



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Thursday 20220915

## WHO

**‘Countries, WHO massively failed pandemic test’(Hindustan Times: 20220915)**

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=1597ac2e97f&imageview=0>

There were “massive global failures” in the response to the Covid-19 pandemic, some of the world’s top health experts writing as part of the Lancet Commission said in a report released on Wednesday, blaming national governments that were “unprepared and too slow” and the World Health Organization for not declaring a public health emergency and recognising airborne spread of the virus on time.

The Lancet Commission assessment by 28 experts was part of the report on the lessons for the future from the coronavirus pandemic.

Among the areas pointed out in the report where WHO faltered include warning about the human transmissibility of the virus, to declare a Public Health Emergency of International Concern (PHEIC), to support international travel protocols designed to slow the spread of the virus, to endorse the public use of face masks as protective gear, and to recognise the airborne transmission of the virus.

“The staggering human toll of the first two years of the Covid-19 pandemic is a profound tragedy and a massive societal failure at multiple levels”, said Jeffrey Sachs, chair of the Commission, University professor at Columbia University (US), in a statement by the Commission.

“We must face hard truths—too many governments have failed to adhere to basic norms of institutional rationality and transparency; too many people have protested basic public health precautions, often influenced by misinformation; and too many nations have failed to promote global collaboration to control the pandemic.”

Calling it “widespread, global failures” at multiple levels, the Commission said the lapses led to millions of preventable deaths and reversed progress made towards the UN Sustainable Development Goals (SDGs) in many countries.

As per the experts' estimates 17.7 million Covid deaths happened globally, including those unreported, in the first two years. The report added that "the number was likely to be an underestimate". The reported toll at the end of December, 2021 was a little under 5.5 million, and on March 11, 2022 a little over 6 million.

For India, the report said a combination of new variants, particularly the spread of the Delta variant, and crowd events proved devastating.

"India reported roughly 20 million Covid-19 infections and 250,000 deaths attributed to the disease between Jan 1 and June 30, 2021, but the actual numbers are estimated to be vastly higher. Seroprevalence of Covid-19 IgG antibodies in non-vaccinated individuals older than 6 years increased from 24% in December, 2020 and January, 2021, to 62% in June and July, 2021, confirming that hundreds of millions of people were infected during the Delta wave," read the report.

"The IHME (Institute of Health Metrics and Evaluation) estimates that there were around 417 million infections and 1.6 million deaths from Covid-19 in India between April 1 and July 1, 2021, compared with just 18 million reported cases and 252,997 reported deaths."

The Indian government has from the start maintained there is robust Covid death audit system in place, and that there has been no under-reporting of Covid deaths.

"Time and again it has been clarified— on various national and international platforms— that deaths due to Covid-19 are being documented. The data is available on government website for everyone to see," said a senior central government official aware of the matter, requesting anonymity.

Experts said the putting strict restrictions in place very early helped India. "It was meant to provide time for the health care system to cope as owing to India's vast size, the transmission was expected to be high. The governments got adequate time to upgrade the health infrastructure— create isolation facilities, procure diagnostic kits, ventilators, etc. It was a good and timely executed step," said Dr KK Talwar, former director, PGI Chandigarh.

On the impact of lockdowns in India, the report said they helped slow the spread of Covid-19 but brought about severe economic and social hardships: gross domestic product shrank by 24% for the second quarter of 2020 and 6.6% in 2020-21.

The report also called out vaccine nationalism, noting that many companies made contracts directly with the governments that paid the highest prices and "some vaccine-producing countries, such as India, imposed export bans rather than delivering them to COVAX as promised."

The COVAX facility is a WHO-led initiative for equitable distribution of vaccines. It aimed to garner funding from rich nations to support vaccine development and production and equitably distribute it to all parts of the world, including poorer nations.

**Atrificial Sweetners (The Asian Age: 20220915)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16641052>



**THOUGH AN ATTRACTIVE OPTION TO REDUCE SUGAR INTAKE, RESEARCHERS SAY IT ADDS TO THE RISK OF HEART DISEASE AND OTHER AILMENTS TOO**

# ARTIFICIAL SWEETENERS LINKED TO HEART DISEASE

**✓** Academics have identified a possible link between artificial sweeteners and heart disease in a new study. Researchers said that food additives “should not be considered a healthy and safe alternative to sugar.”

The new study, published in *The BMJ*, examined information on more than 100,000 adults from France. The authors, led by experts from the Sorbonne Paris Nord University, examined participants’ intake of sweeteners from all dietary sources including drinks, table top sweeteners, and dairy products and compared it to their risk of heart or circulatory diseases.

Participants had an average age of 42 and four out of five were female. Researchers tracked sweetener intake using diet records. Participants noted everything they ate, including which brand was used, for 24 hours, with the diet diary repeated three times at six month intervals — twice on week days and once on a weekend day.

Some 37% of participants consumed artificial sweeteners. During an average follow-up period of nine years, 1,502 cardiovascular events

were recorded by participants. This included heart attacks, strokes, transient ischemic attacks (also known as mini strokes) and angina — chest pain linked to poor blood flow to heart muscles. Researchers found that artificial sweetener consumption was linked to a 9% higher risk of heart disease.

And when they looked specifically at each type of illness they found artificial sweetener consumption was linked to an 18% higher risk of cerebrovascular disease — conditions which affect the blood flow to the brain. A specific type of sweetener — aspartame — was associated with a 17% increased risk of cerebrovascular events, while acesulfame potassium and sucralose were associated with increased coronary heart disease risk.

“In this large-scale, prospective cohort of French adults, artificial sweeteners (especially aspartame, acesulfame potassium and sucralose) were associated with

increased risk of cardiovascular, cerebrovascular and coronary heart diseases,” the authors wrote. “The results suggest that artificial sweeteners might represent a modifiable risk factor for cardiovascular disease prevention. The findings indicate that these food additives, consumed daily by millions of people and present in thousands of foods and beverages, should not be considered a healthy and safe alternative to sugar.”

Commenting on the study, Tracy Parker, senior dietitian at the British Heart Foundation (BHF), said: “Observational studies like these can only show an association, and more research is needed to understand the links between artificial sweeteners and the risk of developing heart and circulatory diseases. Most adults in the UK eat too much sugar, and this is linked to health problems such as obesity and tooth decay.”

**THE STUDY'S FINDINGS SUGGEST THAT THESE FOOD ADDITIVES, WHICH ARE CONSUMED DAILY BY MILLIONS OF PEOPLE AND FOUND IN THOUSANDS OF FOODS AND BEVERAGES, SHOULD NOT BE CONSIDERED A HEALTHY AND SAFE ALTERNATIVE TO SUGAR.**

“Observational studies like these can only show an association, and more research is needed to understand the links between artificial sweeteners and the risk of developing heart and circulatory diseases. Most adults in the UK eat too much sugar, and this is linked to health problems such as obesity and tooth decay.”

