



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20210816

कोरोना

मार्च 2020 के बाद पहली बार इतने अच्छे हालात, कोरोना के एक्टिव केसों में आई बड़ी गिरावट
(Hindustan: 20210816)

<https://www.livehindustan.com/national/story-coronavirus-actice-cases-lowest-since-march-2020-and-new-cases-also-down-4368680.html>

देश में कोरोना संक्रमण के मामलों पर लगातार नियंत्रण की स्थिति बनी हुई है। सोमवार को भारत में एक दिन में कुल 32,937 नए केस दर्ज किए गए हैं। इसके अलावा एक दिन में 417 लोगों की मौत हुई है। इस आंकड़े के साथ ही कोरोना से मरने वालों की संख्या अब 4,31,642 हो गई है। देश में एक्टिव केसों का कुल प्रतिशत अब 1.18 पर्सेंट ही रह गया है, जो मार्च 2020 के बाद सबसे निचला स्तर है। इसके अलावा एक्टिव केसों की संख्या भी 145 दिनों में सबसे कम हो गई है। फिलहाल देश में कोरोना के सक्रिय मामले 3,81,947 हैं।

यही नहीं रिकवरी रेट में भी लगातार इजाफा देखने को मिल रहा है। मार्च 2020 के बाद पहली बार कोरोना रिकवरी रेट 97.48% हो गया है। अब तक देश में 3,14,11,92 लोग कोरोना से रिकवर हो चुके हैं। बीते एक दिन में ही करीब 36 हजार लोगों ने संक्रमण को मात दी है। यही नहीं वीकली पॉजिटिविटी अब 2.01 पर्सेंट पर आ गया है और आने वाले दिनों में इससे भी कम होने की उम्मीद है।

डेली पॉजिटिविटी रेट की बात करें तो यह भी 2.79 पर्सेंट ही है। अब तक देश में 54 करोड़ से ज्यादा कोरोना टीके लग चुके हैं। एक तरफ नए केसों की कम होती संख्या और दूसरी तरफ वैक्सीनेशन की

बढ़ती रफ्तार ने संक्रमण से देश को बड़ी राहत देने का काम किया है। कोरोना संक्रमण के नए केसों की रफ्तार भारत में बीते करीब दो महीनों से लगातार थमी हुई है। नए केसों की संख्या 50 हजार से कम पर बनी हुई है, जो बड़ी राहत का संकेत है।

कोरोना रोधी टीके

Covaxin और Covishield को मिलाना कितना असरदार? जानिए टीकों के मिक्सिंग से जुड़े 7 सवालों के जवाब (Hindustan: 20210816)

<https://www.livehindustan.com/national/story-how-effective-is-mixing-dose-of-covishield-and-covaxin-against-corona-know-the-answers-to-7-questions-related-to-the-cocktail-of-vaccines-4368055.html>

कोरोना रोधी टीके के मिश्रण को लेकर वैज्ञानिकों में अभी आम राय नहीं बन पाई है। हालांकि अब तक के कई अध्ययन में विभिन्न टीकों के मिश्रण के प्रभाव को काफी कारगर पाया गया है। कई वैज्ञानिक एक ही टीके की दो खुराक लगवाने की बजाय दोनों खुराक में अलग-अलग तरह के टीके लगवाने की सलाह दे रहे हैं, तो कुछ वैज्ञानिकों ने इसके प्रति आगाह भी किया है। टीकों के मिश्रण से जुड़े कुछ प्रमुख सवाल ये हैं-

क्या है टीकों का मिश्रण?

टीकों के मिश्रण से आशय एक व्यक्ति को दोनों खुराक में दिए जाने वाले टीके का अलग-अलग तरह का या अलग-अलग ब्रांड का होना है। फिलहाल कई तरह के कोरोना रोधी टीकों के मिश्रण को लेकर अध्ययन जारी है। एक अध्ययन में फाइजर कंपनी की एमआरएनए आधारित वैक्सीन और एस्ट्राजेनेका वैक्सीन के मिश्रण पर अध्ययन चल रहा है। ब्रिटेन में 80 लोगों पर किए गए एक अध्ययन में पाया गया कि पहली खुराक में एस्ट्राजेनेका का टीका लेने के बाद दूसरी खुराक में फाइजर का टीका लेना कोरोना के खिलाफ बहुत ज्यादा असरदार है।

क्या हम कोविशील्ड और कोवैक्सीन की मिश्रित डोज लेने जा रहे हैं?

भारतीय आयुर्विज्ञान अनुसंधान संस्थान (आईसीएमआर) ने अपने एक अध्ययन में कोविशील्ड और कोवैक्सीन टीके के मिश्रण को काफी असरदार बताया है। हालांकि भारत में टीकों की मिश्रित खुराक देने की अनुमति अभी नहीं मिली है।

मिश्रित टीके के संभावित फायदे?

आईसीएमआर समेत कई संस्थानों ने अपने शुरुआती अध्ययन में टीकों की मिश्रित खुराक लगवाने वालों में कोरोना के अल्फा, बीटा और डेल्टा वैरिएंट के खिलाफ प्रतिरोधक क्षमता का स्तर सबसे अच्छा पाया है। इन लोगों के रक्त में कोरोना रोधी एंटीबॉडी की मात्रा काफी ज्यादा पाई गई। अध्ययन में पाया गया कि दोनों खुराक में एस्ट्राजेनेका का टीका देने के मुकाबले पहली खुराक में एस्ट्राजेनेका का टीका और दूसरी खुराक में फाइजर का टीका देना अधिक असरकारी है।

दुनिया में और कहां हो रहा इस पर अध्ययन?

