



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20221101

Ultra-potent antibody

Scientists identify ultra-potent antibody that can offset all Omicron variants (The Tribune: 20221101)

<https://www.tribuneindia.com/news/health/scientists-identify-ultra-potent-antibody-that-can-offset-all-omicron-variants-446246>

Suggest that combining this antibody with others in a cocktail might reduce the chances of the virus becoming antibody-treatment resistant

Scientists identify ultra-potent antibody that can offset all Omicron variants

Photo for representational purpose only. Reuters file

An international team of researchers has identified a pan-variant and ultra-potent neutralising antibody that can offset Omicron variants.

Named 'S2X324', its neutralising potency was largely unaffected by any of the Omicron variants tested, said the study published in the journal Science.

The scientists suggested that combining this antibody with others in a cocktail might reduce the chances of the virus becoming antibody-treatment resistant.

The team looked at several aspects of the effects of exposure to earlier forms of the SARS-CoV-2 spike antigen -- or immune-provoking protein -- on the immune system's reaction to the Omicron variants.

Past studies from the same team have noted that the BA.1 Omicron variant emerged as a "major antigenic shift due to the unprecedented magnitude of immune evasion associated with this variant of concern".

They explained that mutations in two of the main antibody targets in the virus explain why there is markedly reduced antibody neutralising ability against these variants, especially in people who have not received booster doses.

"As a result, an increasing number of reinfections are occurring," the researchers wrote, "even though these cases tend to be milder than in infections of immunologically naA-ve individuals".

The recent scientific studies in this area have been led by the labs of David Veessler, associate professor of biochemistry at the University of Washington in Seattle and Howard Hughes Medical Institute Investigator, and Davide Corti of Humabs BioMed SA of Vir Biotechnology in Switzerland.

The Omicron variants appeared at the end of 2021 and have marked genetic differences from the ancestral SARS-CoV-2.

The many, distinct mutations in their infection machinery have enabled them to escape from antibodies elicited from the original series of vaccines, from a history of infection, or from both of those two immune-system training events.

People who had a breakthrough infection after vaccination also produced neutralising antibodies against these variants in the mucus lining the inside of their noses.

However, people who only received the vaccine did not generate antibodies in their nasal mucosa.

"This finding ends support to efforts to develop and evaluate next-generation Covid vaccines that could be delivered intranasally as the nose is generally the site where the virus first enters the body," said the scientists.

The lead authors on the paper are from the Veessler lab, the Corti lab, and Washington University in St. Louis.

Monkeypox

In Africa's monkeypox outbreak, sickness and death go undetected (The Tribune: 20221101)

<https://www.tribuneindia.com/news/health/in-africas-monkeypox-outbreak-sickness-and-death-go-undetected-446243>

Infection and death rates higher than official data; lack of resources hobbles containment

In Africa's monkeypox outbreak, sickness and death go undetected

Global health bodies have counted far fewer cases in Africa during the current outbreak than in Europe and the United States, which snapped up the limited number of vaccines this year when the illness arrived at their shores. AP/PTI file

At a village clinic in central Congo, separated from the world by a tangle of waterways and forests, six-year-old Angelika Lifafu grips her dress and screams as nurses in protective suits pick at one of hundreds of boils that trouble her delicate skin.

Her uncle, 12-year-old Lisungi Lifafu, sits at the foot of her bed, facing away from the sunlight that pours through the doorway and pains his swollen, weeping eyes. When nurses approach, he raises his chin, but cannot look up.

The children have monkeypox, a disease first detected in Congo 50 years ago, but cases of which have spiked in West and Central Africa since 2019. The illness received little attention until it spread worldwide this year, infecting 77,000 people.

Global health bodies have counted far fewer cases in Africa during the current outbreak than in Europe and the United States, which snapped up the limited number of vaccines this year when the illness arrived at their shores.

But the outbreak, and death toll, in Congo could be much greater than recorded in official statistics, Reuters reporting shows, in large part because testing in under-equipped, rural areas is so limited and effective medicines are unavailable.

During a six-day trip to the remote region of Tshopo this month, Reuters reporters found about 20 monkeypox patients, including two who had died, whose cases were not recorded until reporters visited. None of them, including Angelika and Lisungi, had access to vaccines or anti-viral drugs.

The shortage of testing facilities and poor transport links makes tracing the virus nearly impossible, more than a dozen health workers said.

Asked about undercounting, the Africa Centres for Disease Control and Prevention (CDC) acknowledged that its data did not capture the full extent of the outbreak.

In the West, only about 10 people have died of monkeypox this year, figures from the U.S. CDC show. Europe and the United States have been able to vaccinate at-risk communities.

Suspected cases are routinely tested, isolated and treated early, which improves survival rates, experts said. Case numbers in Europe and the United States have stabilized and begun to fall.

But in poorer African countries where many people do not have quick access to health facilities, or are not aware of the dangers, over 130 have died, almost all in Congo, according to the Africa CDC.

No monkeypox vaccines are publicly available in Africa.

Without treatment, Angelika and Lisungi can only wait for the illness to run its course. Ahead of them lies a myriad of possible outcomes including recovery, blindness, or, as was the case with a family member in August, death.

“These children have a disease that makes them suffer so much,” said Lisungi’s father Litumbe Lifafu at the clinic in Yalolia, a village of scattered mud huts 1,200 kilometres (750 miles) from the capital Kinshasa.

“We demand the government provides medicines for us poor farmers, and the vaccine to fight this disease.” HISTORY REPEATS

The World Health Organization last year called out the “moral failure” of the COVID-19 pandemic response, when African nations found themselves at the back of the queue for vaccines, tests and treatment.

But those failures are being repeated a year on with monkeypox, the health workers consulted by Reuters said. This risks future flare-ups of the disease in Africa and globally, experts said.

While the sudden demand from Western countries sucked up available vaccines, poor countries such as Congo, where the disease has existed long enough to be endemic, have been slow to seek supplies from the WHO and partners.

Congo health minister Jean-Jacques Mbungani told Reuters Congo was in talks with the WHO to buy vaccines, but no formal request had been made. A spokesperson for Gavi, the vaccine alliance, said it had not received requests from African countries where the virus was endemic.

A WHO spokeswoman said that in the absence of available vaccines, countries should instead focus on surveillance and contact tracing.

“History repeats itself,” said Professor Dimie Ogoina, president of the independent Nigerian Infectious Diseases Society. Time and again, he said, disease containment in Africa does not get the funding it needs until wealthier nations are at risk.

“It happened with HIV, it happened with Ebola and with COVID-19, and it is happening again with monkeypox.” Without adequate resources, the true spread of the virus is unknowable, he and other experts said.

“In Africa we are working blind,” said Ogoina. “The case counts are grossly underestimated.”

Monkeypox is spread through close contact with skin lesions.