— *dpa*

## **Fatal second wave errors**

### **Report should spur audit of deaths, review of strategies (The Tribune:20220915)**

<https://www.tribuneindia.com/news/editorials/fatal-second-wave-errors-431723>

THE report of the Parliamentary Standing Committee on Health comes as a stinging reminder of the botched national response to the second wave of the Covid pandemic last year. Equally disappointing have been the time and energy spent by the Centre and several states in shrugging off responsibility, or in denying their failure to anticipate the gravity of the situation. An unprepared healthcare system crumbling under pressure was reflected in the untold suffering of patients and families across the country during the first half of 2021. Indulging in a blame game will be a futile exercise. The findings should instead spur concerted efforts to find out what went wrong and fix responsibility, if indeed there was glaring dereliction of duty. Future strategies depend on such a thorough review of the emergency protocols.

Abiding lessons need to be drawn from the panel's assertion that many lives could have been saved if containment strategies were implemented in time. Raising a celebratory flag of having won the battle against the virus exposed the gaps and irrationality in the health policy, as also the life-endangering decisions of allowing mass gatherings. Governmental agencies have gone into aspects of shortage of oxygen, beds and medicines, disruption of essential services and prevalent black market. However, an overarching study addressing the shortcomings and structural inadequacies and prescribing solutions has not been forthcoming. The panel report, which rightfully admonishes the government, offers an opportunity to formulate mandatory provisions for any health emergency.

It would be prudent to act fast on the recommendation to audit the deaths of Covid-19 patients due to shortage of oxygen, especially during the second wave, and ensure proper compensation to the victims' families. The shortage of oxygen and mismanagement of distribution, prompting international assistance, highlighted the false notions of self-sufficiency and readiness. The consequences were devastating. Accepting human failings and institutionalising better practices are the responsible things to do.

## **New Cases**

### **Active covid cases in country increase to 46,389**

### **6,422 new cases, 14 more deaths reported (The Tribune:20220915)**

<https://www.tribuneindia.com/news/nation/active-covid-cases-in-country-increase-to-46-389-431970>



India added 6,422 new coronavirus infections taking the total tally of covid-19 cases to 4,45,16,479, while the active cases increased to 46,389, according to the Union Health Ministry data updated on Thursday.

The death toll climbed to 28,250 with 34 fatalities which includes 20 deaths reconciled by Kerala, the data updated at 8am stated.

## **Surgical instruments**

### **India importing 88% implants, 63% surgical instruments (The Tribune:20220915)**

<https://www.tribuneindia.com/news/nation/india-importing-88-implants-63-surgical-instruments-431776>

Parliamentary panel seeks law on medical devices to reduce dependence on imports

India importing 88% implants, 63% surgical instruments

India's growing dependence on imports for critical medical devices has led the Parliamentary Committee on Health to demand a standalone legislation to regulate the sector and a separate regulator to create a pathway for faster approvals to quality products.

India imports 88 per cent of the implants, 63 per cent of all surgical instruments and 52 per cent of electronic equipment, including CT scans and MRIs.

The import of medical devices has been rising and increased from USD 6,240.55 million in 2020-21 to USD 8,539.5 million in 2021-11, while exports rose only very marginally over the corresponding period from USD 2,532 million to USD 2,923.16 million.

Almost 80 per cent (by value) of the domestic medical devices requirements are met by imports, with the House committee, in its latest report on the need for self-reliance in the sector, asking the government to provide incentives or encourage preferential purchase for domestically manufactured products in government procurement. The Health Ministry has, meanwhile, formed a panel to draft the new Drugs, Medical Devices and Cosmetics Bill and has no plans to have a separate law for medical devices, which are defined as drugs under the Drugs and Cosmetics Act, 1940, and regulated as such.

“The department should ensure that in all public procurement, preference is given to Indian-manufactured medical devices having domestic content of at least 50%,” said the committee. It said three segments — electronic equipment, implants and surgical instruments — account for highest imports in the medical devices sector. “These segments include highly important and widely used high-end technology devices, such as CT scanners, MRI, ultrasound and X-Ray machines, knee and hip implants, dental fixtures, cancer diagnostics and other surgical instruments. Manufacturing of high-end technology devices would require an evolved medical devices sector having a robust research and development infrastructure,” the report of the panel titled “Medical Devices: Regulation and Control” said.

## **Nasal Covid vaccines**

### **Easy to use, more effective and cheap, nasal Covid vaccines can be game-changer: Scientists (The Tribune:20220915)**

<https://www.tribuneindia.com/news/health/easy-to-use-more-effective-and-cheap-nasal-covid-vaccines-can-be-game-changer-scientists-431647>

Researchers believe mucosal vaccines may prevent even mild cases of illness and block transmission to other people, something current Covid shots are unable to do

Easy to use, more effective and cheap, nasal Covid vaccines can be game-changer: Scientists

Photo for representational purpose only. iStock

Holding out the promise of preventing even mild infections and blocking transmission, mucosal vaccines may well be a game changer for the Covid pandemic, say scientists as Indians gear up for the world's first intranasal preventive.

A nasal, non-invasive and cheaper alternative to injectable vaccines could be just what is needed in a world battling a waning and waxing Covid wave with new variants throwing up challenges at every step, the experts said.

Earlier this month, Bharat Biotech announced that its iNCOVACC (BBV154), the world's first intranasal COVID-19 vaccine, has received approval from the Drugs Controller General of India for restricted use in emergencies for those 18 and older. The vaccine is yet to be marketed.

By prompting an immune response where the virus first enters the body, researchers believe mucosal vaccines may prevent even mild cases of illness and block transmission to other people, something current COVID-19 shots are unable to do.

“This pandemic has been dragging on because new variants continue to emerge that are capable of causing a lot of infections and transmission among people who were already vaccinated,” said David T. Curiel, a professor at Washington University.

“A nasal vaccine may be what we need to finally break the cycle of transmission,” Curiel said in a statement.

Immunologist Vineeta Bal agreed, explaining that intranasal vaccines are supposed to produce antibodies locally, i.e. in the upper respiratory passage, the entry point for SARS-CoV2.

Because of their presence, the virus is supposed to be ‘neutralised’ immediately after entry without letting it gain foothold by entry in the cells and reproducing.

“This means early clearance of the virus from the body before its spread to lungs and other organs is a distinct possibility and an advantage over other intramuscular injectable vaccines,” Bal, from Pune's Indian Institute of Science Education and Research (IISER), said.

“Because the infection is nipped in the bud so to say, viral replication inside the host body is less,” she explained.