ऑक्सफोर्ड यूनिवर्सिटी के काव-कोव समूह, अमेरिका स्थित हार्वर्ड यूनिवर्सिटी और भारत के आईसीएमआर समेत कई संस्थान टीकों के मिश्रण पर अलग-अलग अध्ययन कर रहे हैं।

टीका मिश्रण के नुकसान?

अभी तक टीकों के मिश्रण को लेकर कोई गंभीर दुष्प्रभाव सामने नहीं आया है। लेकिन कई विशेषज्ञों ने कोरोना टीकों की मिश्रित खुराक को लेकर आगाह किया है। इनका कहना है कि डाटा के आभाव में टीकों के मिश्रण का इस्तेमाल नहीं करनी चाहिए। कई लोग इसलिए भी टीके के मिश्रण का विरोध कर रहे हैं कि मिश्रित टीकाकरण के नाकाम होने पर जिम्मेदारी तय करना मुश्किल हो जाएगा। ऐसी स्थिति में एक कंपनी दूसरी कंपनी के टीकों को असफलता के लिए जिम्मेदार ठहराएगी।

किन देशों में मिश्रित टीका का हो रहा इस्तेमाल?

दुनिया के कई देशों में पर्याप्त डाटा नहीं होने पर भी कोरोना टीकों के मिश्रण का इस्तेमाल किया जा रहा है। इनमें जर्मनी, कनाडा और थाईलैंड शामिल हैं। इसके अलावा भूटान, बहरीन, इटली और यूएई में टीकों के मिश्रण की शुरुआत की गई है। जर्मनी की चांसलर एंजेला मर्केल ने पहली खुराक एस्ट्राजेनेका की ली थी, लेकिन दूसरी खुराक मॉडर्ना की ली।

क्या डब्ल्यूएचओ वैक्सीन मिश्रण से सहमत है?

विश्व स्वास्थ्य संगठन (डब्ल्यूएचओ) ने दो अलग कंपनियों के कोरोना वैक्सीन के मिश्रण से सहमत नहीं है। डब्ल्यूएचओ की मुख्य वैज्ञानिक सौम्या स्वामीनाथन ने कहा-वैक्सीन को लेकर मिक्स एंड मैच का खतरनाक ट्रेंड दिख रहा है, जबकि इस संबंध में अभी हमारे पास ना तो डेटा हैं और ना ही साक्ष्य। यदि नागरिक यह तय करना शुरू कर दें कि दूसरी, तीसरी और चौथी खुराक कब और कौन लेगा, तो अराजकता की स्थिति होगी।

कमजोर दिल

कमजोर दिल वालों को जल्दी आ सकता है Heart Attack, जानें इसे मजबूत करने के दमदार उपाय (Navbharat Times: 20210816)

<https://navbharattimes.indiatimes.com/lifestyle/health/weak-heart-a-cause-of-severe-diseases-heres-how-to-strengthen-it/articleshow/85323466.cms>

हृदय कमजोर होने पर ठीक से काम करना बंद कर देता है। इसलिए कमजोर दिल के कारण, लक्षण और इसे मजबूत बनाने के उपाय आपको जरूर जानने चाहिए।

व्यक्ति के शरीर में दिल बहुत महत्वपूर्ण अंग है। शरीर के इस छोटे से हिस्से का स्वस्थ रहना भी बहुत जरूरी है। ये स्वस्थ तो हम स्वस्थ। जब दिल स्वस्थ होता है, हृदय के दाहिने ओर से फेफड़ों में ब्लड पंप करता है, जहां ऑक्सीजन एकत्रित होती है।

फिर इसे हृदय के बाईं ओर धकेल दिया जाता है और शरीर के बाकी हिस्सों को ऑक्सीजन और पोषक तत्व प्रदान करता है। लेकिन जब हृदय कमजोर हो जाए और इसके काम करने की क्षमता पर असर पड़ने लगे, तो शरीर की जरूरतों को पूरा करने के लिए पर्याप्त ब्लड पंप नहीं हो पाता और दिल कमजोर हो जाता है। दिल का कमजोर होना कोई सामान्य बात नहीं है। इसलिए कमजोर दिल के कारण, लक्षण और इसे मजबूत करने के तरीकों के बारे में आपको जरूर जानना चाहिए।

कमजोर दिल का कारण क्या है

कोरोनरी आर्टरी डिजीज-

कोरोनरी धमनी की बीमारी कमजोर दिल का सबसे आम कारण है। जब कोई व्यक्ति में धमनी में रुकावट के कारण हार्ट अटैक से ग्रसित होता है, तो हृदय की मांसपेशियों का हिस्सा डैमेज हो जाता है और पंपिंग धीमी पड़ जाती है।

कमजोर दिल वालों के लिए रामबाण है कुंदरू की सब्जी, तमाम पैसे खर्च करने के बाद भी नहीं मिलेंगे ये फायदे

वॉल्वूलर हार्ट डिजीज-

वॉल्वूलर हार्ट डिजीज हृदय के वाल्व के सिकुड़ने के कारण होती है। यह हृदय की मांसपेशियों पर दबाव डालती है। जब यह वेट ओवरलोड हो जाए, तो हृदय की मांसपेशियां खराब हो जाती हैं और दिल कमजोर हो जाता है।

मायोकार्डिटिस-

मायोकार्डिटिस हृदय की मांसपेशियों में आनी वाली एक तरह की सूजन है, जिसे मायोकार्डियम कहा जाता है। सूजन आने से दिल की ब्लड पंप करने की क्षमता पर नकारात्मक असर पड़ता है और दिल तेजी से थकना शुरू कर देता है। इसकी वजह वायरल संक्रमण है।