For most, it resolves within weeks. Young children and the immune compromised are especially vulnerable to severe complications.

The Africa CDC says that Congo has had more than 4,000 suspected and confirmed cases and 154 deaths this year, based in part on health authority data. That is far lower than the 27,000-odd cases recorded in the United States and 7,000 in Spain. African nations with outbreaks include Ghana, where there are about 600 suspected and confirmed cases, and Nigeria, where there are nearly 2,000.

“Yes, there is an undercount,” said Ahmed Ogwel Ouma, acting director of the Africa CDC. “The communities where the monkeypox is spreading generally don’t have access to regular health facilities.” He said the CDC could not currently say how big the undercount was.

Congo's health minister Mbungani said testing capabilities were lacking outside Kinshasa but did not respond to a request for comment about missed cases.

African countries hoped that the WHO's decision in July to declare monkeypox a public health emergency of international concern would mobilise resources.

WHO dispatched some 40,000 tests to Africa, including 1,500 to Congo, said Ambrose Talisuna, WHO's monkeypox incident manager on the continent.

This month, Congo's National Institute for Biomedical Research began a clinical trial of the antiviral drug tecovirimat on monkeypox patients. While no vaccines are available for public consumption, trials are underway on health workers in Congo with Bavarian Nordic's Imvanex vaccine, health minister Mbungani said.

But in central Congo, little has changed.

Yalolia, where Angelika and Lisungi are patients, is reachable only by motorbike tracks that thread tunnel-like through the dense jungle, or by canoes carved from felled tree trunks. An old road connecting to nearby villages was cut off years ago when a series of wooden bridges collapsed.

In August, Lisungi's older brother developed a rash and had trouble breathing. The family thought it was smallpox. When his condition worsened, a doctor put him on an intravenous drip. He died before it was empty.

Grief stricken, Lisungi hugged his brother's infected corpse. Two weeks later, in early September, he too developed a rash and his eyes swelled shut. Then Angelika fell ill.

Lisumbe took the children to Yalolia where they were diagnosed with monkeypox based on their symptoms. He sold his belongings to buy medicine to reduce their fevers.

The nurses caring for them seethe at the lack of treatments.

"If there is a vaccine, it is us who should have it. If there is a treatment, it is us who should have it," said nurse Marcel Osekasomba.

None of the cases were reported to authorities until Reuters visited Yalolia with a local health official called Theopiste Maloko. He only went to the village at Reuters' suggestion.

Without test results, they are now logged as suspected cases.

Tshopo, nearly as big as the United Kingdom, is heavily wooded and carved up by the Congo River and its many winding tributaries. Maloko's job is to track cases over an area spanning 5,000 square kilometres. But he cannot afford gasoline and has no means of transport.

When nurses took samples from sores on Angelika's leg and placed them in a polystyrene cool box strapped to the back of a motorbike, Maloko was sceptical.

To avoid spoiling, samples need to be kept cold and reach a laboratory within 48 hours, but they often do not, he said. The nearest testing lab is in Kinshasa; results take weeks or months.

“We are suffering. This is really our cry of alarm. We are raising our voices so that someone will hear,” he said.

Sometimes samples are not even taken.

The village of Yalanga is a day’s journey from Yalolia by land and boat. Surrounded by jungle, it has no phone network or electricity. When the light fades, patients at the health centre lie in the dark on beds of hard bamboo.

The clinic, a small building with a tin roof and five rooms, has had three cases in recent months. To notify authorities of a new case, nurses must travel half a day to get phone reception.

When they are busy, getting away is impossible. The recent cases were recorded weeks late, said nurse Alingo Likaka Manasse.

Lituka Wenda Dety, a 41-year-old mother, thinks she got sick from eating infected bush meat. At the height of her illness in August, her throat was so sore she struggled to swallow her own saliva.

Round scars still dot Dety’s body, and her bones ache. She is grieving. When she was ill in hospital, her six-month-old son caught monkeypox and died. He is buried in a patch of sandy earth beside her mud brick home.

At the end of the day, Dety and her family gather around the small rectangular grave. She whispers prayers.

“We want there to be a vaccination campaign,” she said.

“Going by what we have suffered, if many people catch this disease it will be catastrophic.”

Heart disease

Heart disease death rates up during Covid pandemic, young adults at most risk: US CDC (The Tribune: 20221101)

<https://www.tribuneindia.com/news/health/heart-disease-death-rates-up-during-covid-pandemic-young-adults-at-most-risk-us-cdc-446241>

Death rate from heart disease in the US has been declining among adults since at least the 1990s

Heart disease death rates up during Covid pandemic, young adults at most risk: US CDC

Prior to 2020, death rates from heart disease had been declining among adults for decades in the US but the increases in death rates from heart disease, particularly high among younger adults, spiked during the Covid pandemic, erasing years of progress, an epidemiologist at the Centers for Disease Control and Prevention (CDC) has revealed.

Death rate from heart disease in the US had been declining among adults since at least the 1990s.

However, a review of data in 2020 found that heart disease death rates increased across adults in all age groups, sex, race and ethnicity groups, particularly among younger adults and non-Hispanic Black adults, according to the lead study author Rebecca C. Woodruff from the CDC.

“The increases in death rates from heart disease in 2020 represented about 5 years of lost progress among adults nationwide and about 10 years of lost progress among younger adults and non-Hispanic Black adults,” said Woodruff.

The preliminary research is set to be presented at the American Heart Association’s ‘Scientific Sessions 2022’ in Chicago from November 5-7.

The Covid-19 pandemic disrupted many aspects of daily life, including access to preventive health care, which may have led to delays in detecting and treating heart disease.

“We expected to see an increase in heart disease death rates among adults, however the magnitude of the increase was striking,” Woodruff added.

From 2010 to 2019, the national heart disease death rate dropped by 9.8 per cent. However, in 2020, the rate increased by 4.1 per cent.

Increases in heart disease death rates were particularly high among younger adults, who experienced approximately 10 years of lost progress.

Among 35- to 54-year-old adults, deaths from heart disease fell by 5.5 per cent from 2010 to 2019, yet they jumped by 12 per cent in 2020.

Among 55- to 74-year-old adults, heart disease death rates were down by 2.3 per cent between 2010 to 2019, yet they increased by 7.8 per cent in 2020, the findings showed.

Researchers also noted that while the findings need further investigation, growing evidence suggests people who have had Covid-19 infection may be at an increased risk for new or worsening cardiovascular disease, which may have been a factor in the rising rates from 2019 to 2020.

Other factors associated with the pandemic lockdown, such as lack of physical activity, increased smoking and increased alcohol use, all contributed to the higher cardiovascular death rates, said American Heart Association President Michelle A. Albert.

“These social determinants of health have a larger effect on people who are economically disadvantaged, Black people, Hispanic people and indigenous and native individuals, so then you have a domino effect resulting in higher death rates and more disease among these populations,” Albert said.

