Medicine, Indraprastha Apollo Hospital, New Delhi

Uncontrolled high blood pressure is a common condition in today's high-pressure work and living environment.

One of our patients came to us with very high blood pressure (BP) (165/105mmHg). The ideal blood pressure is considered to be 120/80mmHg. High blood pressure is considered to be 140/90mmHg or higher. Even after administration of drugs and changing them, her BP never

went down and remained stubborn at 140/100mmHg. Uncontrolled high blood pressure is a common condition in today's high-pressure work and living environment. But in extreme conditions, when high blood pressure can't be controlled despite medication, it is known as "resistant."

Let's understand what Resistant Hypertension is

It is a condition where your blood pressure remains high despite the medication you take to control or lower it. In some patients with Resistant Hypertension, it becomes a major health concern with time. It is rather frustrating for several patients to be on multiple medications and yet not see any improvements in their blood pressure levels. According to experts, people who suffer from Resistant Hypertension are at a much higher risk of stroke, kidney diseases and even heart failure than those who have their high blood pressure in control.

- Your blood pressure is constantly higher than the target goal of 130/80 mmHg (although individual targets should be in discussion with the treating doctor) even if you take three blood pressure-lowering medication, including one diuretic (water pill).
- You are consuming at least four or more medication to control high blood pressure
- In some cases, any underlying medical condition, or secondary cause, can also be a key factor in keeping your high blood pressure resistant to medications.

Symptoms and Causes of Resistant Hypertension

In most patients, hypertension can go unnoticed for years as it rarely causes any symptoms. But one should remember that untreated conditions of high blood pressure can be potentially dangerous to your overall health.

Once you reach a particular age, you and your doctor should monitor your blood pressure levels. These days with the help of good quality BP machines, you can also keep a regular check on your blood pressure even when at home.

When your blood pressure gets suddenly very high, you may experience a hypertensive crisis that can lead to headaches, shortness of breath and dizziness. In such a condition you need immediate doctor assistance.

Lifestyle and Diet: Obesity, high intake of salt, high intake of alcohol, and physical inactivity are some of the causes of Resistant Hypertension.

Drug and Medication: Other causes of poor blood pressure control can be the drugs and medications that you might be taking. Intake of painkillers like ibuprofen and naproxen, birth control pills, ginseng or other herbal products can lead to high blood pressure.

The secondary causes of Resistant Hypertension can be:

- Excessive production of certain hormones from the adrenal glands
- Narrowing of arteries of the kidneys
- Sleep apnea

· Chronic Kidney Disease

Also Read | Full body check-up: What blood tests should I get done? How to understand lab results for blood?

Management and Treatment of Resistant Hypertension

To treat Resistant Hypertension, your doctor may ask you to run a few tests related to kidney or detect the presence of excess hormones that may be leading to high blood pressure.

In some cases, medications for Resistant Hypertension don't work properly because they are not being taken correctly. For the medicine to work, the right amount of dose should be taken regularly at the right time and the correct number of times per day.

Other than these, lifestyle changes are equally important to treat Resistant Hypertension:

- Avoiding alcohol, taking a low amount of salt in the diet
- Limiting the use of painkillers and NSAIDs
- Engaging in physical activity, and doing at least 30 minutes of yoga or aerobics every day
- Treating sleep apnea with continuous positive airway pressure.

All the above-mentioned ways should be incorporated into daily life to control high blood pressure.

HPV vaccine to prevent cervical cancer will be given in 2 to 3 doses, school-based drives to be effective, say experts

Currently there are no school-based vaccination programmes and hence will have to be planned. Those accessing public health programmes will get the vaccine free of cost at

The Pune-headquartered Serum Institute of India has developed the first indigenous qHPV vaccine in coordination with the Department of Biotechnology, Government of India. (Representational/ File) (Indian Express:20220902)

<https://indianexpress.com/article/lifestyle/health-specials/hpv-vaccine-cervical-cancer-doses-school-drives-8124507/>

As the country launches its first indigenously developed quadrivalent human papilloma virus (HPV) vaccine for prevention of cervical cancer, hope surges to prevent the disease which causes one death every eight minutes. Dr Rajesh Gokhale, Secretary, DBT, Government of India and Chairperson Biotechnology Industry Research Assistance Council BIRAC, says this is an important milestone in women's health and is a scientific success. The qHPV vaccine, CERVAVAC, has demonstrated robust antibody response that is nearly 1,000 times higher than the baseline against all targeted HPV types and in all dose and age groups.

Who has developed the qHPV vaccine? How will the dose be given? Which vaccines are available at present?

The Pune-headquartered Serum Institute of India has developed the first indigenous qHPV vaccine in coordination with the Department of Biotechnology, Government of India. HPV vaccines are given in two to three doses. This also depends on the beneficiary's age. Till now HPV vaccines have been available from foreign manufacturers at a cost approximating Rs 2000 to Rs 3,500 per dose. DBT implemented the project in 2011 under the then secretary M K Bhan in the mission mode programme. Since then, 30 meetings of scientific advisory groups and site visits conducted by DBT have helped review scientific merit of the entire journey to develop the vaccine. It has received market authorisation from DCGI this year.