India is not the only country to have approved a mucosal COVID-19 vaccine. China did too. However, while China’s mucosal vaccine is inhaled through the nose and mouth, India’s intranasal coronavirus vaccine is administered as drops in the nose.

Bharat Biotech has said its BBV154 vaccine is proven to be safe and generated an immune response in clinical trials on about 4,000 volunteers.

Mucosal vaccines target thin membranes that line the nose, mouth and lungs. They are administered by contact with linings of the body’s barrier organs through drops, sprays, or swallowed capsules.

BBV154 is made from adenovirus, a relative in the family of cold viruses that expresses the spike protein found in SARS-CoV-2, which the virus uses to enter and infect the cells.

“There are two advantages of intranasal vaccines over intramuscular (or subcutaneous) vaccines,” said immunologist Satyajit Rath, also from IISER.

“One thing is clear; they are easier to administer, since they do not need to be injected. The second one, which is being widely discussed, is more hypothetical—they are thought to provide better immediate local protection in the lining of nose, throat and large lung airways,” Rath told PTI.

While there is some evidence, mostly from polio vaccines, for this advantage of the mucosal vaccines, it is not yet clear if they will live up to this in actual usage in people, he explained.

Bal added that the ease-of-use of the intranasal vaccine makes it easier to administer on a mass scale.

“Oral polio vaccine is the case in point. Only because needle syringes are avoided, the fear in people’s mind also can be less,” Bal told PTI.

“However, how uniformly the predetermined volume of the vaccine can be given and whether optimal amount of virus will trigger immune response are some of the variables to be kept in mind,” she added.

Another plus point for a nasal vaccine is the cost factor. Though the pricing for Bharat Biotech’s intranasal vaccine is still unclear, it will be considerably cheaper than the injectable ones.

The nasal delivery system was designed and developed to be cost-effective, a feature that is especially important in low- and middle-income countries, and the vaccine can be stored in a refrigerator, scientists said.

Receiving the vaccine requires only a brief inhalation, a major advantage for the many people who prefer to avoid needles, according to researchers at the Washington University, which developed the vaccine technology on which BBV154 is based.



Importantly, they said, the design of the vaccine makes it relatively quick and easy to update when new variants emerge—simply by switching out the current spike protein with one from a new variant.

In a study published in July, the researchers also noted that intranasal vaccines for COVID-19 will be critical to protect people against the emerging variants of concern.

“The nasal vaccine provides a mucosal antigen boost to the pre-existing immune cells that direct immune response, resulting in higher immunity,” they explained.

Rath cautioned that the possible emergence of yet another virus variant that can efficiently avoid the current immune responses could well change everything.

“There is yet no evidence indicating that such mucosal vaccines will have any unique utility specifically against new SARS-CoV-2 variants,” he said.

However, Rath noted that if such vaccines reduce infection, rather than reducing illness severity, they will be helpful in maintaining control over rates of virus transmission.

Four mucosal vaccines for COVID-19 in the world have been approved so far, including one each in Iran and Russia, according to Airfinity, a London-based health-analytics company.

Over 100 mucosal vaccines against the disease are in development worldwide, and about 20 have reached human clinical trials, it said.

In principle, according to Bal, highly immunogenic nasal vaccines can significantly decrease the efficacy of transmission.

“Our reluctance to use masks can be partly compensated by a very effective nasal vaccine. Based on the data... if this is really the case, then nasal vaccines would be useful as boosters as well,” Bal said.

She said India’s nasal vaccine has been given permission as a primary vaccine and not as a booster. That means its utility with the present approval is very very limited in India.

“However, globally, especially in many other lower and middle income countries (LMICs) there is still very poor vaccine coverage and this vaccine might find a place in such countries,” Bal added.

India logged 5,108 new coronavirus infections, up from Tuesday’s 4,369 cases, which was the lowest in over three months, according to Union Home Ministry data on Wednesday. However, the threat of another variant is ever present.

## **Novel plastic film**

### **Novel plastic film can kill Covid virus using just room light(The Tribune:20220915)**

#### **The film is coated with thin layer of particles that absorb ultraviolet light and produce reactive oxygen species**

<https://www.tribuneindia.com/news/health/novel-plastic-film-can-kill-covid-virus-using-just-room-light-431642>

Novel plastic film can kill Covid virus using just room light

Photo for representational purpose only. iStock

Scientists in the UK have developed a plastic film that can kill the SARS-CoV-2 virus particles which land on its surface with just room light.

The self-sterilising film developed by a team at Queen's University Belfast, UK, is less costly to produce, can be readily scaled and used for disposable aprons, tablecloths, and curtains in hospitals.

The film is coated with a thin layer of particles that absorb ultraviolet (UV) light and produce reactive oxygen species—ROS.

These kill viruses, including SARS-CoV-2, the researchers said. The technology used to create the film also ensures it is degradable—unlike the current disposable plastic films—making it environment-friendly, the researchers said.

The research, published in the Journal of Photochemistry and Photobiology B: Biology, could lead to a significant reduction in the transmission of viruses in healthcare environments but also in other settings that uses plastic films.

The researchers tested the film for anti-viral activity using four different viruses—two strains of influenza A virus, a highly-stable picornavirus called EMCV and SARS-CoV-2.

They exposed the film to either UVA radiation or with light from a cool white light fluorescent lamp. The researchers found that the film is effective at killing all of the viruses - even in a room lit with just white fluorescent tubes. SARS-CoV-2 was particularly prone to photocatalytic inactivation even under very low UV irradiation conditions, they said.

“This film could replace many of the disposable plastic films used in the healthcare industry as it has the added value of being self-sterilising at no real extra cost,” said Professor Andrew Mills from Queen's University Belfast.

“Through rigorous testing we have found that it is effective at killing viruses with just room light – this is the first time that anything like this has been developed and we hope that it will

be a huge benefit to society,” Mills said. The researchers noted that pathogenic viruses like SARS-CoV-2 and influenza will continue to be global problem for years to come.

“In developing self-sterilising thin plastic films, we have created a low-cost technology that could have a significant impact on the transmission of such concerning viruses in a healthcare environment and other sectors where they are used,” Professor Andrew Mills added.

## **Omicron**

### **Another new covid variant is spreading. Here's what we know about Omicron (The Tribune:20220915)**

<https://www.tribuneindia.com/news/health/another-new-covid-variant-is-spreading-heres-what-we-know-about-omicron-431609>

Another new covid variant is spreading. Here's what we know about Omicron

BA.4.6, a subvariant of the omicron Covid variant which has been quickly gaining traction in the US, is now confirmed to be spreading in the UK.

The latest briefing document on Covid variants from the UK Health Security Agency (UKHSA) noted that during the week beginning August 14, BA.4.6 accounted for 3.3 per cent of samples in the UK.