हाई ब्लड प्रेशर से होने वाला हृदय रोग-

हाई ब्लड प्रेशर एक सामान्य हृदय से जुड़ी जटिलता है। यदि व्यक्ति लंबे समय तक हाइपरटेंशन से पीड़ित रहता है, तो आगे चलकर दिल कमजोर पड़ सकता है।

हृदय की मांसपेशियों का कमजोर हो जाना-

दिल की मांसपेशियों के कमजोर होने और दिल के फैलने के कारण भी इसमें धीरे-धीरे कमजोरी आने लगती है। इस स्थिति को डाइलेटिक कार्डियोमायोपैथी कहा जाता है। लंबे समय तक शराब के सेवन के कारण अल्कोहलिक कार्डियोमायोपैथी होती है। जबकि पेरिपार्टम कार्डियोमायोपैथी एक ऐसी स्थिति है, जब पेरिपार्टम अवधि के दौरान हृदय की मांसपेशियां कमजोर हो जाती हैं।

कमजोर दिल के सामान्य लक्षण

सांस लेने में तकलीफ होना

जब कभी लेटने के दौरान सांस लेने में तकलीफ हो, तो उसे ऑर्थोपेनिया कहते हैं। ऐसी स्थिति में ध्यान देने की जरूरत है कि कहीं दिल पर असर तो नहीं पड़ रहा।

टखने और पैरों में सूजन और वजन बढ़ना

तरल पदार्थ जमा होने से दोनों टखनों और पैरों के निचले हिस्से में सूजन आ जाती है। ऐसा हाइड्रोस्टैटिक दबाव में वृद्धि के कारण नसों से तरल पदार्थ के निकलने के कारण होता है। कई बार वॉटर रिटेंशन से भी वजन बढ़ता है।

थकान होना

हृदय की पंपिंग कम होने के कारण मांसपेशियों में खून ठीक तरह से नहीं पहुंच पाता। इसलिए जरा सी दिक्कत होने पर मरीज थकान महसूस करने लगता है।

भूख में कमी, जी मिचलाना और उल्टी

हार्ट फैलियर के कारण लीवर और गेस्ट्रोइंटेस्टनाइल सिस्टम सिकुड़ जाता है। इससे व्यक्ति को भूख नहीं लगती और हर वक्त उल्टी जैसा महसूस होता है।

दिल की धड़कन तेज होना-

दिल की धड़कन तेज होना कमजोर दिल का लक्षण है। इस लक्षण को जल्द नहीं पहचाना जाए, तो कार्डियक डेथ तक हो सकती है।

कमजोर दिल को मजबूत करने के तरीके

कमजोर दिल का सबसे महत्वपूर्ण कारक है आपकी जीवनशैली की खराब आदतें। आप धूम्रपान छोड़ सकते हैं, स्वस्थ आहार खा सकते हैं और नियमित रूप से शारीरिक व्यायाम करके जीवनशैली में सुधार कर सकते हैं।

यदि कोरोनरी धमनी की बीमारी के कारण हार्ट मसल्स डैमेज हो जाएं तो एंजियोप्लास्टी या बाइपास सर्जरी कराने के बाद हार्ट की पंपिंग सामान्य हो जाती है।

यदि दवा और कई उपायों से ब्लड प्रेशर को प्रभावी ढंग से नियंत्रित किया जाए, तो हार्ट की पंपिंग सामान्य हो जाती है और हृदय कमजोर नहीं पड़ता।

कमजोर दिल से बचने के लिए टाचिकार्डिया को नियंत्रित करना जरूरी है। इलेक्ट्रोफिजियोलॉजी स्टडी और रेडियोफ्रिक्वेंसी एब्लेशन की मदद से हृदय की पंपिंग में चमत्कारिक सुधार होता है।

गंभीर मामलों में जब हार्ट फेलियर होता है और किसी तरह से हार्ट की पंपिंग में सुधार नहीं किया जा सकता, तो डॉक्टर्स हार्ट इंप्लांटेशन की सलाह देते हैं। अगर आपको दिल की समस्या से जुड़े कोई लक्षण दिखें, तो अपने डॉक्टर से इस बारे में बात जरूर करें।

कोलेस्ट्रॉल

आंखों पर कोलेस्ट्रॉल जमा होने से भद्दा दिखने लगता चेहरा, 5 तरीके आजमाने से मिलेगा छुटकारा (Navbharat Times: 20210816)

<https://navbharattimes.indiatimes.com/lifestyle/health/cholesterol-bumps-under-eyes-how-to-remove-and-here-is-5-modern-techniques/articleshow/85301059.cms?story=5>

कई लोगों की आंखों के आस-पास के एरिया वाली स्किन पर कोलेस्ट्रॉल (Cholesterol) दिखता है। कुछ लोग इसे एलर्जी मानते हैं और मिटाने के लिए तमाम तरह की क्रीमों का इस्तेमाल करते हैं। लेकिन जानकारी के लिए आपको बता दें कि ये कोई स्किन इन्फेक्शन नहीं है जो किसी क्रीम या घरेलू नुस्खा आजमाने से आसानी से मिट जाएगा। दरअसल आंखों के आसपास ऐसे दाने शरीर में खराब कोलेस्ट्रॉल के कारण दिखते हैं। मेडिकल भाषा में इन्हें जैंथेलाज्मा (xanthelasma) कहा जाता है। यहां हम आपको इस समस्या से छुटकारा पाने के 5 मॉडर्न तरीके बता रहे हैं जिन्हें आप आजमा सकते हैं।