Also Read | Why indigenous HPV vaccine has the potential to drastically bring down the incidence & deaths caused by cervical cancer in India?

What is the burden of cervical cancer in India?

India accounts for about a fifth of the global burden of cervical cancer, with 1.23 lakh cases and around 67,000 deaths per year. Cervical cancer is a common sexually transmitted infection. Long-lasting infection with certain types of HPV is the main cause of cervical cancer. Worldwide, cervical cancer is the second most common type of cancer according to WHO's International Agency for Research on Cancer. The disease, however, is preventable as long as it is detected early and managed effectively.

Explained | What India's first HPV vaccine could mean for fight against cervical cancer

What are the challenges in the vaccine drive?

Challenges will be in allocation of adequate budget resources and manpower for vaccinating adolescent girls between nine and 15 years. According to Dr Smita Joshi, who was the Principal Investigator for Serum Institute of India's HPV vaccine study, one of the 12 multi-

centric sites in the country, there is a huge need for stepping up awareness about the disease and the vaccine in the community. “Unlike Covid and the vaccination programme, there is very little awareness about cervical cancer. Overall awareness and screening is very low in the community and that is a concern. This is a preventable disease and hence a huge awareness programme is required,” Dr Joshi said. SII has committed doses but it is also important to keep in mind the huge population of girls between 9 and 15 years.

1Delhi: Najafgarh wetlands committee to monitor work on restoring jheel

2UN employee who had to resign after molestation charges will be entitled to damages if acquitted: Delhi HC

32 minor boys electrocuted at a fair in Greater Noida, one dies

More from Delhi

What is the way forward?

Experts have also said that school-based vaccination programmes will work effectively. Currently there are no school-based vaccination programmes and hence planning will have to be done along those lines, Dr Joshi said. Those accessing public health programmes will get the vaccine free of cost at government-aided schools. However concerted efforts will have to be made to ensure involvement of private healthcare facilities and NGOs towards an effective rollout.

Medical feat

Medical feat: 19-year-old gets new heart through 9.2-km green corridor in 14 minutes (Indian Express:20220902)

<https://indianexpress.com/article/lifestyle/health-specials/delhi-heart-transplant-9-2-km-green-corridor-8125730/>

An ambulance carrying Fortis doctors swiftly covered a distance of 9.2 km from AIIMS Delhi in Safdarjung in 14 minutes amid a heavy traffic rush, with the help of a green corridor. The complex surgery at Fortis Escorts Heart Institute in Okhla lasted for more than eight hours as there was a mismatch between the aorta of the donor and the recipient

Newsguard

The 19-year-old has been suffering a heart problem for the last one-and-a-half years. (Image: Screengrab)

A 19-year-old boy in Delhi can now live because he got a donor heart just in time and is expected to walk out of hospital soon.

Doctors at Fortis Escorts Heart Institute, Okhla, Delhi successfully transplanted the heart of a 55-year-old-brain dead donor to a 19-year-old boy who had been suffering from advanced heart failure for one-and-a-half years Tuesday.

The donor had fallen unconscious on the road while going for a morning walk and was immediately admitted to All India Institute of Medical Sciences (AIIMS) Delhi with a severe head injury and was declared brain stem dead.

An alert was sent by the National Organ Tissue Transplant Organisation (NOTTO) about a possible cadaveric heart donor. The heart was allocated to Fortis Escorts Heart Institute by NOTTO. An ambulance carrying the team of Fortis doctors swiftly covered a distance of 9.2 km from AIIMS to Fortis in 14 minutes amid a traffic rush, with the help of a green corridor.

A team of doctors led by Dr Z S Meharwal, executive director and head of Adult Cardiac Surgery, VAD & Heart Transplantation Programme, Fortis Escorts Heart Institute transplanted the heart to a 19-year-old boy.

The recipient was in an advanced heart failure stage due to Dilated Cardiomyopathy (a type of heart muscle disease that causes the heart chambers (ventricles) to thin and stretch, growing larger). He was admitted with heart failure in the past as well and was waiting for a heart transplant which could not be done due to the non-availability of a heart. The youngster's condition had reached a critical stage and he was put on medications.

In such cases, generally, a patient undergoes a plethora of tests to determine his current condition, which also includes tests on whether he has the possibility of organ rejection.

Elaborating on the heart transplant procedure, Dr. Z S Meharwal, executive director and head of Adult Cardiac Surgery, VAD & Heart Transplantation Programme, Fortis Escorts Heart Institute, said, "Heart transplant was necessary in this case because the patient was in an advanced heart failure stage due to dilated cardiomyopathy. The surgery was challenging for us as there was a significant mismatch in the height and weight of the donor and recipient. The donor was female and short in height, while the recipient was a tall young boy. We could not perform Coronary Angiography (a procedure that uses X-Ray imaging to see your heart's blood vessels) because of the patient's condition which is normally recommended."