It has since grown to make up around 9 per cent of sequenced cases.

Similarly, according to the Centres for Disease Control and Prevention, BA.4.6 now accounts for more than 9 per cent of recent cases across the US. The variant has also been identified in several other countries around the world.

So what do we know about BA.4.6, and should we be worried? Let's take a look at the information we have so far.

BA.4.6 is a descendant of the BA.4 variant of omicron. BA.4 was first detected in January 2022 in South Africa and has since spread around the world alongside the BA.5 variant.

It is not entirely clear how BA.4.6 has emerged, but it's possible it could be a recombinant variant. Recombination happens when two different variants of SARS-CoV-2 (the virus that causes Covid-19) infect the same person, at the same time.

While BA.4.6 will be similar to BA.4 in many ways, it carries a mutation to the spike protein, a protein on the surface of the virus which allows it to enter our cells.

This mutation, R346T, has been seen in other variants and is associated with immune evasion, meaning it helps the virus to escape antibodies acquired from vaccination and prior infection.

Severity, infectiousness and immune evasion

Fortunately, omicron infections generally cause less serious illness, and we've seen fewer deaths with omicron than with earlier variants. We would expect this to apply to BA.4.6 too. Indeed, there have been no reports yet that this variant is causing more severe symptoms.

But we also know that omicron subvariants tend to be more transmissible than previous variants.

BA.4.6 appears to be even better at evading the immune system than BA.5, the currently dominant variant. Although this information is based on a preprint (a study that is yet to be peer-reviewed), other emerging data supports this.

According to the UKHSA's briefing, early estimates suggest BA.4.6 has a 6.55 per cent relative fitness advantage over BA.5 in England.

This indicates that BA.4.6 replicates more quickly in the early stages of infection and has a higher growth rate than BA.5.

The relative fitness advantage of BA.4.6 is considerably smaller than that of BA.5 over BA.2, which was 45 per cent to 55 per cent.

The University of Oxford has reported that people who had received three doses of Pfizer's original Covid vaccine produce fewer antibodies in response to BA.4.6 than to BA.4 or BA.5. This is worrying because it suggests that Covid vaccines might be less effective against BA.4.6.

The capacity of BA.4.6 to evade immunity may however be addressed to a degree by the new bivalent boosters, which target omicron specifically, alongside the original strain of SARS-CoV-2. Time will tell.

Meanwhile, one preprint study shows that BA.4.6 evades protection from Evusheld, an antibody therapy designed to protect people who are immuno-compromised and don't respond as well to Covid vaccines.

Vaccination is key

The emergence of BA.4.6 and other new variants is concerning. It shows the virus is still very much with us, and is mutating to find new ways to overcome our immune response from vaccination and previous infections.

We know people who have had Covid previously can contract the virus again, and this has been particularly true of omicron. In some cases, subsequent episodes can be worse.

But vaccination continues to offer good protection against severe disease, and is still the best weapon we have to fight Covid. The recent approval of bivalent boosters is good news. Beyond this, developing multivalent coronavirus vaccines that target multiple variants could provide even more durable protection.

A recent study showed that a multivalent coronavirus vaccine administered through the nose elicited a strong immune response against the original strain of SARS-CoV-2, as well as two variants of concern, in mouse models.

Close monitoring of new variants, including BA.4.6 is pressing, as they could lead to the next wave of Covid pandemic.

For the public, it will pay to stay cautious, and comply with any public health measures in place to prevent the spread of what remains a very contagious virus.

## **Zantac**

### **India drops popular Zantac from essential medicine list over cancer concerns (The Tribune:20220915)**

<https://www.tribuneindia.com/news/nation/india-drops-popular-zantac-from-essential-medicine-list-over-cancer-concerns-431312>

Ranitidine is among 26 medicines dropped from the NLEM 2015 version

India drops popular Zantac from essential medicine list over cancer concerns

India on Tuesday dropped antacid Ranitidine, popularly sold as Zantac, from the National List of Essential Medicines 2022 over cancer concerns.

Ranitidine is among 26 medicines dropped from the NLEM 2015 version.

ranitidine products contaminated with high levels of NDMA, a probable human carcinogen, could cause many types of cancer, including bladder cancer, colon cancer and prostate cancer.

In 2019, N-nitrosodimethylamine (NDMA) was identified in samples of ranitidine which led the US FDA to alert the public of the potential risks associated with NDMA exposure, which include cancer.

Heartburn drug Ranitidine has been extensively used in India.

It is a gastrointestinal drug.

The latest version of NLEM drops all forms of Ranitidine: 150 mg tablet, oral liquid and injection.

Vice chairman of the committee that finalised NLEM 2022 YK Gupta said deletion involves medicines banned by the regulator due to side effects and safety concerns which change the drug's risk benefit balance.

## **Food and Nutrition**

### **Why buttermilk, raita and smoothies with non-fat curd are good to bring down blood sugar levels? (The Indian Express:20220915)**

<https://indianexpress.com/article/lifestyle/health-specials/buttermilk-raita-and-smoothies-non-fat-curd-good-bring-down-blood-sugar-levels-8150922/>

Curd has a low glycaemic index and many research papers have found that higher consumption of yogurt can reduce your risk of Type 2 diabetes, says Dr Geethu Salan, Chief Dietitian, Jothydev's Diabetes and Research Centre, Thiruvananthapuram

Curd is made by curdling the milk with edible acidic substances such as lemon juice or vinegar or fermentation of milk with an inoculum of previously made curd which yields lactic acid bacteria or Lactobacillus. (Image source: Pixabay)

## **Monkeypox**

### **No skin lesions? You could still have Monkeypox. Watch out for hidden signs with nose, throat and urine tests, says ICMR-NIV(The Indian Express:20220915)**

<https://indianexpress.com/article/lifestyle/health-specials/first-fatal-monkeypox-case-icmr-niv-8150801/>

In the most extensive study on Monkeypox carried out till date, the ICMR says the infection can frequently present itself with atypical symptoms and complications compared to previous epidemics or cases in endemic areas. The researchers emphasise that this should be taken into account by medical professionals when diagnosing suspected cases, particularly in areas of high transmission or potential exposure.

monkeypoxTill date, India has recorded 11 cases of monkeypox infection, five from Kerala and six from New Delhi. (File)

If we thought that Monkeypox had specific markers for diagnosis, think again. Experts around the world are saying that increasing atypical symptoms have meant that the virus is going completely undetected or being mistaken for a sexually transmitted disease (STD). Now a new study by the Indian Council of Medical Research-National Institute of Virology (ICMR-NIV) researchers, who reported the first fatal case of Monkeypox (MPXV) from India, also highlights the importance of maintaining a high index of suspicion for diagnosis and looking for hidden signs. In fact, they have suggested a comprehensive testing of nose, throat and possibly urine specimens as critical for MPXV diagnosis in cases where there are no skin lesions.