Woodruff added that the CDC is actively investigating heart disease trends after 2020 to see how the trends have evolved.

Diabetes

Reducing carbohydrates in diet can decrease risk of diabetes: Study (The Tribune: 20221101)

<https://www.tribuneindia.com/news/health/reducing-carbohydrates-in-diet-can-decrease-risk-of-diabetes-study-445878>

According to new research from Tulane University, a low-carb diet can assist people with uncontrolled diabetes and decrease the blood sugar levels of those who are at risk of developing it.

The study, published in the journal JAMA Network Open, compared two groups: one assigned to a low-carb diet and another that continued with their usual diet. After six months, the low-carb diet group had greater drops in hemoglobin A1c, a marker for blood sugar levels, when compared with the group who ate their usual diet. The low-carbohydrate diet group also lost weight and had lower fasting glucose levels.

"The key message is that a low-carbohydrate diet, if maintained, might be a useful approach for preventing and treating Type 2 diabetes, though more research is needed," said lead author Kirsten Dorans, assistant professor of epidemiology at Tulane University School of Public Health and Tropical Medicine.

Approximately 37 million Americans have diabetes, a condition that occurs when the body doesn't use insulin properly and can't regulate blood sugar levels. Type 2 diabetes comprises more than 90 per cent of those cases, according to the Centers for Disease Control and Prevention (CDC).

Type 2 diabetes can severely impact quality of life with symptoms such as blurred vision, numb hands and feet, and overall tiredness and can cause other serious health problems like heart disease, vision loss and kidney disease.

The study's findings are especially important for those with pre-diabetes whose A1c levels are higher than normal but below levels that would be classified as diabetes.

Approximately 96 million Americans have pre-diabetes and more than 80 per cent of those with pre-diabetes are unaware, according to the CDC. Those with pre-diabetes are at increased risk for Type 2 diabetes, heart attacks or strokes and are usually not taking medications to lower blood sugar levels, making a healthy diet more crucial.

The study involved participants whose blood sugar ranged from pre-diabetic to diabetic levels and who were not on diabetes medication. Those in the low-carb group saw A1c levels drop 0.23 per cent more than the usual diet group, an amount Dorans called "modest but clinically relevant".

Importantly, fats made up around half of the calories eaten by those in the low-carb group, but the fats were mostly healthy monounsaturated and polyunsaturated fats found in foods like olive oil and nuts.

Dorans said the study doesn't prove that a low-carb diet prevents diabetes. But it does open the door to further research about how to mitigate health risks of those with pre-diabetes and diabetes not treated by medication.

"We already know that a low-carbohydrate diet is one dietary approach used among people who have Type 2 diabetes, but there is not as much evidence on effects of this diet on blood sugar in people with pre-diabetes," Dorans said.

Fungal Infection (The Asian Age:20221101)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=16744560>

SWATI SHARMA

THE ASIAN AGE

Sometimes, the gut produces its own alcohol – using just the carbohydrates that are eaten. This is known as the auto-brewery syndrome (ABS). The rare condition causes a person to become aggressive, black out, or exhibit slurred speech just like a drunk, even if they have not consumed a drop of the hard stuff.

RARE & UNDERDIAGNOSED

ABS, also known as gut fermentation syndrome (GFS), is a relatively unknown condition in which patients experience symptoms of alcohol intoxication despite having consumed little or no alcohol.

"Because the condition is uncommon, there is little information about auto-brewery syndrome in medical literature. There are numerous theories as to why this occurs.



"BECAUSE THE CONDITION IS UNCOMMON, THERE IS LITTLE INFORMATION ABOUT AUTO-BREWERY SYNDROME IN MEDICAL LITERATURE. WHEN CONDITIONS FOR ABNORMAL PROLIFERATION OF THE YEAST ORGANISM INSIDE OUR DIGESTIVE SYSTEM ARE FAVOURABLE, THE PROCESS LEADS TO ETHANOL FERMENTATION, CAUSING SYMPTOMS SIMILAR TO ALCOHOL INTOXICATION WITHOUT THE CONSUMPTION OF ALCOHOL"

– DR G V RAO, Director & Chief of Gastrointestinal & Minimally Invasive Surgery, AIG

is limited to very small amounts that rarely cause symptoms," says Dr Sharat Reddy Putta, Consultant Gastroenterologist & Transplant Hepatologist, KIMS Hospital.

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FUNGAL GROWTH IN THE GASTROINTESTINAL TRACT CAN CAUSE THE GUT TO PRODUCE ITS OWN ALCOHOL

WHEN THE GUT BREWS ITS OWN BEER

- SIGNS OF ABS**
- A drunk appearance
 - Vomiting
 - Burping
 - Dizziness
 - Loss of coordination, and memory loss
 - Brain fog
 - Fatigue
 - Slurred speech
 - Mood changes
 - Abdominal pain
 - Dry mouth
 - Depression
 - Anxiety
 - Restlessness

TREATING ABS

- DIETARY CHANGES ARE THE BEST OPTION:**
- Restrict carbohydrate intake
 - Increase protein in diet (such as eggs, almonds, oats, cheese, Greek yogurt, milk, broccoli, lentils, pumpkin seeds, fish peanuts, and sprouts)
 - Avoid white rice, white bread, pastries, desserts, pasta, sugary beverages



Eye health

Eye health: STOP wearing contact lenses in shower; expert warns it can lead to permanent vision loss (Indian Express: 20221101)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/eye-health-stop-wearing-contact-lenses-in-shower-expert-warns-it-can-lead-to-permanent-vision-loss/photostory/95200188.cms>

If you have a weak eye-sight and wear contact lenses at the start of your day, you might also jump into the shower later while keeping your lenses on. Do you do that?

If the answer is yes, you need to stop this right away and always take off your contacts before going for a bath. This is serious, as wearing lenses while showering can increase your risks of developing a very painful and serious eye condition, known as Acanthamoeba keratitis.

READMORE

02/6What is Acanthamoeba keratitis?

What is Acanthamoeba keratitis?

Acanthamoeba is a naturally occurring, free-living amoeba, which lives in sources like tap water, sewer systems, soil, swimming pools, hot tubs and saunas.

Optician Tina Patel explained to Express UK that, in general, encountering Acanthamoeba doesn't cause any harm. However, you can get Acanthamoeba keratitis if contaminated water comes into contact with the eye. When this amoeba infects the cornea, it can lead to Acanthamoeba Keratitis. Wearing contact lenses in the shower increases your risks of getting infected with this otherwise rare condition.

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03/6Chilling case study

Chilling case study

Marie Mason, 54, from the UK, wore 30-day contact lenses and she believes that Acanthamoeba entered her eye when she showered without removing her lenses.