Also, during the surgery, there was a mismatch between the aorta (the main artery in the body) of the donor and the recipient. The aorta of the donor was big in diameter while that of the recipient was small. "So, we had to do some technical modifications during the surgery. If the patient was not treated on time, he would have continued to remain in the advanced heart failure stage with increased pulmonary artery pressures and would have become inoperable in the coming days with minimal chances of a heart transplant," Dr. Meharwal explained.

The surgery lasted for more than eight hours. In addition to routine care which is required for any patient undergoing major cardiac surgery, a heart transplant patient needs optimum immunosuppressive therapy (anti-rejection drugs) to prevent rejection of the donor's heart by the recipient.

"The patient needs good coverage by antibiotics to prevent any infection as these patients are prone to infection because of immunosuppressant therapy. The patient is currently stable and we should be able to mobilise him in the next couple of days," the doctor said.

Blood Sugar

Manage low blood sugar with the 'Rule of 15'(Indian Express:20220902)

<https://indianexpress.com/article/lifestyle/health/low-blood-sugar-hypoglycemia-rule-of-15-8124546/>

"An increased blood sugar level is dangerous. But, did you know that a lower blood sugar level (than normal) is even more dangerous?" asked the expert

low blood sugarLow blood sugar? Try the 'Rule of 15' (Source: Pixabay)

People with high glucose levels tend to cut down on carbs in a bid to manage their diabetes. However, this puts one at risk of hypoglycemia — a condition in which the body's blood sugar level is lower than the standard range — according to dietitian Garima. Speaking about the same, the expert said on Instagram, "An increased blood sugar level is dangerous. But, did you know that a lower blood sugar level (than normal) is even more dangerous?"

In hypoglycemia, the blood sugar level declines to 6-70 mg/dl, she said, adding that, in some cases, it is even lower. "If it is less than 40, a patient can go into a coma."

Why does it happen?

According to the dietitian, the condition occurs if you are not eating enough, taking too much insulin, are excessively physically active, or drink too much alcohol. "The patient may sweat a lot, experience chills and headache, crave savoury food items and, in many cases, lose consciousness," she added, describing the possible symptoms of hypoglycemia.

ALSO READ | What makes fibre a friend of those with diabetes or prediabetes?

Rule of 15

Garima suggested following the 'Rule of 15' if your blood sugar has declined below the standard range. Wondering what is it? She described it as follows.

*Check your blood sugar levels.

*If sugar is less than 70 mg/dl, follow the rule of 15 which means "eating 15 grams of fast-acting carbohydrates that can be 3 tsp of sugar, glucose or honey, half cup of non-diet coke, or 3 toffees".

Buy Now | Our best subscription plan now has a special price

ADVERTISEMENT

*Wait for 15 minutes.

*Recheck your sugar levels. If it's not better, repeat the rule of 15 till blood glucose is more than 100 mg/dl.

"Young children usually need less than 15 grams of carbs to fix a low blood glucose level: infants may need 6 grams, toddlers may need 8 grams, and small children may need 10 grams. This needs to be individualised for the patient, so discuss the amount needed with your diabetes team," according to American Diabetes Association.

Mental health

Know about the many mental health benefits of reading

"Reading can be used as an escape as well as a tool to increase your attention span, improve your sleep, and increase your knowledge," Dr Naidoo said(Indian Express:20220902)

<https://indianexpress.com/article/lifestyle/health/reading-mental-health-benefits-8112586/>

reading, mental healthReading has various mental health benefits (Source: Pexels)

Reading a good book can transport you to another world, expanding your horizon and enhancing your knowledge and vocabulary. But, did you know that reading can help sharpen your mental acuity, too?

According to nutritional psychiatrist Dr Uma Naidoo, reading has various mental health benefits, and pleasure reading can be utilised to help you relax and take a break from the hustle and bustle of everyday life.

Buy Now | Our best subscription plan now has a special price

A 2009 study, conducted by Mindlab International at the University of Sussex, found that reading reduced stress in participants by nearly 70 per cent and was more effective than things like having a cup of tea or listening to music. Another study, published in the Journal of Teaching and Learning, asserted that 30 minutes of reading could reduce stress as much as a yoga session of the same duration.

“Reading can be used as an escape as well as a tool to increase your attention span, improve your sleep, and increase your knowledge,” Dr Naidoo said.

Here are some other mental health benefits of reading, according to the expert.

Heat waves + air pollution

Heat waves + air pollution can be a deadly combination: The health risk together is worse than either alone

The risk of death on those extra-hot and polluted days was about three times greater than the effect of either high heat or high air pollution alone (Indian Express:20220902)

heat wave. airpollutionThe health risk of heat waves and air pollution together can be worse

<https://indianexpress.com/article/lifestyle/health/heat-waves-air-pollution-can-be-a-deadly-combination-the-health-risk-together-is-worse-than-either-alone-8120302/>

On the morning news, you see the weather forecast is for high heat, and there is an “excessive heat watch” for later in the week. You were hoping the weather would cool down, but yet another heat wave is threatening human health and increasing the chance of wildfires. On top of these warm days and nights, air quality data has been showing unhealthy levels of pollution.