## **Diabetes medicines**

### **Why you should not decide when to get on or off the diabetes medicines (The Indian Express:20220915)**

<https://indianexpress.com/article/lifestyle/health-specials/diabetes-medicines-health-tips-8150063/>

Diabetes is a progressive disorder, and though diet and exercise are the first line of treatment, medication is necessary for most patients at some point in the course of their disease. Medicines help us fight the disease and improve outcomes. Yet more than half the patients fail to achieve good glucose control. Besides, newer medications don't just control blood glucose, they also reduce the risk of kidney, heart and liver complications. Let us resolve to fight the malady, not the medication, says Dr Ambrish Mithal, Chairman and Head, Endocrinology and Diabetes, Max Healthcare

Studies have shown that about 40 per cent of people with diabetes do not take medication as directed.

Across the table from me was a distraught, hassled overweight young woman. She had just been diagnosed with a urine infection. "I have high blood sugar but I can't understand the reason. I exercise, eat healthy, yet my sugar values don't seem to respond. I am certain there is something grievously wrong with me and no one is able to tell me what it is!"

## **Azithromycin arbitrarily**

### **Why popping Azithromycin arbitrarily may make you drug-resistant (The Indian Express:20220915)**

<https://indianexpress.com/article/lifestyle/health-specials/hdy-why-popping-azithromycin-arbitrarily-may-make-you-drug-resistant-8148758/>

Using these drugs for even trivial upper respiratory infections, which are mostly viral infections that do not require any antibiotic, is a threat to preserving the potential of available antibiotics. The indiscriminate use of broad-spectrum antibiotics is an important reason for the emergence of drug resistance. India needs a stringent system to regulate the medicine market, says Dr Shaffi Fazaludeen Koya, Research Fellow, Boston University School of Public Health USA, one of the authors of the Lancet study

India is the largest producer and consumer of antibiotics in absolute volume although the per-capita consumption rate is still lower compared to Europe and America. (File Representational Photo)

India is the largest producer and consumer of antibiotics in absolute volume although the per-capita consumption rate is still lower compared to Europe and America. Yet India consumes a high volume of broad-spectrum (drugs which act against a number of bacterial types) antibiotics which should ideally be used sparingly. These and other findings from our recent study — using one of the largest available dataset on drug sales in India, PharmaTrac — published in Lancet Regional Health Southeast Asia, show the extent of inappropriate use of antibiotics in India.

We used a standard measure— defined daily doses (DDD)— which helped to uniformly quantify drug use irrespective of package size, strength of formulations and dose. We examined inappropriateness levels using a globally acceptable norm — WHO ‘Access-Watch-Reserve’ (AWaRe) grouping. ‘Watch’ antibiotics, as the name indicates, should be used watchfully, as these are mostly broad-spectrum antibiotics to be used in very specific indications. ‘Access’ antibiotics on the other hand should be prioritised whenever an antibiotic is indicated and globally the target is to have at least 60 per cent share of ‘Access’ molecules in total consumption.

Our study reported a total reversal of ‘Access-Watch’ ratio with ‘Watch’ antibiotics constituting 72.7 per cent of total DDDs used in 2019 in India. Azithromycin — a broad-spectrum ‘watch’ group antibiotic — was the most consumed antibiotic in 2019. (640 million DDDs, 12.6 per cent of total antibiotic doses). Using these drugs for even trivial upper respiratory infections, which are mostly viral infections that do not require any antibiotic, is a threat to preserving the potential of available antibiotics. The indiscriminate use of broad-spectrum antibiotics is an important reason for the emergence of drug resistance.

So what are the most commonly misused drugs? Quite a few

Azithromycin — Fever, throat pain, cough in adults and children

Amoxicillin — Common cold, fever, ear pain, throat pain, cough

Amoxicillin — Clavulanic acid combination – fever, throat pain and cough in adults

Ciprofloxacin, ofloxacin — Urinary infection, diarrhoea

Cefixime — Fever, throat pain, cough

## **National List of Essential Medicines, 2022**

### **What are the new drugs on the National List of Essential Medicines, 2022? Why have some medicines been dropped? (The Hindu:20220915)**

<https://www.thehindu.com/sci-tech/health/explained-the-lowdown-on-the-essential-medicines-list/article65890118.ece>

The story so far: On September 13, the National List of Essential Medicines (NLEM), 2022, was released, with 384 drugs in it across 27 categories. While 34 new drugs are on the list, 26 drugs from NLEM, 2015, including common gastrointestinal medicines Ranitidine and Sucralfate, have been dropped. In a tweet, Union Health Minister Mansukh Mandaviya said, “several antibiotics, vaccines, anti-cancer drugs and many other important drugs would become more affordable, and the ‘out-of-pocket’ expenditure on health care would come down.” Prices of essential medicines are regulated by the National Pharmaceutical Pricing Authority.

## **Medical Devices**

### **Health Regulator geared up for smooth transition to licensing of Class A and B Medical Devices (The Hindu:20220915)**

<https://www.thehindu.com/news/national/health-regulator-geared-up-for-smooth-transition-to-licensing-of-class-a-and-b-medical-devices/article65891425.ece>

National Medical Devices Promotion Council takes up important issues of MedTech Industry

The reconstituted National Medical Device Promotion Council (NMDPC) under the Department of Pharmaceuticals, in its first meeting held on Wednesday was updated on the steps taken up by Central Drugs Standards and Control Organisation (CDSCO) and the State Licensing Authorities (SLAs) for the smooth transition to licensing of Class A and B Medical Devices w.e.f 1st October 2022.

Another important issue deliberated in today’s meeting was to reduce the regulatory burden of labelling requirements of Medical Devices. The Council, after deliberating the issues with the Industry Associations, and others suggested to the Health Regulator to move forward to harmonise the provisions of labelling of Medical Devices under the Legal Metrology (Packaged Commodity) Rules, 2011 into Medical Device Rules, 2017, for the licensed medical devices.

## **Tuberculosis**

### **IISc scientists develop gold-coated vesicles to fight tuberculosis (The Hindu:20220915)**

<https://www.thehindu.com/news/national/karnataka/iisc-scientists-develop-gold-coated-vesicles-to-fight-tuberculosis/article65890438.ece>

The spherical vesicles, which can be delivered to immune cells, are expected to potentially trigger an immune response

To combat tuberculosis, researchers at the Indian Institute of Science (IISc) have designed a new method under which a vaccine candidate for the disease can be delivered by making use of Outer Membrane Vesicles (OMVs). These spherical vesicles, which can be delivered to immune cells, are secreted by bacteria coated on gold nanoparticles. The deliverance is expected to potentially trigger an immune response to offer protection against TB.