"It would have got under the lens then multiplied, so my eye was riddled with it, " she told BBC News.

Talking about her initial symptoms, Mason said, "I started feeling like I had a foreign body in my eye like a bit of sand or grit which, when you rub, it will normally go away, but it wouldn't."

Read more: Seoul Halloween tragedy: What led to mass cardiac arrests, key points on signs, causes and other things to know [READMORE](#)

04/6 Marie Mason's treatment

Marie Mason's treatment

Doctors diagnosed her with Acanthamoeba keratitis and treated it with various medications, eye drops, and three cornea transplants. However, they were all unsuccessful.

"There were just lots of hospital visits, lots of eye drops, lots of operations and procedures and lots of pain," Mason told SWNS, a UK-based news agency.

After five years, the decision was finally made to remove her left eye, and she has worn a false replacement since the operation two years ago.

"I do struggle sometimes because my vision on my left side is rubbish, well it's not there. It's quite hard walking down the street when you've got people whizzing by you, and it makes you jump a bit because you don't expect it," she said.

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05/6 Symptoms of Acanthamoeba keratitis

Symptoms of Acanthamoeba keratitis

Symptoms of Acanthamoeba keratitis are very similar to other common eye infections and can often be misdiagnosed. Therefore, it is important to know these and consult your doctor if you experience any of them. Some common symptoms include:

-Red eyes

-Increased sensitivity to light

-Extreme eye pain

-Blurred vision

-Constant feeling of having some foreign object in the eye

-Excessive tearing

Read more: Silent killers in your kitchen that may be secretly ruining your healthREADMORE

06/6Complications

Complications

Acanthamoeba keratitis infects the transparent outer covering of the eye called the cornea. Patients should consult their eye doctor if they experience any of the above symptoms. Ignoring the signs can lead to severe complications.

Apart from severe pain in the eye, it can also lead to visual impairments, possible vision loss or blindness if untreated. Doctors note that in severe cases, a corneal transplant may be necessary.

Pregnancy

Is it possible to be pregnant and not know it for 9 months? (The Times of India: 20221101)

<https://timesofindia.indiatimes.com/life-style/parenting/pregnancy/is-it-possible-to-be-pregnant-and-not-know-it-for-9-months/photostory/95008860.cms>

Peyton Stover, a 23-year-old teacher from Nebraska, US, delivered her first child 48 hours before learning about her pregnancy.

She was experiencing fatigue, which she believed was related to her work. "I just thought it was normal to be tired all the time," Stover told KETV. It was when her legs swelled, that she decided to visit the doctor, who found out that a baby was on the way.

As the pregnancy was cryptic, it came with some medical concerns. Stover's kidneys and livers had stopped functioning properly and doctors had to take immediate measures. Soon, she gave birth to a baby boy, who was born 10 weeks early and weighed four pounds (1.81 kg).

In another case, Klara Dollan, then 22, told Guardian that she woke up with agonising stomach cramps, thinking it was her period. She took some paracetamol on her mother's advice and went to work.

Hours later, Dollan had given birth by herself in the bathroom of her flat, after being sent home sick from work. The newborn baby girl was completely healthy.

There are many more women who have been through this rare experience, or in a way non-experience, of pregnancy.

READMORE

02/6So what happens in a cryptic pregnancy?

So what happens in a cryptic pregnancy?

Though it sounds bizarre and unbelievable, in some rare cases, it is possible that a woman can be pregnant without knowing about it for months. This phenomenon is called a cryptic pregnancy.

In this case, the mom-to-be might learn that she is expecting a baby as late as the third trimester or when she finally goes into labour. According to a 2011 review, one in 475 women does not realise she is pregnant.

03/6No signs or wrongly interpreted signs

No signs or wrongly interpreted signs

There can be multiple reasons behind a cryptic pregnancy. Some women do not experience the typical signs of being pregnant, such as nausea, missed periods or abdominal swelling. On the other hand, some may experience them but mistake them for their other medical conditions. For example, women who have PCOS may not think of a missed period cycle as a sign of being pregnant.

Other signs like morning sickness can sometimes be mistaken for an upset stomach.

Home pregnancy tests can also sometimes give a false negative due to multiple factors like taking the test too soon, diluted urine etc.

Read more: How can I guide my teen daughter to explore her sexuality?READMORE

04/6Does the baby bump not show?

Does the baby bump not show?

While we expect a pregnant woman to have an obvious, protruding baby bump, this may not be the case for everyone. Some moms have a fairly small bump which can go unnoticed.

“Women who are very overweight or obese won’t necessarily see the physical changes that a baby is growing inside them, and the extra fat can insulate her from feeling the baby move and kick,” Mary Jane Minkin, clinical professor of ob-gyn at Yale School of Medicine told Women’s Health Mag.

05/6Is there no fetal movement in such pregnancies?

Is there no fetal movement in such pregnancies?

According to a research paper titled “Denial of pregnancy: obstetrical aspects,” there have been cases of cryptic pregnancy when women have felt no fetal movement at all. In other cases of cryptic pregnancies in the early weeks, women may mistake fetal movement as abdominal gas, especially if they have not experienced pregnancy before.

Read more: Benefits of newborn baby's skin to skin contact with mom and dad

06/6Dangers of cryptic pregnancy

Dangers of cryptic pregnancy

Cryptic pregnancies can be risky for both the mother and the baby’s health due to lack of conscious medical attention during the course of the pregnancy.

In order to stay healthy during pregnancy and give birth to a healthy child, a woman needs to eat a healthy diet, regulate her activity levels, stop alcohol and smoking and several other such crucial factors need to be taken care of. Lack of knowledge may lead to a miscarriage and increase the risks associated premature birth and unattended delivery.

Not being prepared mentally to give birth to a child can also disturb the new mother’s mental health.

Eye health

Eye health: STOP wearing contact lenses in shower; expert warns it can lead to permanent vision loss (The Times of India: 20221101)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/eye-health-stop-wearing-contact-lenses-in-shower-expert-warns-it-can-lead-to-permanent-vision-loss/photostory/95200188.cms?picid=95200217>

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COVID-19 in early 2020 vs. now surely looks different, not just in terms of how the virus itself has evolved, but also in the way people have started to approach it in recent times.

The Delta wave or the second coronavirus wave in India was extremely devastating and something none of us had ever witnessed. But with the Omicron variant, illnesses have taken a milder turn. Why? It's still impossible to give a specific reason. However, scientists believe both natural immunity and immunity acquired from the vaccines could have a role to play.

In addition, it is interesting to see how, with milder infections becoming more dominant, the COVID symptoms have changed over time...

Also read: [Has India attained herd immunity against COVID? Experts answer](#)[READMORE](#)

02/6 Loss of sense of taste and smell no longer a common sign

Loss of sense of taste and smell no longer a common sign

As the SARS-CoV-2 virus continues to mutate, the symptoms reported by COVID-infected patients are changing as well.