Sound familiar? This scenario is increasingly the new normal in many parts of the world.

Buy Now | Our best subscription plan now has a special price

High heat and air pollution are each problematic for human health, particularly for vulnerable populations such as older adults. But what happens when they hit at the same time?

We examined over 1.5 million deaths from 2014 to 2020 registered in California – a state prone to summer heat waves and air pollution from wildfires – to find out.

The number of deaths rose both on hot days and on days with high levels of fine particulate air pollution, known as PM2.5. But on days when an area was hit with a double whammy of both high heat and high air pollution, the effects were much higher than for each condition alone.

The risk of death on those extra-hot and polluted days was about three times greater than the effect of either high heat or high air pollution alone.

The more extreme the temperatures and pollution, the higher the risk. During the top 10% of hottest and most polluted days, the risk of death increased by 4% compared to days without extremes. During the top 1%, it increased by 21%; and among older adults over age 75, the risk of death increased by more than a third on those days.

Why risks are higher when both hit at once

There are several ways the combined exposure to extreme heat and particulate air pollution can harm human health.

Oxidative stress is the most common biological pathway linked with particulate air pollution and heat exposure. Oxidative stress is an imbalance between production of highly reactive molecules known as reactive oxygen species, or ROS, and the body's ability to remove them. It's been linked with lung diseases, among other illnesses.

Antioxidants help clean up these molecules, but particulate air pollution and heat disrupt this balance through excessive metabolic ROS production and lowered antioxidant activity.

Our research also showed that the effects of particulate air pollution and heat extremes were larger when high nighttime temperature and pollution occurred together. High nighttime temperatures can interfere with normal sleep and potentially contribute to chronic health conditions such as heart disease and obesity, and disrupt how the body regulates temperature.

Older adults may be more susceptible to effects of extreme heat and air pollution exposure, in part because this stress comes on top of age-related chronic health conditions like heart disease, high blood pressure, diabetes or chronic lung disease. Impaired body temperature regulation in response to heat can also occur with aging. And older adults may be less mobile and therefore less able to get to cooling centers or to medical care and be less able to afford air conditioning.

A future of high temperatures and air pollution

This isn't just a California problem. Climate change will increase exposure to high heat and air pollution in many parts of the country.

Yearly average temperatures in the US are already more than 1.8 degrees Fahrenheit (1 degree Celsius) warmer than at the beginning of the 1900s. By the end of this century, global temperatures are on pace to be nearly 5 F (2.7 C) warmer. Dangerous extreme heat waves, currently rare, will become more common.

Changing climate is also affecting levels of outdoor fine particulate pollution – for example, through weather changes such as air stagnation events, wind and dust storms, and drier and warmer conditions that contribute to increasingly frequent and intense wildfires.

Further research is needed to better understand these effects, such as the full impact of wildfire smoke exposure. However, enough is known that people should take measures to reduce their risk of harm during periods of extreme heat or air pollution.

That means staying well hydrated and keeping cool. Shopping malls and other air-conditioned public spaces can provide a refuge from heat. Home air conditioning, especially during nighttime, can reduce mortality. A portable air filter in the bedroom can markedly reduce particle pollution levels.

People with symptoms of heat stress, such as headache, nausea, dizziness or confusion, especially the elderly, should seek medical care.

Also Read | |Supertech demolition: How demolition-related pollution could affect your health

Many county and state health departments already provide alerts about extreme heat and extreme air pollution. Developing a special category of alert during co-occurring extremes may be beneficial to public health.

Governments also need to take steps now to avoid the worst future climate change scenarios. Some best practices for cities include creating cooling shade cover and green space that will also reduce particle pollution.

Preconception to post-delivery

From preconception to post-delivery: Dietary guidelines for better health (Indian Express:20220902)

<https://indianexpress.com/article/lifestyle/health/dietary-guidelines-preconception-post-delivery-tips-8041143/>

"During preconception and pregnancy, the basic principles of healthy eating remain the same — get plenty of fruits, vegetables, whole grains, lean protein, and healthy fats."

By: Lifestyle Desk

conception Here's what you should be mindful about (Source: Getty Images/Thinkstock)

A woman's health, especially before conception and after delivery, is extremely crucial. As such, it is essential to adopt a healthy routine, and practice habits you can do before, in-between, and after pregnancy to improve the likelihood of having a healthy baby and a healthy self. This is because the body needs to prepare for pregnancy in advance.