Across the world, TB, which is caused by a bacterium called Mycobacterium tuberculosis, claims the lives of over a million people every year. Currently, BCG is the only effective vaccine against TB. It contains a weakened form of the disease-causing bacterium, which when injected into the bloodstream, produces antibodies which can help fight the disease.

## **COVID-19 nasal vaccine**

### **Watch | What is a COVID-19 nasal vaccine? (The Hindu:20220915)**

<https://www.thehindu.com/sci-tech/health/what-is-a-covid-19-nasal-vaccine/article65889503.ece>

Since the launch of its COVID-19 vaccine programme in early 2021, India has protected millions at home and abroad from the virus. Now, the vaccine journey has entered its newest phase, with the nasal vaccine.

The Hyderabad-based Bharat Biotech, the makers of Covaxin, has got an approval for its nasal vaccine from the Central Drugs Standard Control

## **384 drugs on essential medicines list**

### **384 drugs on essential medicines list (The Hindu:20220915)**

<https://www.thehindu.com/sci-tech/health/centre-releases-revised-list-of-essential-medicines/article65886165.ece>

Ivermectin and mupirocin have been added, while ranitidine and sucralfate have been dropped

Twenty-six drugs, including the common gastrointestinal medicines ranitidine and sucralfate, have been deleted from the revised National List of Essential Medicines (NLEM) 2022 released on Tuesday by Health Minister Mansukh Mandaviya.

Three hundred and eighty-four drugs find place in the NLEM, 2022 with the addition of 34 drugs, while 26 from the previous list have been dropped. The

## डायबिटीज टाइप-2

**डायबिटीज टाइप-2 के रिस्क को कम करता है चिया सीड्स, जानें किन पोषक तत्वों से हैं भरपूर(Hindustan:20220915)**

<https://www.livehindustan.com/lifestyle/story-chia-seeds-reduce-the-risk-of-diabetes-type-2-know-other-health-benefits-7079390.html>

**Chia Seeds Health Benefits in Hindi :** चिया सीड्स में लगभग 60% तेल ओमेगा 3 फैटी एसिड से होता है। ओमेगा 3 फैटी एसिड कोलेस्ट्रॉल, दिल की बीमारियों, हाई ब्लड प्रेशर को कंट्रोल रखता है।

डायबिटीज टाइप-2 के रिस्क को कम करता है चिया सीड्स, जानें किन पोषक तत्वों से हैं भरपूर

चिया सीड्स के फायदों को हर कोई जानता है। चिया सीड्स फाइबर और पोषक तत्वों से भरपूर होता है, जो वजन घटाने से लेकर ब्लड शुगर लेवल को कंट्रोल करता है। वजन कम करने के अलावा चिया सीड्स स्किन के लिए भी फायदेमंद है। फाइबर की अच्छी मात्रा के अलावा, चिया सीड्स में ओमेगा 3 फैटी एसिड, प्रोटीन, कैल्शियम, फॉस्फोरस और जिंक जैसे पॉलीअनसेचुरेटेड फैट की अच्छी मात्रा होती है। हार्वर्ड के टीएच चैन स्कूल ऑफ पब्लिक हेल्थ की एक रिपोर्ट के अनुसार, चिया सीड्स प्रोटीन का बेस्ट स्रोत है, जिसमें सभी नौ आवश्यक अमीनो एसिड होते हैं जो शरीर द्वारा नहीं बनाए जा सकते हैं। रिपोर्ट में यह भी कहा गया है कि दो बड़े चम्मच चिया बीज (1 औंस या 28 ग्राम) में लगभग 140 कैलोरी, 4 ग्राम प्रोटीन, 11 ग्राम फाइबर, 7 ग्राम असंतृप्त वसा, कैल्शियम के लिए 18% आरडीए और जिंक सहित खनिजों का पता चलता है।

100 ग्राम चिया सीड्स में कितना फाइबर होता है

कई स्वास्थ्य विशेषज्ञ वजन घटाने के लिए चिया बीज खाने की सलाह देते हैं क्योंकि इसमें आहार फाइबर की मौजूद होता है। यूएसडीए के अनुसार, 100 ग्राम चिया सीड्स में 34 ग्राम फाइबर होता है। इतनी बड़ी मात्रा में फाइबर की उपस्थिति व्यक्ति को लंबे समय तक भरा रखती है और बाद में भूख कम कर देती है।

चिया सीड्स के फायदे

चिया सीड्स में लगभग 60% तेल ओमेगा 3 फैटी एसिड से होता है। ओमेगा 3 फैटी एसिड कोलेस्ट्रॉल, दिल की बीमारियों, हाई ब्लड प्रेशर को कंट्रोल रखता यह खून के थक्कों को रोकने के साथ सूजन को कम करता है। चिया बीज रक्त शर्करा, कोलेस्ट्रॉल के स्तर को कम कर सकते हैं। कई शोध अध्ययनों में दावा किया गया है कि चिया बीजों में मौजूद फाइबर कम घनत्व वाले लिपोप्रोटीन या एलडीएल कोलेस्ट्रॉल के स्तर को कम कर सकते हैं। ये फाइबर खाने के बाद शुगर लेवल को बढ़ने से रोक सकते हैं क्योंकि ये व्यक्ति को भरा हुआ महसूस कराते हैं। फाइबर मेटाबॉलिज्म सिंड्रोम और टाइप 2 डायबिटीज के खतरे को कम करेगा।

यह भी पढ़ें - परेशान कर सकता है नाक, गले और छाती में बढ़ता कफ़, यहां हैं इससे निजात पाने के 5 उपाय

कैल्शियम की भरपूर मात्रा

अगर आप पहले से ही डायबिटीज या हाई ब्लड कोलेस्ट्रॉल की दवाएं ले रहे हों, तो आपको चिया बीज खाते समय सावधान रहने की जरूरत है। ऐसा इसलिए है क्योंकि चिया सीड्स और दवाओं के कारण आपको कई हेल्थ इश्यूज हो सकते हैं। चिया सीड्स में मौजूद मैग्नीशियम और फास्फोरस की मात्रा इसे हड्डियों के लिए ख़ास बनाती है। कुछ ग्राम चिया सीड्स में भरपूर मात्रा में कैल्शियम होता है, जो हड्डियों और मांसपेशियों के लिए एक आवश्यक तत्व है। कई हेल्थ रिपोर्ट्स में कहा गया है कि चने से ज्यादा कैल्शियम चिया सीड्स में होता है।

ऑयली स्किन पर कैसे लगाएं चिया सीड्स फेस मास्क, जानें सही तरीका

## Healthy Eating Tips

epaper

प्रमुख खबरें

लखीमपुर खीरी गैंगरेप हत्या: दो ने रेप किया, बाकी ने साथ दिया, 6 अरेस्ट, एक आरोपी को मुठभेड़ में गोली लगी