Earlier this year, a survey of 17,500 patients in the United Kingdom found that the loss of taste and smell were no longer predominant symptoms of COVID. Furthermore, fewer people reported high fever, shortness of breath, and loss of taste with the Omicron variant compared to the Alpha and Delta variants.

During the early stages of the pandemic, especially the Delta wave, loss of smell was reported by about half of COVID patients.

03/6 Top COVID symptoms NOW

Top COVID symptoms NOW

Sore throat, runny nose, nasal congestion, persistent cough, and headache are currently the reigning COVID symptoms, according to the Zoe Health Study.

The study found that the new list of COVID symptoms differs from the traditional more severe COVID-19 symptoms such as persistent cough, loss of smell, fever, and shortness of breath.

It involved participants, who tested positive between June 1 and November 27, 2021 (when the Delta variant was dominant) and between Dec. 20, 2021 to Jan. 17, 2022 (when the Omicron variant dominated).

Altogether, they collected 62,002 positive tests and analysed the symptoms experienced by each participant.

In addition, the study also revealed that the Omicron is far less likely to impact the lower respiratory tract, which is where the virus seems to cause more damage and give light to severe symptoms.

Air pollution

Is an air purifier enough to beat indoor air pollution? Which kind is best for the home? (Indian Express: 20221101)

<https://indianexpress.com/article/lifestyle/health-specials/air-purifier-indoor-air-pollution-best-for-home-8241035/>

Using air purifiers should not make us believe that we can ignore cross-ventilation or regular cleaning of dust. It is also of paramount importance to know that any kind of gas cannot be cleared by an air purifier, says Dr Ravi Shekhar Jha, Director, Pulmonology, Fortis Escorts Hospital, Faridabad

File photo of a bus stop with air purifiers in New Delhi. (Express photo by Tashi Tobgyal)

Indoor air pollution is the degradation of indoor air quality by harmful chemicals, particulates and other materials that pile up; it can be up to 10 times worse than outdoor air pollution. This is because contained areas enable potential pollutants to build up more than open spaces. Indoor air pollution is amplified by poor ventilation, so simply improving ventilatory measures like promoting cross ventilation can mitigate the effect of indoor air pollution.

WAYS TO CONTROL INDOOR POLLUTION

The most important ways to control air pollution are as follows:

Control of the origin or source: Remove or reduce the source of indoor pollution like regular cleaning to reduce dust accumulation, avoiding burning incense sticks and cigarettes inside the house

Ventilation: Regular opening of windows to allow the air to circulate, thereby promoting cross ventilation

Cleaning of air: Use air purifier

However, there are certain very important facts about air purifiers that we must all keep in our minds when deciding about buying one. The most important fact is that most air purifiers cannot remove gaseous pollutants from the air and hence, they are of no use when pollution inside is due to smoke of any kind.

The most commonly used air purifiers are mechanical air purifiers, most of which use HEPA filter (High Efficiency Particulate Air). The good part about them is that they remove particulate matter and do not emit ozone. However, although effective, an air purifier cannot remove all the indoor particulate matter. Dust particles, which settle on the surface, can become airborne when we touch them and can be inhaled before the purifier actually cleans them. Also, air purifiers cannot clean toxic and pollutant gases.

Another type of air purifier available in the market is the ozone air purifier. It is not regularly recommended since it releases toxic ozone gas, which is actually an airway irritant. For asthmatics, ozone can trigger an asthma attack. Ozone gas in high quantities can cause free radical damage to biological tissues, causing various diseases in humans.

Ozone-generating air purifiers are devices that are programmed to create ozone to clean the air through chemical reactions that alter the composition of the pollutants. Yet this is also the mechanism by which ozone has harmful health effects. Also, ozone is generally ineffective in controlling indoor air pollution at lower concentrations and the concentration at which it is effective can have a lot of collateral damage.

Electronic air purifiers, including ionisers, use electric voltage to convert oxygen and other molecules into their charged ionic compounds that inactivate air-borne contaminants. This process is called bipolar ionisation (BPI). However, BPI can produce free radicals and ozone, which are dangerous for biological tissues.

Therefore, it is quite evident that the best air purifier is the one which can clean the indoor air and yet does not produce toxic gases and radiation.

The answer is yes but using air purifiers should not make us believe that we can ignore cross ventilation or regular cleaning of dust. It is also of paramount importance to know that any kind of gas cannot be cleared by an air purifier.

WHICH ONE IS BEST FOR ME?

We recommend the mechanical one, the one with HEPA filter and the one which does not produce any ozone or free radicals.

Breast cancer

Study claims patients with early breast cancer may be able to skip surgery. What are the chances of recurrence? (Indian Express: 20221101)

<https://indianexpress.com/article/lifestyle/health-specials/study-claims-patients-with-early-breast-cancer-may-be-able-to-skip-surgery-what-are-the-chances-of-recurrence-8240568/>

“These are baby steps towards proving this possibility. However, a much longer follow-up is needed to prove safety. Also, major properly-designed randomised studies will need to be undertaken in a lot more patients to prove the safety of omitting surgery,” says eminent breast-oncosurgeon Dr C B Koppiker

The study, based on a US-based multi-centre phase II trials and published in The Lancet Oncology, have said that high responses are indicated by state-of-the-art breast imaging-guided, vacuum-assisted core biopsy (VACB) (file)

Patients with early-stage breast cancer, who respond favourably to chemotherapy, may be able to skip surgery and receive standard radiation treatment with a low chance of disease recurrence, according to a new study from researchers at the University of Texas MD Anderson Cancer Center.

The study, based on a US-based multi-centre phase II trials and published in The Lancet Oncology, have said that high responses are indicated by state-of-the-art breast imaging-guided, vacuum-assisted core biopsy (VACB). “In the world of oncology, where the aim is to achieve more by doing less, this could be a welcome addition to the equation of achieving that aim. However the morbidity of undergoing a small local excision is considerably a lesser evil than other modalities such as chemotherapy and radiation,” said Dr C B Koppiker, an eminent breast-oncosurgeon and one of the pioneers of breast oncoplasty in India.

This is the first time this kind of result has been shown in patients who have had a complete response documented by VACB and then followed up with only radiation, hence avoiding surgery. “The ultimate form of breast-conserving therapy is completely eliminating breast surgery for invasive disease,” said Henry Kuerer, Professor of Breast Surgical Oncology and principal investigator of the study, “Eliminating Surgery or Radiotherapy After Systemic Therapy in Treating Patients With HER2 Positive or Triple Negative Breast Cancer.”