"During preconception and pregnancy, the basic principles of healthy eating remain the same — get plenty of fruits, vegetables, whole grains, lean protein, and healthy fats. The first and most important step is to get a BMI test done, and also tests to identify any underlying medical issues like PCOS/PCOD or thyroid. Following this, a test for the current levels of iron, protein, calcium, and key vitamins like D3; B12 is pivotal. Based on the diagnosis, a diet plan should be planned along with natural supplements to start preparing for a healthy body, along with losing extra weight and reducing the fat percentage," said Richa Pendake, founder and CEO of Nutrizoe.

But, there are a few nutrients that deserve special mention when it comes to pregnancy and post-pregnancy diet. Here's what tops the list, according to Pendake

Vitamin B not only helps prevent serious problems associated with the developing brain and spinal cord, but it also enhances the chances of fertility. 400 micrograms (mcg) of folate or folic acid a day before conception and 600 to 1,000 micrograms of folate or folic acid a day throughout pregnancy are highly suggested. Fortified cereals are a great source of folic acid. Dark green leafy vegetables like spinach, asparagus, citrus fruits, and dried beans, peas, and lentils are good sources of naturally-occurring folate.

Calcium and vitamin D

Vitamin D deficiency, vitamin D benefits, vitamin D, how to get Vitamin D, Vitamin D sources, childhood vitamin D, Journal of Hypertension, early childhood vitamin D deficiency, indianexpress.com, indianexpress, indianexpress health news, indianexpressonline, latest study, vitamin D study, blood pressure, blood pressure childhood, childhood obesity, cardiovascular disease, diabetes, blood sugar, heart diseases, children at risk, children studies, sunlight Vitamin D, causes of high blood pressure, adulthood blood pressure, Vitamin D is needed for the body to absorb calcium for strong bones. (Source: Getty Images/Thinkstock)

These nutrients strengthen the bones and teeth of the mother and the baby. Calcium also supports the healthy functioning of the circulatory, muscular, and nervous systems. 1,300 milligrams of calcium and vitamin D 600 IU a day during pregnancy is the right amount of intake. Some good sources of calcium and vitamin D are milk, yoghurt, cereals, cheese, eggs, and lots of sunshine.

Protein plays a pivotal role in promoting the growth of the baby and is one of the most crucial nutrients. 71 grams of protein a day is essential and can be consumed from both veg and non-veg options like paneer, tofu, lentils, soyabean, rajma, chickpeas, oats, eggs, or chicken. Rich whole grain foods also add fibre and thus prevent constipation.

ADVERTISEMENT

Buy Now | Our best subscription plan now has a special price

Iron

The human body uses iron to make hemoglobin, which is a protein in the red blood cells that carries oxygen to the body tissues. During pregnancy, the body needs double the amount of iron generally needed by women. Your body needs this iron to make more blood to supply oxygen to your baby.

National Nutrition Week 2021, National Nutrition Week 2021 news, food fortification, what is National Nutrition Week 2021, what is food fortification, how to fortify food, indianexpress.com, indianexpress, Iron rich foods are a must in your diet. (Source: Getty Images/Thinkstock)

“If you don’t have enough iron stores or get enough iron during pregnancy, you could develop iron deficiency anemia, headaches, or become fatigued. Severe iron deficiency anemia during pregnancy also increases the risk of premature birth, low birth weight baby, and postpartum depression. One needs about 27 mg of elemental iron daily. Good sources include spinach, orange, beetroot, beans, fish, and oats,” explained Pendake.

It is suggested to pair iron with foods rich in vitamin C, such as orange juice, tomato juice, or strawberries. Although calcium is an essential nutrient during pregnancy, it can decrease iron absorption if taken together. Thus, you can avoid the calcium-fortified variety. Lastly, stay hydrated enough as there can be no substitute for this. At least three litre+ water intake daily is a necessity as this will not only help with the body’s wellbeing but also the swelling, and edema that happens during pregnancy.

COVID-19 shots for fall boosters

U.S. advisors endorse updated COVID-19 shots for fall boosters (The Hindu:20220902)

<https://www.thehindu.com/sci-tech/health/us-advisers-endorse-updated-covid-19-shots-for-fall-boosters/article65838631.ece>

A nurse fills up syringes with the COVID-19 vaccine for residents who are over 50 years old and immunocompromised and are eligible to receive their second booster shots in Michigan, U.S. File

A nurse fills up syringes with the COVID-19 vaccine for residents who are over 50 years old and immunocompromised and are eligible to receive their second booster shots in Michigan, U.S. File | Photo Credit: Reuters

The Centers for Disease Control and Prevention is expected to adopt the recommendation, the last step before shots can begin.

A panel of U.S. health advisors voted to recommend Pfizer's updated COVID-19 boosters that target the newest omicron strains for people 12 and older.

The Centers for Disease Control and Prevention is expected to adopt the recommendation, the last step before shots can begin.

The panel also voted to recommend Moderna's version of the booster update, to be used in adults only.

COVID-19 boosters updated to match the newest omicron strains are about to roll out, and government advisers met Thursday to decide who should roll up their sleeves — and when.