फ्रीज थेरेपी

मौजूदा दौर में कई लोग जैंथेलाज्मा को हटाने के लिए कायरोथेरेपी (cryotherapy) को रिमूव करवाते हैं। इस ट्रीटमेंट में आंखों के नीचे जमे कोलेस्ट्रॉल को फ्रीज करके हटाया जाता है। फ्रीज थेरेपी स्किन के दाग-धब्बों को रिमूव करने का मॉडर्न तरीका है, जो काफी सुरक्षित माना जाता है। हालांकि, इसे कराने से पहले किसी एक्सपर्ट से जरूर सलाह लें। क्योंकि तमाम दफा फ्री थेरेपी के बाद हाइपोपिगमेंटेशन के चलते स्किन के कलर में बदलाव आ सकता है।

लेजर तकनीक

आंखों के नीचे जमा कोलेस्ट्रॉल से जैसे तो दर्द या खुजली जैसी कोई समस्या नहीं होता और न ही ये आपकी स्किन को नुकसान पहुंचाता है। हालांकि, जेंथेलाज्मा हार्ट अटैक यानी दिल के दौरों का संकेत हो सकता है। इन्हें रिमूव करने के लिए आप लेजर तकनीक का इस्तेमाल कर सकते हैं।

लेजर के जरिए ये कोलेस्ट्रॉल रिमूव हो जाता है। और फिर इस जगह पर कुछ दिनों में नई स्किन आने लगती है। बेहतर होगा सबसे पहले आप अपनी स्किन के नेचर को समझें फिर तकनीक का प्रयोग करें। जैसे आजकल लेजर ट्रीटमेंट पार्लर में आसानी से उपलब्ध है लेकिन इसके लिए किसी एक्सपर्ट की सलाह जरूर लें।

सर्जरी

अगर आपकी आंखों के नीचे काफी लंबे वक्त से ये कोलेस्ट्रॉल है स्किन काफी मोटी हो चुकी है तो लेजर तकनीक से शायद न भी हटें। ऐसे में आप सर्जरी का विकल्प चुन सकते हैं। लेकिन कुछ लोग बताते हैं सर्जरी के बाद ये पपड़ीदार त्वचा तो हट जाती है लेकिन आंखों के नीचे काले घेरे दिखने लगते हैं।

क्योंकि कई बार हील होते समय स्किन के टिशूज गलत तरीके से जुड़ जाते हैं जिससे पलकों का शेप बिगड़ सकता है। सर्जरी अच्छा विकल्प है लेकिन इसका मगर इसका फैसला किसी अच्छे डर्मेटोलॉजिस्ट से सलाह लेने के बाद ही करें।

केमिकल पील्स

जेंथेलाज्मा को रिमूव कराने के लिए अगर आप लेजर और सर्जरी नहीं कराना चाहते हैं कैमिकल पील्स का ऑप्शन चुन सकते हैं। इससे भी इस जमे हुए कोलेस्ट्रॉल को हटाया जा सकता है। इस तकनीक में जेंथेलाज्मा को ट्राईक्लोरोएटिक एसिड (trichloroacetic acid) की मदद से रिमूव किया जाता है।

हालांकि, ये ट्रीटमेंट हर किसी को सूट नहीं करता है, खासकर उन्हें जिनकी स्किन बहुत सेंसिटिव होती है। चूंकि इसमें केमिकल का प्रयोग होता है और कुछ लोगों की स्किन को नुकसान पहुंचा सकता है। यही वजह है कि इस ट्रीटमेंट पर कम लोग ही भरोसा करते हैं।

इलेक्ट्रिक नीडल

इलेक्ट्रिक नीडल भी आंखों के नीचे के जमे हुए कोलेस्ट्रॉल रिमूव करने की एक मॉडर्न टेक्नीक है। इस ट्रीटमेंट को इलेक्ट्रोडेसिकेशन (electrodesiccation) भी कहते हैं। इस ट्रीटमेंट में डॉक्टर्स गर्म सुई का प्रयोग कर स्किन के पैचेज को रिमूव करते हैं। इसमें त्वचा को जलाकर पलकों पर जमे हुए अतिरिक्त

हिस्से को निकाल देते हैं। इलेक्ट्रिक नीडल ट्रीटमेंट के बाद जल्द ही वहां नई स्किन आ जाती है। मगर इस ट्रीटमेंट से बहुत गहराई तक जमा कोलेस्ट्रॉल को नहीं हटाया जा सकता है।

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

Mental Health

10 things you must do to get freedom from mental health woes (Hindustan Times: 20210816)

<https://www.healthshots.com/mind/happiness-hacks/chin-up-ladies-youre-worth-it-get-freedom-from-self-doubt/>

Millennials are more susceptible to mental health woes and other lifestyle diseases, but they can take certain steps to achieve freedom from this. Here's all that you need.

In a recent development, global sporting body Fédération Internationale de Football Association (FIFA) has joined hands with the World Health Organisation (WHO) and the Association of Southeast Asian Nations (ASEAN) to underline the importance of awareness regarding mental health. As part of the initiative, a number of current and former football players would be roped in to drive across the idea of mental wellbeing and allow people to not shy away, if faced with related symptoms. Another example of mental health assuming utmost importance in the modern pandemic-hit world is American gymnast Simone Biles pulling out of the women's gymnastics team finals recently.