“This research adds to growing evidence showing that newer drugs can completely eradicate cancer in some cases, and very early results show we can safely eliminate surgery in this select group of women with breast cancer,” he added. The Phase II trial results evaluated the likelihood of breast cancer returning in patients who are in complete remission after receiving chemotherapy and radiation without surgery. Each of the 31 patients followed had a complete response to chemotherapy and none had a breast tumour recurrence after a median follow-up of 26.4 months.

“These are baby steps towards proving this possibility. However, a much longer follow-up is needed to prove safety. Also, major properly-designed randomised studies will need to be undertaken in a lot more patients to prove the safety of omitting surgery. Except for the scar, a VACB procedure is still a procedure, which too has potential complications such as infections,” Dr Koppiker said.

The oncosurgeon has welcomed de-escalation of surgical treatment but he feels that there have to be efforts in de-escalating systemic therapy and radiation therapy protocols. One will need to study the effect this will have on the economics of de-escalating such treatments, Dr Koppiker added. One of the areas where onco-surgeons have been arguing for de-escalating radiation treatment is in select elderly patients with a highly hormone-sensitive breast cancer, where radiation and chemotherapy can be omitted. “I believe this seems a more welcome strategy for de-escalation as the patient avoids the side effects from these treatment modalities.

She undergoes a surgery and recovers within a week and needs no further treatment other than anti-hormonal medicine once a day with definitely much better tolerated side effects or none at all,” Dr Koppiker said. Hence researchers need to consider optimising the use of these definitely more elaborate time-consuming armaments in the protocol for treatment, which also have considerably worse potential side effects as compared to surgery of minimal proportions, the expert pointed out.

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Previous data on omitting surgery was not encouraging. Many systematic reviews of studies that have looked at post-chemo surgery have been published. One such review, “Early Breast Cancer Trialists’ Collaborative Group (EBCTCG)”, published in 2018, provides high quality data on the concept of risk-adapted breast-conserving therapy. This review is one of the most revered and showed that there was an increased risk of local recurrence in patients who underwent breast conservation after receiving chemotherapy as against those who had had a mastectomy.

Yet, they speculated on the reasons and one of them was that some of the studies included in the review had actually omitted surgery in patients who had had a complete response to chemotherapy.

This omission of surgery or a period of long follow-up showed a five per cent increased risk of recurrence. “Thus in this overview, omitting surgery after complete response was catastrophic. There were other reasons also for the increased risk of local recurrence after breast conservation and these were cited in the review. Simply put proper localisation of the tumour was not done,” Dr Koppiker said.

The breast onco-surgeon has himself created a protocol for the management of chemotherapy and surgery. “We tried to eliminate all the shortcomings of the studies mentioned in the EBCTCG review. We have been able to safely achieve breast cancer conservation in a large number of patients with this protocol up to 73 per cent. Though we did not omit surgery completely, we did manage to offer the patients lesser surgeries than would be required otherwise, thereby reducing the rate of women undergoing mastectomy significantly.

Our study has been completed and awaits publication,” Dr Koppiker said. “Avoiding surgery is something that can only be proved with extremely large and well designed studies. Till then the standard of care would be to offer breast conservation to patients who have had a complete response. That means minimal surgery which avoids mutilation and discomfort to the patient,” Dr Koppiker added.

Yoga asanas and exercises

How to get rid of love handles with these yoga asanas and exercises? (Indian Express: 20221101)

<https://indianexpress.com/article/lifestyle/health-specials/get-rid-love-handles-yoga-asanas-exercises-8240138/>

When they appear, love handles may not appear dangerous. But considering that Indians are prone to accumulating stubborn belly fat, it is better to trim the waistline from the very beginning, says holistic health expert Dr Mickey Mehta

Eating a well-balanced and nourished diet is an important factor to help lose those love handles. (Photo: Wikimedia Commons/Robin)

Often this bulge is associated with a lot of emotional indulgence and acceptance. Simply because it might be covered up with an appropriate choice of outfit and not make you look fat. But “love handles”, or the excess fatty deposits that sit on either side of the waist above the hips, may be an indicator of abdominal fat accumulation and consequent obesity.

These are some exercises one can do and following nutritional advice can help bring down body fat ratio. I would choose yoga first because it not just helps to shape you but improves your agility, endurance, flexibility and mobility. Exercises help improve body postures, balance and stability. However, yoga asanas additionally help improve bodily systems, organs and functions.

Yoga asanas with the rhythmic flow of breath accelerates the process and also improves energy flow. Practise the below given asanas and exercises for love handles and improve your core strength.

Stand straight and bring your right leg two steps ahead, keep both feet straight. Inhale, lift both the arms up to the shoulder level. Exhale, twist and bring your left hand towards the right ankle. Hold it for 10 counts. Inhale and slowly come up and repeat on the other side.

Stand straight with legs three feet apart. Breathe in and go down in a squat position. Breathe out, come up, straighten your legs and kick sideways, alternating right and left. Breathe in and come back in a squat position.

First lie down flat on your mat, with your feet together and your arms on the sides and fingers stretched towards your toes. Inhale and as you exhale, lift your upper body and bend the knee, stretching your arms towards your feet. Slowly try to straighten your legs. Feel the stretch in your stomach area and balance your body entirely on the buttocks. Make sure your eyes, fingers and toes are all in one line. Hold your breath and remain in this position for at least 10 seconds.

Lie down on your back, turn on the right side. Inhale, lift your left leg up and hold the toe or calf with your left hand. Exhale slowly and come down.

Other Yogasanas such as Supta Vakrasana and Parshva Konasana can be done. Team them up with pranayama practices like Kapalbhathi and Maha Bandha.

Other than the above, side bends (Standing and sitting), twist, forward bends, squat, lunge and planks can be done regularly. In a side plank, for example, lie down on one side, using one arm to prop yourself up. Then place one leg on top of the other, forming a straight line. Raise your hips off the ground and hold this position for 30 seconds. Repeat this on the other side.

For twists, sit down with bent knees. Then twist your torso toward the left side and hold your position. Then turn their torso toward the right and hold. Repeat this exercise 30 times. To increase difficulty, people can perform the exercise with a weight.

Crunches are easy by lying flat on your back with legs lifted and knees bent. Then simply twist your right elbow towards your left knee while fully extending your right leg. Repeat this on the opposite side.

Food management also plays a vital role for optimal benefits. Eating a well-balanced and nourished diet is an important factor to help lose those love handles.

COVID-19 damages lungs

How COVID-19 damages lungs: The virus attacks mitochondria, continuing an ancient battle that began in the primordial soup? (The Hindu: 20221101)

<https://www.thehindu.com/sci-tech/health/how-covid-19-damages-lungs-by-attacking-mitochondria/article66077275.ece>

Approximately 5% of people infected with SARS-CoV-2 suffer respiratory failure (low blood oxygen) requiring hospitalisation.

Viruses and bacteria have a very long history. Because viruses can't reproduce without a host, they've been attacking bacteria for millions of years. Some of those bacteria eventually became mitochondria, synergistically adapting to life within eukaryotic cells (cells that have a nucleus containing chromosomes).