The tweaked shots made by Pfizer and rival Moderna promise Americans a chance at their most up-to-date protection at yet another critical period in the pandemic. The U.S. still is experiencing tens of thousands of coronavirus cases and about 500 deaths every day, and those numbers are expected to surge again in the fall.

The Food and Drug Administration authorized the new combination shots, half the original vaccine and half protection against the BA.4 and BA.5 omicron versions now responsible for nearly all COVID-19 infections.

Advisers to the Centers for Disease Control and Prevention began weighing how best to use them. The CDC's ultimate decision is the final step before shots begin.

It's important "to simplify our recommendations," CDC's Dr. Melinda Wharton cautioned the advisory panel.

The original COVID-19 vaccines still offer strong protection against severe illness and death, especially among younger and healthier people who've gotten at least one booster.

But those vaccines were designed to target the virus strain that circulated in early 2020. Effectiveness drops as new mutants emerge and the longer it's been since someone's last shot. Since April, hospitalization rates in people over age 65 have jumped, the CDC said.

The new updated shots are only for use as a booster for people who've had primary vaccinations regardless of brand or how many booster doses they've had until now. Pfizer's option is for people 12 and older while Moderna's is for adults only.

A big unknown: Exactly how much benefit people will get from one of those extra shots.

The FDA cleared the updated boosters based largely on clinical trials of prior tweaks to the vaccine recipe, including the companies' testing of shots targeting an earlier omicron strain that was found safe and able to rev up virus-fighting antibodies. Rather than waiting another few months for more human testing of the BA.5 version, the agency accepted mouse testing showing it also sparked a good immune response.

Before this new booster update, people 50 and older already were urged to get a second booster of the original vaccine — and those who did saw some extra protection especially the longer it had been since their last shot, said CDC's Dr. Ruth Link-Gelles.

The new combination booster “should provide at least similar or better protection against omicron since it'll be a better match” to today's virus strains, she told the panel.

Still, many scientists say to get the maximum benefit, people will need to wait longer between their last vaccination and the new booster than the two months that the FDA set as the minimum.

Waiting four to six months between vaccinations is commonly advised, said virologist Andrew Pekosz of the Johns Hopkins Bloomberg School of Public Health. If someone already has lots of antibodies in their bloodstream, another shot won't rev up that many more, essentially wasting it.

“You usually want to space out a vaccine booster,” said Pekosz, who is closely watching where CDC draws that line. “Those recommendations are really going to be critical in terms of how good this vaccine is going to be.”

World monkeypox outbreak

World monkeypox outbreak tops 50,000 cases(The Hindu:20220902)

<https://www.thehindu.com/sci-tech/health/world-monkeypox-outbreak-tops-50000-cases/article65834730.ece>

The WHO triggered its highest level of alarm on monkeypox on July 24, classifying it as a public health emergency of international concern, alongside Covid-19.

The WHO triggered its highest level of alarm on monkeypox on July 24, classifying it as a public health emergency of international concern, alongside Covid-19. | Photo Credit: Reuters

WHO chief Tedros Adhanom Ghebreyesus said the declines in new infections proved the outbreak could be halted.

More than 50,000 monkeypox cases have been recorded in the global outbreak, WHO figures showed on Wednesday, though transmission is slowing in the virus hotspots of Europe and the United States.

The World Health Organization's dashboard listed 50,496 cases and 16 deaths as reported this year to the U.N. agency, which declared the outbreak a global public health emergency in July.

WHO chief Tedros Adhanom Ghebreyesus said the declines in new infections proved the outbreak could be halted.

"In the Americas, which accounts for more than half of reported cases, several countries continue to see increasing numbers of infections, although it is encouraging to see a sustained downward trend in Canada," he told a press conference.

"Some European countries, including Germany and the Netherlands, are also seeing a clear slowing of the outbreak, demonstrating the effectiveness of public health interventions and community engagement to track infections and prevent transmission.

"These signs confirm what we have said consistently since the beginning: that with the right measures, this is an outbreak that can be stopped."

A surge in monkeypox infections has been reported since early May among men who have sex with men, outside the African countries where it has long been endemic.

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

The WHO triggered its highest level of alarm on July 24, classifying it as a public health emergency of international concern, alongside Covid-19.

"Eliminating monkeypox needs three things: the evidence that it's possible, which we are now beginning to see; political will and commitment; and the implementation of public health measures in the communities that need them most," said Tedros.

"We don't have to live with monkeypox."

Cases have been reported from 101 territories, though only 52 have reported new cases in the last seven days — of which 27 were reporting numbers in single figures.

The countries which have reported more than a thousand cases to the WHO in total are the United States (17,994), Spain (6,543), Brazil (4,693), France (3,547), Germany (3,467), Britain (3,413), Peru (1,463), Canada (1,228) and the Netherlands (1,160).

The number of new U.S. infections appears to have recently slowed slightly, according to data from health authorities.

Meanwhile the WHO's Europe chief said Tuesday he saw "encouraging" signs that the outbreak was slowing on the continent and heading "in the right direction".