दो ने रेप किया, बाकी थे साथ, 6 अरेस्ट; लखीमपुर में दरिंदगी की कहानी

राहुल गांधी की नहीं सुनते नेता? न गोवा में शपथ बरकरार, न पंजाब में खत्म हुई तकरार; अब कर्नाटक पर सवाल

राहुल की नहीं सुनते नेता? न शपथ बरकरार, न खत्म हुई तकरार; समझे उदाहरण

अरबों की जमीन पर कब्जा, योगी सरकार के अफसरों पर BJP विधायक के आरोप; अखिलेश का तंज

अरबों की जमीन पर कब्जा, योगी सरकार के अफसरों पर BJP विधायक के ही आरोप

मारुति को लगा बड़ा झटका: लोगों ने इस लम्बरी कार को किया Bye-Bye, 2 महीने से एक भी यूनिट नहीं बिकी

मारुति को लगा बड़ा झटका: लोगों ने इस लम्बरी कार को कहा Bye-Bye

## Cholesterol और Triglycerides

**खून में तेजी से Cholesterol और Triglycerides बढ़ाती हैं 5 चीजें, तुरंत छोड़ दें वरना कभी भी आ जाएगा हार्ट अटैक (Navbharat Times:20220915)**

<https://navbharattimes.indiatimes.com/lifestyle/health/5-foods-that-can-increase-cholesterol-and-triglyceride-levels-according-to-dietician/articleshow/94212254.cms?story=5>

**How to reduce LDL bad cholesterol:** कोलेस्ट्रॉल के कारण बड़ी बीमारियों, जैसे दिल की बीमारी और दौरे का जोखिम बढ़ जाता है। रोजाना खाई जाने वाली कई चीजें शरीर में ट्राइग्लिसराइड और कोलेस्ट्रॉल का लेवल बढ़ा सकती हैं। इन चीजों में विटामिन, मिनरल्स, प्रोटीन, और सेहतमंद फैट की कमी होती है। आपको इनके सेवन से बचना चाहिए।

**5 foods that can increase cholesterol and triglyceride levels, according to dietician**

खून में तेजी से Cholesterol और Triglycerides बढ़ाती हैं 5 चीजें, तुरंत छोड़ दें वरना कभी भी आ जाएगा हार्ट अटैक

भारत में हर साल लाखों लोगों का कोलेस्ट्रॉल (Cholesterol) बढ़ जाता है, जिसके कारण उन्हें बड़ी बीमारियों, जैसे दिल की बीमारी और दौरे का जोखिम बढ़ जाता है। कोलेस्ट्रॉल एक मोम जैसे पदार्थ होता है, जिसकी जरूरत शरीर में हार्मोन, विटामिन और नई कोशिकाओं के उत्पादन के लिए होती है।

इलेक्ट्रॉनिक्स और एक्सेसरीज पर बंपर छूट, महज 99 रुपये से शुरू |



कोलेस्ट्रॉल बढ़ने के नुकसान? शरीर में बहुत ज्यादा कोलेस्ट्रॉल का होना भी नुकसानदायक हो सकता है क्योंकि इसकी वजह से रक्तवाहिनियों में वसा जम सकता है और नसों में पर्याप्त खून का पहुंचना मुश्किल हो सकता है। जमा हुआ वसा अचानक फटकर थक्का बना सकता है, जिसके हृदय में पहुंचने पर दिल का दौरा पड़ सकता है।

कोलेस्ट्रॉल कैसे कम करें? गाजियाबाद स्थित मणिपाल हॉस्पिटल्स में कंसल्टेंट डायटीशियन और न्यूट्रिशनिस्ट डॉक्टर अदिति शर्मा के अनुसार, खाने में ऐसी सेहतमंद और पोषणयुक्त खाद्य सामग्री शामिल करें, जो लो-डेंसिटी लाइपोप्रोटीन (एलडीएल) कोलेस्ट्रॉल का स्तर प्राकृतिक रूप से घटा दे। ज्यादा मात्रा में सैचुरेटेड फैट लेने से बचे क्योंकि इससे खून में कोलेस्ट्रॉल का स्तर बढ़ाता है।

#### तली-भुनी चीजें

ज्यादा तली भुनी चीजों से खाद्य पदार्थ में ऊर्जा का घनत्व और कैलोरी की मात्रा बढ़ती है और वो स्वास्थ्य के लिए हानिकारक बन जाती हैं। इसलिए खाना बनाने के लिए एक सेहतमंद खाद्य तेल या फिर एयर फ्रायर का इस्तेमाल करें। लोगों को तली-भुनी चीजें कभी-कभी ही खानी चाहिए क्योंकि उनमें बहुत ज्यादा कैलोरी होती है और उनमें ट्रांस फैट भी हो सकता है। ट्रांस फैट कई अलग-अलग तरह से स्वास्थ्य को प्रभावित कर सकता है। तला भुना खाने से दिल की बीमारी, मोटापा और डायबिटीज होने का जोखिम भी रहता है।

#### केक, कुकीज़ और आइसक्रीम

ब्राउनी, कुकीज़, केक, और आइसक्रीम जैसे डेज़र्ट्स में सैचुरेटेड फैट, शुगर एवं अन्य रिफाइंड कार्ब होते हैं। इनमें से कोई भी चीज ज्यादा खाने से शरीर में ट्राइग्लिसराइड और कोलेस्ट्रॉल बढ़ सकते हैं, जिससे दिल की बीमारी होने का जोखिम बढ़ जाता है। ये चीजें अक्सर खाने से आपकी सेहत को नुकसान होता है और वजन बहुत ज्यादा बढ़ सकता है। इन चीजों में विटामिन, मिनरल्स, प्रोटीन, और सेहतमंद फैट की कमी होती है, जो शरीर को सुचारू रूप से काम करने के लिए जरूरी होते हैं।

#### प्रोसेस्ड मीट

सॉसेज़, बेकन, एवं अन्य प्रोसेस्ड मीट में कोलेस्ट्रॉल बहुत ज्यादा मात्रा में होता है। बेकन, सॉसेज़ और हॉट डॉग बनाने के लिए आम तौर से अत्यधिक फैट वाले मांस का इस्तेमाल होता है। ये चीजें बहुत ज्यादा मात्रा में खाने से दिल की बीमारियां और कोलोन कैंसर जैसे कैंसर हो सकते हैं। प्रोसेस्ड मीट में पोषण कम और नमक की मात्रा ज्यादा होती है, इसलिए इसके सेवन से बचना चाहिए। यदि कोई प्रोसेस्ड मीट खाना ही चाहता हो, तो लीन टर्की या चिकन से बना डेली मीट खाया जा सकता है।