Tuberculosis cases

Tuberculosis cases rise for the first time in years, says WHO (The Hindu: 20221101)

<https://www.thehindu.com/sci-tech/health/tuberculosis-cases-rise-for-the-first-time-in-years-says-who/article66062347.ece>

The World Health Organization says the number of people infected with tuberculosis, including the kind resistant to drugs, rose globally for the first time in years in 2021

The number of people infected with tuberculosis, including the kind resistant to drugs, rose globally for the first time in years, according to a report issued Thursday by the World Health Organization.

The U.N. health agency said more than 10 million people worldwide were sickened by tuberculosis in 2021, a 4.5% rise from the year before. About 1.6 million people died, it said.

Gastric Cancer Awareness Month:

Gastric Cancer Awareness Month: लंबे समय तक भूखे रहने से होने वाली एसिडिटी से बढ़ रहा कैंसर का खतरा(The Hindu: 20221101)

<https://www.livehindustan.com/lifestyle/health/story-gastric-cancer-awareness-month-acidity-caused-by-prolonged-starvation-increases-the-risk-of-cancer-mainly-in-women-7290929.html>

Gastric Cancer Awareness Month: खाली पेट रहने वाली महिलाओं को एसिडिटी से पेट में अमाशय का कैंसर हो रहा है। एसकेएमसीएच स्थित होमी भाभा कैंसर अस्पताल में हर महीने 50 से 60 पेट के कैंसर के मरीज इलाज के ल

खाली पेट रहने वाली महिलाओं को एसिडिटी से पेट में अमाशय का कैंसर हो रहा है। एसकेएमसीएच स्थित होमी भाभा कैंसर अस्पताल में हर महीने 50 से 60 पेट के कैंसर के मरीज इलाज के लिए पहुंच रहे हैं। इसकी पुष्टि अस्पताल की सहायक अधीक्षक डॉ. तुलिका ने की। बताया कि जुलाई से सितंबर तक कैंसर अस्पताल में 226 पेट के कैंसर के मरीज पहुंच चुके हैं, जिनमें 116 महिलाएं हैं।

कैंसर अस्पताल के प्रभारी डॉ. रविकांत सिंह ने बताया कि अस्पताल में पेट के कैंसर के मरीजों का ऑपरेशन भी किया जा रहा है। कई मरीजों की कीमोथेरेपी भी चल रही है। अस्पताल के डॉक्टरों ने बताया कि लंबे समय एसिडिटी के कारण पेट में कैंसर मिल रहा है।

30 से 40 वर्ष के लोग हो रहे शिकार :

होमी भाभा कैंसर अस्पताल में कैंसर विशेषज्ञ डॉ. शांतनु पवार ने बताया कि अमाशय कैंसर के शिकार 30 से 40 वर्ष के युवा हो रहे हैं। इसका कारण उनकी जीवनशैली की अनियमितता और खानपान है। महिलाएं घर के कामकाज में अधिक समय तक खाली पेट रहती हैं, इसलिए उनके पेट में एसिडिटी बनती है। इससे महिलाएं ज्यादा इस बीमारी की शिकार हो रही हैं। उन्होंने बताया कि जनवरी से अक्टूबर तक पेट के कैंसर के 10 ऑपरेशन हमलोग कर चुके हैं। एसिडिटी से कैंसर होने वाले हर महीने करीब आठ मरीज अस्पताल पहुंच रहे हैं।

एसिडिटी से कैसे होता है कैंसर :

डॉ. शांतनु ने बताया कि लंबे समय तक पेट में एसिडिटी बनने से पेट के अंदर एचपाइलोरी इन्फेक्शन होता है। यह डीएनए को डैमेज करता है। यही इन्फेक्शन आगे जाकर पेट में कैंसर बनाने लगता है। एसिडिटी के कारण एसिड डिस्बैलेंस हो जाता है। एसिडिटी के कारण अमाशय के बेस का तालमेल गड़बड़ हो जाता है, जिससे वहां कैंसर पनपने लगता है। लंबे समय की एसिडिटी से पेट में म्यूकस और डीएनए रीपेयर नहीं हो पाता है। डॉ. पवार ने बताया कि पेट में एसिडिटी बन रही है तो मरीज जाकर डॉक्टर से अपनी जांच कराएं। इसके लिए इंडोस्कोपी कराई जाती है। इंडोस्कोपी से पेट में इन्फेक्शन का पता चलता है। उन्होंने बताया कि पेट के कैंसर के इलाज में ज्यादातर मरीज कीमोथेरेपी से ठीक हो रहे हैं।

केमिकल वाले अचार बड़ा कारण :

कैंसर अस्पताल के डॉक्टरों ने बताया कि पेट में एसिडिटी बनने और फिर कैंसर में बदलने में केमिकल युक्त खाना बड़ा कारण है। डॉक्टरों ने बताया कि बाजार में आज कई केमिकल वाले अचार मिलते हैं, इसे खाने के बाद पेट में एसिडिटी बनने लगती है। शराब से भी दूर रहना जरूरी है।

किस महीने कितने कैंसर मरीज आए :

जुलाई- 85- पुरुष-40 महिलाएं-45

अगस्त- 74- पुरुष-38 महिलाएं-37

सितंबर- 67- पुरुष-32 महिलाएं-35

Asymptomatic Breast Cancer

Asymptomatic Breast Cancer है साइलेंट किलर, दबे पांव बॉडी में तेजी से लगता है फैलने; बस ये उपाय बचा सकता है जान(The Hindu: 20221101)

<https://navbharattimes.indiatimes.com/lifestyle/health/breast-cancer-awareness-month-2022-asymptomatic-breast-cancer-is-silent-killer-with-no-sign-and-symptoms/articleshow/95207773.cms?story=5>

Breast Cancer Awareness Month 2022: ब्रेस्ट कैंसर के बारे में लोगों को शिक्षित करने के लिए अक्टूबर को स्तन कैंसर जागरूकता माह के रूप में मनाया जाता है। ब्रेस्ट कैंसर से हर साल लाखों की संख्या में मौतें होती हैं। ऐसे में हम आपको आज बिना संकेत वाले स्तन कैंसर (Asymptomatic Breast Cancer) से बचने के उपाय के बारे में बता रहे हैं।

breast cancer awareness month 2022 asymptomatic breast cancer is silent killer with no sign and symptoms

Asymptomatic Breast Cancer है साइलेंट किलर, दबे पांव बॉडी में तेजी से लगता है फैलने; बस ये उपाय बचा सकता है जान