The disease causes fever, muscular aches and large boil-like skin lesions.

Nigeria has reported four deaths to the WHO, Ghana three, Spain and the Central African Republic two each, while Brazil, Belgium, Ecuador, India and Cuba have each reported one fatality.

Rosamund Lewis, the WHO's technical lead on monkeypox, said physical contact of any kind with someone who has the virus would put them at risk of catching it too.

"The vast majority today are still among men who have sex with men, whether they be gay, bisexual or otherwise have contact with other men who have monkeypox," she told Wednesday's press conference.

Lewis stressed that there had not been any reports of far of monkeypox transmission through blood transfusions.

"There have definitely been reports of the detection of the monkeypox virus DNA in semen. One study did illustrate that the virus could be isolated from that specimen," she said, cautioning that other studies were still ongoing.

HPV vaccine

India-made HPV vaccine to cost ₹200(The Hindu:20220902)

<https://www.thehindu.com/news/national/india-made-hpv-vaccine-to-cost-200/article65836179.ece>

HPV transmission is influenced by sexual activity and age. File

HPV transmission is influenced by sexual activity and age. File | Photo Credit: C. Venkatachalapathy

CERVAVAC, India's first indigenously developed vaccine to prevent cervical cancer, has been developed by SII

India's first indigenously developed vaccine to prevent cervical cancer, CERVAVAC, will likely cost ₹200-400 a shot and be commercially available later this year, said Adar Poonawalla, CEO, Serum Institute of India (SII), on the sidelines of a launch event here on Thursday.

CERVAVAC, developed by SII, was approved by the Drug Controller General of India in July. The event also underlined the role of the Indian government, particularly the Department of Biotechnology, in facilitating trials and investments in the vaccine candidate.

CERVAVAC is a quadrivalent vaccine, meaning it is effective against at least four variants of cancer-causing Human Papilloma Virus (HPV), and resulted from a partnership of DBT's Biotechnology Industry Research Assistance Council (BIRAC), and the Bill and Melinda Gates Foundation that supported Serum's development efforts.

Annually, about 1.25 lakh women are diagnosed with cervical cancer, and over 75,000 die from the disease in India. Close to 83% of invasive cervical cancers in India and 70% of cases worldwide are attributed to HPV-types 16 or 18.

HPV transmission is influenced by sexual activity and age. Almost 75% of all sexually active adults are likely to be infected with at least one HPV type. However, a vast majority of the infections resolve spontaneously and only a minority (<1%) of the HPV infections progress to cancer.

Though vaccines are reportedly effective in both males and females, there is a greater push to inoculate adolescent girls and women as they are more prone to contracting cancer from an HPV infection.

Besides CERVAVAC, two vaccines licensed globally are available in India; a quadrivalent vaccine (Gardasil, marketed by Merck) and a bivalent vaccine (Cervarix, marketed by Glaxo Smith Kline). Both vaccines are manufactured by recombinant DNA technology that produces non-infectious VLPs (Virus Like Particles) comprising of the HPV L1 protein.

These vaccines — though available for over a decade — are unaffordable for the vast majority of Indians and therefore CERVAVAC, say officials, is likely to be more popular because it will be around 10 times cheaper.

CERVAVAC is also made using an approach that introduces VLP to stimulate an immune response from the body resulting in production of antibodies.

“Thanks to the cooperation of government and the setting up a network to conduct trials as well as the analytical steps to test the vaccine, we were able to develop the product relatively quickly,” said Dr. Umesh Shaligram, Executive Director, SII.

World Coconut Day 2022

World Coconut Day 2022 :मॉर्निंग सिकनेस हो या कब्ज, प्रेगनेंसी में इन 5 समस्याओं से छुटकारा दिलाता है नारियल पानी(Hindustan:20220902)

<https://www.livehindustan.com/lifestyle/health/story-world-coconut-day-2022-coconut-water-in-pregnancy-know-amazing-health-benefits-of-nariyal-pani-during-pregnancy-in-hindi-7022081.html>

Coconut Water in Pregnancy: कोकोनट डेवलपमेंट बोर्ड के अनुसार, गर्भावस्था में नारियल पानी का सेवन करने से शरीर में इलेक्ट्रोलाइट्स और तरल पदार्थों की मात्रा की दैनिक आवश्यकता की पूर्ति हो जाती है। आइए ज

World Coconut Day 2022 :मॉर्निंग सिकनेस हो या कब्ज, प्रेगनेंसी में इन 5 समस्याओं से छुटकारा दिलाता है नारियल पानी