The aforementioned developments depict how crucial mental health is for an individual in any stage of life or career, especially for the current generation of millennials. The way they lead their life in the modern world, it is quite usual for them to acquire lifestyle diseases or mental health issues induced by uninterrupted stressful situations. But is it so hard to maintain mental wellbeing or can it be done by making a few habits or activities a part of our daily lives? The latter is to be opted here and if the millennials adhere to the below mentioned suggestions, they can conveniently put all mental health woes at bay.

1. Breathing exercises

One of the easiest and best stress busters, breathing exercises must be done each day without fail. Lie on a mat with eyes shut and inhale as deep as possible, follow the sound of breathing, and do this repeatedly to realize a flow of positive energy within. This would also make you calm and composed, leading toward a balanced life with reduced levels of aggression.

2. Meditation

Adopting practices such as meditation can also bring about instrumental changes in our lifestyle and overall approach toward life. There are simple meditation techniques that can be learned through credible online sources as well and that help effectively in dealing with stress or anxiety-like situations.

3. Nature therapy

Be as close to nature as possible. Do not consider sitting in a park surrounded by trees or sitting on your balcony, while rains lash everything around. Observing and feeling the rain, for instance, brings us closer to nature, thereby allowing us to feel connected with our inner self.

4. Sound-based therapy

Sound is intrinsic to the mental as physical status of any individual. There are various sound-related exercises such as bhamari, which is actually a humming exercise. Sit on a mat, close your eyes, ears and nose and make the sound of Om, which would trigger a positive vibration reaching the mind directly. Repeating it 15-20 times can make one feel light-headed.

5. Storytelling

If you feel you can weave words into a story, there could be no better aid to your mental health, for you would for most part be digressed from issues that impact the wellness of mind. Even if you are a listener of stories, you can forget the worries and dwell into a world of positivity and unexplored happenings through a plethora of stories.

6. Adopt habits

Try to first identify a habit that is most conducive to your likings and preferences. If you are into music, make it a part of your daily routine, or if philately is something that interests you, do not shy away from becoming a philatelist. These habits would provide you with a perspective in life, acting as fuel for a life that is not mundane.

7. Adopt reading habits

Reading books or novels that enhance our analytical thinking or simply allow us to enter unseen worlds is a very good way to keep mental health woes away. While it would help the mind to prevent overthinking, it would also enhance knowledge in a significant manner.

8. Lead a routine life

Taking things up in a haphazard and unorganized manner might not do any benefit to your mental health. It can, in fact, end up ruining your mental peace. Therefore, it is very important to chalk out a routine and adhere to it without fail. Doing so would not leave you wondering about what to do, thereby preventing your mind from being a devil's workshop.

9. Juggle your daily routine

Following a fixed routine for long might lead to boredom and fatigue. While there is no need to cut down on the activities for any day, you can simply rearrange them to feel a sense of newness.

10. Eat nutritious meals

Internal grooming, which is usually not paid any heed to, is very essential to ensuring positive mental health. When we eat nutritious food, we nurture ourselves from within and there is no substitute for our own internal strength. No matter how busy or worked up you are, always ensure you eat well in the right proportion.

Physical Fitness

Backache? Cat cow child pose flow yoga is just what you need to get freedom from the pain (Hindustan Times: 20210816)

The movement of the cat-cow pose and child's pose is a great stretch that engages your back and helps to alleviate back pain.

Blame our lifestyles for our constant backache issues! We have become so used to neglecting it thinking it will go away on its own, but beware because that can increase the risk of serious injuries or complications. As you age, or when you go through your menstrual cycle, backache is common, but there are many other factors which lead to backache, and finding a solution is important.

If your work from home routine has given you a sore spine, read on. Cat cow child pose flow yoga is all you need! Basically, it is a combination of two yoga poses; child's pose and cat-cow pose, both of which are effective ways to reduce backache.

Child's pose: It may look like you're resting, but the child's pose is an active stretch that helps elongate the back. This pose stretches and relaxes your spine, glutes, and hamstrings, helping to relieve the tension in your back and neck.

Cat cow pose: This pose is a gentle backbend stretch. When you perform cat-cow stretch, it targets the spine and abdominal and involves moving the spine from a rounded position (flexion) to an arched position (extension).

Let's start with the child's pose aka balasana:

Sit on your shin bones with your knees together, your big toes touching, and your heels splayed out to the side as you would while performing vajrasana. Bend forward and walk your hands in front of you and rest your forehead gently on the floor. Sink your hips back down towards your feet, keeping your spine straight. Keep your arms extended in front of you or rest them along your body. Remain in the pose for 2-3 minutes or, while continuing to breathe deeply. [yoga for backache](#) Yoga can be the ultimate solution to managing backache. Image courtesy: Shutterstock

Follow these steps to shift to the cat-cow pose:

To perform a cat-cow pose, get on all fours, in a tabletop position, slowly moving from the child's pose. Align your wrists underneath your shoulders and your knee underneath your hips. Make sure your toes are pointing backward. Keep your back and neck straight and look down, balancing your weight evenly between all four points. Inhale and look up, pushing your shoulders further away from your ears. Your belly drops down, but keep your abdominal muscles hugging your spine by drawing your navel in. Now exhale and drop your head down, pointing your chin towards your chest and your tailbone towards the yoga mat. Continue this fluid movement for at least one minute. [yoga for backache](#) Try the cat cow pose for your back, core, and more. GIF courtesy: Giphy.

From here, to move into child's pose once again, when you exhale, just sit back on your heels and relax

1. Strengthen your spine and back muscles

The flow between the cat-cow pose to the child's pose activates and revitalizes back muscles by increasing the blood flow and releasing the tension around your neck and upper back area.