महिलाओं में सबसे आम प्रकार का कर्क रोग स्तन कैंसर (Breast Cancer) है। दुनिया भर में लाखों महिलाओं की स्तन कैंसर से मौत होती है। स्तन कैंसर की घटनाएं समय के साथ तेजी से बढ़ रही हैं। इसका एक मुख्य कारण ब्रेस्ट कैंसर के लक्षण, उपचार के प्रति जागरूकता में कमी है।

60% से ज्यादा डिस्काउंट पर मिल रहे हैं ये ब्रांडेड Tote Bags, ऑफिस या कैजुअल, सबके लिए होंगे परफेक्ट

WHO के अनुसार, 2020 में दुनियाभर में 2.3 मिलियन महिलाओं में स्तन कैंसर का निदान किया गया था, जिसमें से 685,000 महिलाएं के लिए यह बीमारी जानलेवा साबित हुई।

क्या है एसिम्प्टोमैटिक ब्रेस्ट कैंसर

इस तरह के कैंसर में कोई लक्षण नहीं दिखते या अनुभव होते हैं। ऐसे मामलों में, रोग मेटास्टेसाइज हो सकता है जिसका मतलब है शरीर के अन्य भागों में कैंसर का फैलना। मेटास्टेटिक स्तन कैंसर आमतौर पर एडवांस स्टेज में पता लगते हैं, जहां उपचार के विकल्प अधिक बहुत कम और कठिन होते हैं। हालांकि, ब्रेस्ट चेकअप से इस तरह के कैंसर से बचा जा सकता है। यदि आपकी उम्र 40 वर्ष से अधिक उम्र की महिलाओं क्लिनिकल ब्रेस्ट चेकअप जरूर कराएं।

कितने बार करना चाहिए ब्रेस्ट कैंसर

मुंबई के ले नेस्ट हॉस्पिटल मलाड के प्रसूति एवं स्त्री रोग विशेषज्ञ डॉ. मुकेश गुप्ता कहते हैं, उच्च जोखिम वाले मामलों में, आपके डॉक्टर के परामर्श से 25 साल से स्क्रीनिंग नियमित रूप से कराना शुरू कर देना चाहिए। एक्स-रे मैमोग्राफी, स्तन अल्ट्रासाउंड, एमआरआई, सीटी और पीईटी स्कैन जैसे इमेजिंग परीक्षणों की एक जैसे टेस्ट से स्तन में किसी भी प्रकार की खराबी का पता समय रहते लगाया जा सकता है। जैसे-जैसे आपकी उम्र बढ़ती है, ये परीक्षण शीघ्र निदान के लिए बहुत रूरी हो जाते हैं।

सिम्प्टोमैटिक ब्रेस्ट कैंसर का खुद कर सकते हैं निदान

20 साल और उससे अधिक की हर लड़की को हर महीने सेल्फ ब्रेस्ट टेस्ट करना चाहिए। ऐसा करते हुए छाती में किसी भी गांठ, आकृति में बदलाव, त्वचा के डिंपल या उभार, निप्पल में बदलाव या डिसचार्ज, सूजन एक चेतावनी संकेत हो सकता है। समय पर ब्रेस्ट कैंसर निदान करने के लिए सेल्फ ब्रेस्ट टेस्ट एक आसान तरीका है, इसलिए नियमित रूप से इसे करें।

हालांकि 40 वर्ष की आयु पार करने के बाद क्लिनिकल ब्रेस्ट टेस्ट जरूरी हो जाता है। आपके डॉक्टर स्क्रीनिंग डायग्नोस्टिक और इमेजिंग टेस्ट जैसे कि ब्रेस्ट अल्ट्रासाउंड या मैमोग्राफी और जेनेटिक काउंसलिंग की भी जरूरत पड़ने पर सलाह दे सकते हैं।

क्या ब्रेस्ट कैंसर ठीक हो सकता है?

स्तन कैंसर के लिए उपलब्ध उपचार विकल्प कैंसर के प्रकार, स्टेज और फैलाव पर निर्भर करते हैं और उसी के अनुसार उपचार के तौर-तरीकों की सिफारिश की जाती है।

डॉक्टर गुप्ता बताते हैं कि ब्रेस्ट कैंसर के इलाज के लिए सर्जरी, कीमोथेरेपी, रेडिएशन और हार्मोन थेरेपी में से किसी एक उपचार के विकल्प पर विचार किया जा सकता है। इसके अलावा स्तन कैंसर को हटाने, फैलने और दोबारा होने से रोकने के लिए इन विकल्पों के संयोजन को इस्तेमाल किया जा सकता है।

ब्रेस्ट कैंसर से कैसे बचा जा सकता है?

ब्रेस्ट कैंसर के जोखिम को कम करने के लिए शराब का सेवन न करें। इसके साथ ही रोजाना व्यायाम, स्वस्थ वजन, सप्ताह में कम से कम दो बार मध्यम एरोबिक कसरत आपको इस जानलेवा बीमारी से बचा सकते हैं। अध्ययनों से पता चलता है कि स्तनपान कराने से ब्रेस्ट कैंसर का जोखिम काफी हद तक कम हो जाता है।

इस लेख को अंग्रेजी में पढ़ने के लिए यहां क्लिक करें।

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।

आपके लिए

पर्सनल केयर

इन Shaving Kit से घर पर पर्फेक्ट शेव कर पा सकते हैं स्किन पर ग्लो, गिफ्ट देने के लिए बेस्ट

फैमिली

जिंदगीभर गोल-मोल नहीं होगा आपका बच्चा, बस आपको आजमाने होंगे ये 6 आसान तरीके

हेल्थ

दिवाली से पहले कोरोना की दहशत! AIIMS के एक्स डायरेक्टर ने दी चेतावनी

हेल्थ

इन महिलाओं में ज्यादा ब्लीडिंग होना है कैंसर का संकेत, ये बदलाव होते हैं खतरनाक

हेल्थ

WHO की चेतावनी- 2030 तक बढ़ जाएंगे मोटापा- हार्ट डिजीज के 50 करोड़ नए मामले, ये है वजह

होम क्लियरेंस स्टोर में पाएँ 70% तक की छूट, सस्ते में खरीदें टॉप ब्रैंड्स के सामान |

जानिए कैसे 86% उपयोगकर्ताओं ने 2 महीनों में हाई ब्लड शुगर लेवल कम किया |

अगला लेख

पुरुषों को हर दिन करने चाहिए ये काम, फिर Wife से नहीं मांगना पड़ेगा सुकून और शांति

Navbharat Times News App: देश-दुनिया की खबरें, आपके शहर का हाल, एजुकेशन और बिजनेस अपडेट्स, फिल्म और खेल की दुनिया की हलचल, वायरल न्यूज़ और धर्म-कर्म... पाएँ हिंदी की ताज़ा खबरें डाउनलोड करें NBT ऐप

लेटेस्ट न्यूज़ से अपडेट रहने के लिए NBT फेसबुकपेज लाइक करें