Benefits of Coconut Water During Pregnancy: प्रेगनेंसी के दौरान महिलाओं को अपने खान-पान पर विशेष ध्यान देने की सलाह दी जाती है। इस समय गर्भवती महिला के लिए पोषण से भरपूर चीजें लेना बहुत जरूरी होता है। इससे मां और शिशु दोनों ही स्वस्थ रहते हैं। पोषण से भरपूर ऐसी ही चीजों में नारियल पानी का नाम भी शामिल है। नारियल पानी में क्लोराइड, इलेक्ट्रोलाइट, राइबोफ्लेविन, कैल्शियम, मैग्नीशियम और विटामिन सी प्रचुर मात्रा में होता है। कोकोनट डेवलपमेंट बोर्ड के अनुसार, गर्भावस्था में नारियल पानी का सेवन करने से शरीर में इलेक्ट्रोलाइट्स और तरल पदार्थों की मात्रा की दैनिक आवश्यकता की पूर्ति हो जाती है। आइए जानते हैं प्रेगनेंसी के दौरान नारियल पानी पीने से गर्भवती महिला को मिलते हैं क्या लाभ।

प्रेगनेंसी में नारियल पानी पीने के फायदे-

-नारियल पानी शरीर में खून के स्तर को बढ़ाने, यूरिनल इंफेक्शन को दूर करने और ब्लड प्रेशर को कम करने में मददगार है।

-नारियल पानी प्रेगनेंसी में सीने में जलन की समस्या से भी राहत दिलाता है।

-प्रेगनेंसी में मॉर्निंग सिकनेस और थकान से राहत पाने के लिए नारियल पानी पी सकते हैं।

-गर्भावस्था में कब्ज होना एक आम समस्या है लेकिन नारियल पानी के सेवन से इससे बचा जा सकता है।

-नारियल पानी में कैलोरी न के बराबर होती है और ये ओमेगा-3 फैटी एसिड एवं फाइबर से युक्त होता है जिससे प्रेगनेंसी के दौरान महिलाओं का वजन नियंत्रित रहता है।

कब पीना चाहिए नारियल पानी-

गर्भवती महिलाओं को प्रेगनेंसी की पहली तिमाही में मॉर्निंग सिकनेस और थकान की शिकायत ज्यादा रहती है इसलिए इस दौरान नारियल पानी का सेवन करना सबसे ज्यादा फायदेमंद रहता है। इस तिमाही में ही भ्रूण के दिमाग का विकास हो रहा होता है इसलिए उसे इस दौरान पोषक तत्वों की सबसे अधिक जरूरत होती है। नारियल पानी से मां और शिशु दोनों को ही जरूरी पोषक तत्व मिल जाते हैं।

कितना नारियल पानी पीना सही-

प्रेगनेंसी के दौरान नारियल पानी पीना फायदेमंद होता है पर इसका ज्यादा सेवन करने से आपको बचना चाहिए। आप प्रेगनेंसी के दौरान रोजाना एक गिलास नारियल पानी का सेवन कर सकते हैं। प्रेगनेंसी के

दौरान आप रोजाना एक गिलास नारियल पानी का सेवन कर सकते हैं, ध्यान रखें कि नारियल ताजा और साफ हो, फफूंद या छेद वाले नारियल का सेवन न करें।

PCOS Awareness Month

PCOS Awareness Month : यह बीमारी नहीं, बल्कि एक लाइफस्टाइल डिसऑर्डर है, जानिए कैसे करना है मैनेज(Hindustan :20220902)

<https://www.livehindustan.com/lifestyle/story-pcos-awareness-month-know-the-causes-symptoms-and-preventive-measures-for-this-lifestyle-disorder-7019360.html>

यदि आप भी इरेगुलर पीरियड्स, इरेगुलर प्लो, इंफर्टिलिटी से जूझ रही हैं तो यह पीसीओएस के कारण हो सकता है। जानिए क्या है महिलाओं को होने वाली यह समस्या। तो चलिए जानते हैं इस बारे में विस्तार से

PCOS Awareness Month : यह बीमारी नहीं, बल्कि एक लाइफस्टाइल डिसऑर्डर है, जानिए कैसे करना है मैनेज

Yogita Yadavhealthshots

Thu, 01 Sep 2022 08:00 PM

हमें फॉलो करें

इस खबर को सुनें

फीमेल हेल्थ या महिला यौन स्वास्थ्य के बारे आज भी जागरूकता की कमी है। ज्यादातर महिलाएं अपने स्वास्थ्य के बारे में न अपने पार्टनर से खुलकर बात करती हैं और न ही डॉक्टर से। ये बस उनकी गर्ल्स टॉक का हिस्सा बन कर रह जाता है। जिसमें जानकारियां बहुत कम और परेशानियां बहुत ज्यादा होती हैं। पर यह जरूरी है कि आप अपनी सेहत के बारे में खुल कर बात करें। न केवल परिवार में बल्कि पब्लिक स्पेस में भी। इसी उद्देश्य के लिए सितंबर को पीसीओएस अवेयरनेस मंथ (PCOS Awareness Month) के रूप में सेलिब्रेट किया जाता है। अधिक जानने के लिए इस लिंक पर क्लिक करें - PCOS Awareness Month : यह बीमारी नहीं, बल्कि एक लाइफस्टाइल डिसऑर्डर है, जानिए कैसे करना है मैनेज