2. Massage and stimulate organs in the belly

It stimulates your abdominal organs like adrenal glands and kidneys because they get massaged while doing this yoga pose, helping reduce your backache.

3. Increases the flexibility

This yoga flow relieves backache and makes the spine more flexible. This movement involves curving, rounding, and lengthening the spine, and stretching back, which means a perfect flow to boost flexibility.

Practicing this pose regularly can help relieve you from pain and soreness around your back and improves the flexibility of your back muscles.

4. Relieve menstrual pain

This is a great yoga flow to relieve menstrual pains especially if your back hurts a lot. The movement between these two poses allows your muscles to stretch, while also helping you relax.

5. Stretches the hips abdomen and back

Cat-cow child stretch helps to release the tension of the upper back and neck by stretching lower and upper back muscles along with the spine.

6. Improve balance

By strengthening the back, spine, or core this flow is great for improving balance. With its great benefit of relaxing the body, calming the thoughts, and stimulating a gentle flow in the back, this pose is good for posture and balance as well.

This flow is deeply relaxing, so there is no doubt that your back pain will go away in no time!

Diet/ Nutrition

Nutritionist suggests simple ways to add fibre-rich foods to your diet (The Indian Express: 20210816)

<https://indianexpress.com/article/lifestyle/food-wine/fibre-rich-foods-healthy-diet-7452320/>

These foods will help you add anywhere between 20-35g of fibre in your diet

A healthy diet comprises an adequate amount of all essential nutrients and that includes fibre too. Experts recommend eating fibre-rich foods to reduce the risk of diseases like hypertension, diabetes and obesity. Studies have also shown that it helps you with weight loss.

So how do you increase the amount of fibre in your diet? Nutritionist Kinita Kadakia Patel recently shared some tips for the same in an Instagram video. Here's what she suggested:

*Eat fruits with the skin (the ones that can be eaten) but make sure you wash them very well. This is because the skin is also rich in fibre.

*Add lentils, nuts and seeds to your meals, all of which are rich in fibre.

*Replace all the grains you consume with whole grains, even it is pasta or chappati.

*Add millets to your diet to increase fibre (husk). Recently, actor Rakul Preet Singh shared she had switched to eating millets. Read about the benefits here.

“This way, you can achieve anywhere between 20-35g of fibre,” the nutritionist added. So, how about trying it?

However, it is recommended that you consult a nutritionist before making changes in your diet.

Women Health

Stroke mortality in women: Height loss may indicate risk (Medical News Today: 20210816)

<https://www.medicalnewstoday.com/articles/stroke-mortality-in-women-height-loss-may-indicate-risk>

A new study suggests that height loss in middle age may have ties to the risk of death from a stroke in women. Image credit: Eddie Pearson/Stocksy

Gradual loss of height is normal in both men and women. It begins at about 50 years old and accelerates from around 60 years old onward.

A study that followed northern European women found that considerable height loss in middle age has associations with a more than twofold increased risk of dying from a stroke.

The authors propose that doctors could use height loss in early and middle adulthood to identify women at high risk of cardiovascular disease (CVD), including stroke.

The findings suggest that regular physical activity may help prevent the early onset of height loss.

People tend to maintain their height from the end of puberty until their early 50s when it starts to decline slowly.

Causes of height loss include:

shrinkage of the discs between the vertebrae of the spinal column

spinal compression fractures as a result of osteoporosis (loss of bone density)

changes in posture with aging

Height loss accelerates from around 60 years of age.

Research suggests that people who lose a lot of height are more likely to have low bone mineral density, vertebral fractures, and vitamin D deficiency.

Interestingly, people who live at higher latitudes are more prone to osteoporotic fractures, possibly due to less sunlight exposure.

The skin needs sunlight to make vitamin D, which helps strengthen bones.

Studies have found that rapid height loss — in mixed cohorts of men and women — has associations with a greater overall mortality rate and increased risk of (CVD).

“There appears to be a relationship between cardiovascular disease and osteoporosis,” said Dr. Nieca Goldberg, a cardiologist at New York University (NYU) School of Medicine and medical director of the NYU Women’s Heart Program.

Speaking on behalf of the American Heart Association (AHA), Dr. Goldberg told Medical News Today that the physiological mechanism behind the link is unclear.

“Proposed causes are frailty and decreased endurance as a marker of CVD risk,” she said.

She added that low levels of physical activity increase the risk of CVD, osteoporosis, and muscle weakness, leading to falls and disability.

“A good brisk walk can help to protect our cardiovascular health and prevent bone loss,” she said.

Height loss in middle age

To date, most of the studies into links between height loss and CVD have involved older people, and none has focused exclusively on women.

This is surprising, given that women tend to lose more height Trusted Source than men and are more likely to develop osteoporosis.

To fill this knowledge gap, scientists at the University of Gothenburg in Sweden set out to determine whether height loss in middle age has links to a greater risk of overall mortality and cardiovascular mortality in women.

They analyzed data from two studies that tracked women’s health in Denmark and Sweden over several decades.

Even after accounting for other factors that affect a person’s risk of CVD, such as weight, smoking, physical activity, alcohol intake, and education, they found unusually large mortality risks associated with height loss.

They associated each centimeter (cm) of lost height with a 14% and 21% greater risk of death from any cause in the Swedish and Danish cohorts, respectively.

When the researchers combined data from the two cohorts, they found that significant height loss — which they defined as more than 2 cm — had associations with a more than a twofold increased risk of stroke.

Crucially, their analysis helps to confirm other research that suggests regular physical activity can guard against height loss in women after menopause.

The new study appears in the journal *BMJ Open*.