#### बेकड फूड

बेक की गई खाद्य सामग्री में मक्खन और शुगर काफी अधिक मात्रा में होते हैं, जिनमें काफी ज्यादा कोलेस्ट्रॉल पाया जाता है। इन चीजों में काफी ज्यादा एलडीएल होता है, जो एथेरोस्क्लेरोसिस कर सकता है। इस बीमारी में रक्तवाहिनियों में प्लाक (कोलेस्ट्रॉल, फैट, कैल्शियम, एवं खून में पाए जाने वाले अन्य तत्वों से बना) जम जाता है, जिससे महत्वपूर्ण अंगों को खून के प्रवाह में रुकावट आती है। इसलिए इन चीजों के सेवन से बचना चाहिए।

#### जंक फूड

जंक फूड खाने से डायबिटीज, दिल की बीमारी और मोटापा जैसे अनेक पुराने रोग हो जाने की संभावना बहुत बढ़ जाती है। जो लोग जंक फूड खाते हैं उनमें ज्यादा कोलेस्ट्रॉल, पेट में ज्यादा चर्बी, ज्यादा सूजन, और खून में शुगर पर कम नियंत्रण पाया जाता 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।

## Liver Cancer risk

**Liver Cancer risk: स्टी- मुंह की सड़न 75% तक बढ़ाती है लीवर कैंसर का खतरा, ये उपाय ही बचा सकते हैं जान(Navbharat Times:20220915)**

<https://navbharattimes.indiatimes.com/lifestyle/health/poor-oral-hygiene-increase-the-risk-of-liver-cancer-by-75-percent-according-to-study/articleshow/94198837.cms?story=5>

**What is the cause of liver cancer:** दुनिया भर में, यकृत कैंसर के लिए सबसे आम जोखिम कारक हेपेटाइटिस बी वायरस (एचबीवी) या हेपेटाइटिस सी वायरस (एचसीवी) का संक्रमण है। जिससे लीवर का सिरोसिस हो जाता है। इसे दुनिया के कई हिस्सों में लीवर कैंसर को सबसे आम कैंसर बनाने का जिम्मेदार माना जाता है।

poor oral hygiene increase the risk of liver cancer by 75 percent according to study

Liver Cancer risk: स्टी- मुंह की सड़न 75% तक बढ़ाती है लीवर कैंसर का खतरा, ये उपाय ही बचा सकते हैं जान

दांतों को ब्रश करना दांतों के बीच फंसे भोजन के टुकड़ों को निकालने के साथ प्लाक से छुटकारा पाने के लिए भी जरूरी होता है। प्लाक, एक चिपचिपी सफेद दांतों पर जमने वाली एक परत होती है जिसमें वो बैक्टीरिया होते हैं जो मुंह में सड़ने के लिए जिम्मेदार होते हैं। हालाँकि, क्या आप जानते हैं कि ओरल हाइजीन बनाए रखने से अन्य हानिकारक बीमारियों से भी बचा जा सकता है?

इलेक्ट्रॉनिक्स और एक्सेसरीज पर बंपर छूट, महज 99 रुपये से शुरू |

क्वीन्स यूनिवर्सिटी बेलफास्ट के एक अध्ययन के अनुसार, खराब ओरल हाइजीन होने से लीवर कैंसर होने का खतरा बढ़ सकता है। शोधकर्ताओं ने पाया कि दर्दनाक या रक्तस्राव मसूड़ों, मुंह के छालों और दांतों का टूटना जैसी ओरल हाइजीन संबंधित समस्याओं से पीड़ित लोगों में हेपेटोकेल्युलर कार्सिनोमा का 75 प्रतिशत अधिक जोखिम था, जो लीवर कैंसर का सबसे आम रूप है।

क्या है स्टी

अध्ययन में यूके के 469, 000 से अधिक लोगों के एक समूह का विश्लेषण किया गया, जो ओरल हाइजीन समस्या और गैस्ट्रोइंटेस्टाइनल कैंसर के जोखिम, शोधकर्ताओं ने पाया कि प्रतिभागियों में से 4,069 ने छह साल की अवधि में गैस्ट्रोइंटेस्टाइनल कैंसर विकसित किया। इनमें से 13 प्रतिशत मामलों में, रोगियों ने खराब ओरल हाइजीन की स्थितियों की भी सूचना दी।

ओरल हाइजीन और लीवर कैंसर कैसे संबंधित हैं?

एक्सपर्ट बताते हैं कि यह दो कारणों से संबंधित हो सकते हैं। पहला कारण है रोग के विकास में ओरल और आंत माइक्रोबायोम की भूमिका। वहीं, दूसरा कारण यह है कि खराब ओरल हेल्थ वाले लोग, जैसे कि दांत गायब हैं, उचित पौष्टिक खाद्य पदार्थ खाने में असमर्थ होते हैं, जिससे उनके यकृत कैंसर का खतरा बढ़ जाता है।

लीवर कैंसर के लक्षण

लीवर कैंसर खुद को कई लक्षणों में पेश कर सकता है जैसे वजन कम होना, पीलिया, दर्द, पेट में सूजन। आपको भूख में कमी का अनुभव भी हो सकता है या थोड़ी मात्रा में खाना खाने के तुरंत बाद आपको पेट भरा हुआ महसूस हो सकता है। आपके पेट के दाहिने हिस्से में गांठ, दाहिने कंधे में दर्द और खुजली भी इस बीमारी के लक्षण हो सकते हैं।

लीवर सिरोसिस क्या है

सिरोसिस यकृत का घाव है, जो यकृत की बीमारियों जैसे हेपेटाइटिस और ज्यादा शराब पीने के कारण होता है। यह आमतौर पर इन बीमारियों के बाद के चरण में होता है और इससे लीवर कैंसर का खतरा बढ़ जाता है। एडवांस सिरोसिस जीवन के लिए खतरा भी हो सकता है। जिगर की बीमारियों के लक्षणों से सावधान रहना और तत्काल उपचार करना महत्वपूर्ण है। प्रारंभिक निदान और उपचार किसी और नुकसान को रोकने या सीमित करने में मदद कर सकते हैं।

कैसे करें लीवर सिरोसिस से बचाव

लीवर को खराब होने से बचाने के लिए स्वस्थ जीवनशैली में बदलाव जरूरी है। शराब का सेवन सीमित करें और कभी-कभार ही पीने की कोशिश करें या पूरी तरह से शराब पीना छोड़ दें। स्वस्थ वजन बनाए रखना भी महत्वपूर्ण है। यदि आप अधिक वजन वाले या मोटापे से ग्रस्त हैं, तो अपने स्वस्थ वजन सीमा तक पहुंचने के लिए अपने आहार और व्यायाम का प्रबंधन करने का प्रयास करें।