The authors conclude:

“These findings suggest the need for increased attention to height loss to identify individuals at increased CVD risk. Moreover, regular physical activity may be beneficial not only in the prevention of CVD but also in the prevention of height loss and thereby further contributing to CVD prevention.”

How the study worked

The research involved 1,147 women in Sweden who were part of the Prospective Population Study of Women in Göteborg and 1,259 women in Denmark who were part of the MONICA Trusted Source (MONItoring trends and determinants of CARdiovascular disease) study.

Researchers measured participants’ height at the start of the studies when they were between 30–60 years old and again 10–13 years later.

The participants lost an average of 0.8 cm during this time, but the amount ranged widely, from 0–14 cm.

For 17–19 years after the second height measurement, researchers recorded deaths among the participants and their possible causes.

After adjustments for other contributory factors, such as lifestyle, those who lost more than 2 cm of their original height were 2.31 times as likely to die from a stroke and 2.14 times as likely to die from any type of CVD.

The authors say that, to their knowledge, this is the first study to find a link between height loss and stroke mortality.

Bones and blood vessels

The researchers believe height loss and CVD are linked via the relationship between bone loss, or osteoporosis, and CVD.

They point to a review of research that found a link between low bone mineral density and fractures and subsequent risk of CVD.

There is a surprisingly close relationship between bone loss and a process called vascular calcification^{Trusted Source}, which is the buildup of calcium in blood vessels.

Both processes involve inflammation and oxidative stress.

In the new study, researchers indicate that osteoporosis may explain the link between height loss and increased CVD risk.

“Low bone mineral density and osteoporosis, could certainly explain some of the height loss,” said lead author Sofia Klingberg.

“Furthermore, the literature suggests connections between bone loss and CVD through common causes, such as inflammation and oxidative stress,” she told MNT.

She said measuring height could provide a simple, quick early warning sign of increased risk of CVD among female patients.

“Height should be added but not substituted for a CVD risk assessment that includes weight and blood pressure and laboratory testing for cholesterol and glucose,” she added.

She concluded that it is possible to measure people’s vitamin D levels, which is vital for calcium absorption and helps maintain bone mineral density, with a blood test.

Limitations of the study

The authors of the new study emphasize that their research had some limitations.

In particular, they write that the number of deaths due to stroke was relatively low, so people should interpret these results with some caution.

In addition, they say they cannot rule out the possibility that other, unmeasured factors influenced their results, such as physical activity and smoking earlier in life, other diseases, and medical treatments.

However, the study suggests that paying more attention to height loss — particularly in women — might help healthcare professionals identify individuals at increased CVD risk.

Psoriasis

Medical Myths: All about psoriasis (Medical News Today: 20210816)

<https://www.medicalnewstoday.com/articles/medical-myths-all-about-psoriasis>

August is Psoriasis Awareness Month. With this in mind, the latest airing of Medical Myths will face psoriasis-based misunderstandings head-on. Among other topics, we will cover diet, hygiene, treatments, and more.

In our Medical Myths series, we approach medical misinformation head on. Using expert insight and peer reviewed research to wrestle fact from fiction, MNT brings clarity to the myth riddled world of health journalism.

Psoriasis is common but misunderstood. Design by Diego Sabogal

Psoriasis is a relatively common immune-mediated skin condition. It causes crusty, flaky patches to appear on the skin, commonly on the knees, scalp, elbows, and back. These patches present as red on light skin and may appear violet or purple on dark skin.

Globally, the exact prevalence of psoriasis is difficult to ascertain. However, a 2020 study^{Trusted Source} found that the prevalence varies from 0.14% of the population in East Asia to 1.99% in Australasia.

Other studies have identified much higher rates, with one study measuring a prevalence rate of 11.4%^{Trusted Source} in Norway.

Aside from the physical aspects of psoriasis, the condition can affect people's well-being^{Trusted Source} and quality of life.

Similarly, some people with psoriasis face stigma. As the authors of one study write:

“Stigmatizing views of persons with psoriasis are prevalent among people in the United States. Educational campaigns for the public and medical trainees may reduce stigma toward persons with psoriasis.”

With this in mind, we will address some persistent myths that surround psoriasis. We have enlisted the help of two experts to assist.

The first is David Chandler, chief executive of the Psoriasis and Psoriatic Arthritis Alliance in the United Kingdom. The second is Dominic Urmston, patient advocacy and communications manager at the Psoriasis Association, also in the U.K.

1. Psoriasis is contagious

Although this myth is pervasive, it is still a myth. As Chandler explained: “You cannot catch psoriasis. It is an autoimmune condition where the immune system responds inappropriately and produces too many skin cells.”

To stress the point further, Urmston told Medical News Today:

“It cannot be caught by person-to-person contact or by sharing of bodily fluids — for instance, by kissing or sharing food or drinks. It also cannot be caught by others in close contact public areas, such as in swimming pools or in saunas.”

2. Psoriasis is just dry skin

“No, it’s much more than that,” Chandler told us. “The skin structure turns over much quicker — the usual skin turnover is around every 28 days, [but] in psoriasis, it can be as short as 4–5 days.

Due to this short turnaround, the skin cells have not yet matured, which causes them to build up into thick scales, which the body cannot shed as usual.

In addition, Chandler explained, “blood vessels also change and move closer to the surface, which causes the areas, if scratched, to bleed, becoming very red and sore.”

“In more severe cases, psoriasis can cause the skin to crack and bleed, which can be debilitating,” Urmston said. “Psoriasis on the hands or feet can make everyday activities difficult, and psoriasis on areas such as the groin or buttocks can make even sitting down or going to the toilet painful.”

3. There is only one type of psoriasis

There is a common misconception that psoriasis is psoriasis and there is no variation. However, this is not the case. “The most common type,” explained Chandler, “is large plaque psoriasis with typical thick silvery scales.” Other types include:

Guttate psoriasis: People sometimes describe this widespread rash as “raindrop psoriasis” because the scaly patches are tear-shaped.

Inverse psoriasis: This type only forms in regions that make contact with other parts of the body, such as the armpits, groin, or area under the breasts.

Erythrodermic psoriasis: This uncommon type of psoriasis involves a peeling rash that appears red on white skin and covers much of the body.

Pustular psoriasis: In this type, pus-filled bumps develop, most commonly on the hands and feet.

4. Psoriasis results from poor hygiene

“The presence of psoriasis does not mean that a person’s hygiene is poor,” confirmed Urmston.

“No, definitely not,” Chandler concurred. “In fact, people with psoriasis tend to have to be scrupulous about self-care, as the skin is so sore and flaky that it needs constant care.”

He also explained that people with psoriasis often have to use their treatments twice each day, meaning that “people will spend a great deal of time managing it, particularly areas such as the scalp, because if it is left, it will become very difficult to manage very quickly.”

5. Doctors can cure psoriasis

This is another myth, as currently, there is no cure for psoriasis. However, scientists are continuing to develop their understanding of the condition, and, as Chandler noted, this new understanding “may lead to a cure at some stage in the future.”

Importantly, as Urmston pointed out, “psoriasis can be successfully treated and managed, and doctors and dermatologists can offer a wide range of treatment options.”

6. Psoriasis only affects the skin

The condition’s effect on the skin is the most noticeable, but psoriasis is not just skin-deep. As Urmston told MNT:

“Psoriasis can affect more than just the skin.” An estimated 6–42% of people with psoriasis also develop psoriatic arthritis, which Urmston describes as “an inflammatory arthritis that affects the joints. It often affects the knees or the joints in the hands and feet — as well as areas where tendons join to bone, such as the heel and lower back.”

Beyond its physical effects, psoriasis can have a psychological impact, too. “People with psoriasis are also more likely to experience anxiety, depression, and low confidence and self-esteem,” explained Urmston, “which can all have a significant impact on day-to-day life.”

7. No treatments can relieve psoriasis

Although there is no cure, it is a myth that there are no treatment options. “There are numerous treatments that can help relieve the symptoms of psoriasis, depending on how badly the individual is affected,” Chandler stated.

“These range from topical (applied) creams to ointments, foams, and gels. Light therapy is also used, as are disease-modifying drugs both as tablet and injection — all having varying benefits and associated risks.”

As psoriasis is a chronic condition that lasts a lifetime, a person may need to work with their doctor to modify their treatment plan over time.

“Most people with psoriasis start their treatment under the guidance of a doctor who can prescribe topical (applied to the skin) treatments in different formulations (creams, ointments, and gels).”

“If psoriasis is more severe, or if various types of topical treatments are ineffective, a doctor should provide a referral to a dermatologist, who can offer further treatment options, such as UV light therapy and tablet and injection treatments.”

– Dominic Urmston

8. Psoriasis only affects adults

“Although most commonly seen in adults — psoriasis often starts in teenage years and lasts a lifetime — it can be seen in children and also, rarely, in babies,” explained Chandler.

Urmston told MNT that “there seem to be two ‘peaks’ of onset: from the late teens to early 30s and between the ages of about 50 and 60.”

9. Psoriasis is the same as eczema

Although the primary symptoms of eczema and psoriasis are both dermatological, the conditions are entirely different.

As Chandler explained, “eczema is often based on an allergic reaction, which psoriasis is not.” Also, eczema is “more common in young children and can disappear over time.” Conversely, psoriasis is less common in children and tends to be a lifelong condition.

“They also tend to affect different areas of the body,” wrote Urmston, “with eczema tending to appear inside the elbows and knees (the crook), whereas psoriasis appears more frequently on the outside of the elbows and knees, as well as on the scalp.”

Overall, the underlying mechanisms that drive eczema and psoriasis are different, too. Psoriasis is an autoimmune condition, whereas eczema can involve genetic, environmental, and other factors. However, there is some evidence to suggest that eczema can be an autoimmune condition, as well.

Importantly, Urmston stated, “With both conditions, a diagnosis from a trained healthcare professional is vital in order to begin the most relevant treatment pathway as early on in the course of the condition as possible.”

10. Changing your diet can cure psoriasis

“There is no evidence to suggest a particular diet can cure psoriasis,” Chandler told MNT. “Many people may associate changes in diet with an improvement, but as the nature of psoriasis is to ‘wax and wane,’ this could be a coincidental occurrence.”

However, he also wrote that “following a healthy, well-balanced diet, keeping weight down, and exercising regularly are generally good pieces of advice to follow for overall well-being.”

In agreement, Urmston told us: “At this time, there is a lack of robust research linking any specific change in diet to an improvement in psoriasis symptoms. We do know that factors such as obesity, alcohol, and smoking can increase the severity of psoriasis symptoms, so a

healthy lifestyle, including regular exercise and a healthy, balanced diet, can be beneficial in managing psoriasis.”

Summary

Psoriasis is not curable, but it is treatable. Anyone who believes that they might have psoriasis should speak with a doctor so that they can begin treatment as soon as possible.

As with all medical conditions, researchers continue to investigate ways in which it might be possible to manage the symptoms more effectively. One day, scientists may also develop a cure.