



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Thursday 20221124

## Demographic crisis

### South Korea in demographic crisis as many stop having babies (The Tribune:2022124)

<https://www.tribuneindia.com/news/health/south-korea-in-demographic-crisis-as-many-stop-having-babies-454174>

South Korea in demographic crisis as many stop having babies

Yoo Young Yi's grandmother gave birth to six children. Her mother birthed two. Yoo doesn't want any.

“My husband and I like babies so much ... but there are things that we'd have to sacrifice if we raised kids,” said Yoo, a 30-year-old Seoul financial company employee.

“So it's become a matter of choice between two things, and we've agreed to focus more on ourselves.” There are many like Yoo in South Korea who have chosen either not to have children or not to marry. Other advanced countries have similar trends, but South Korea's demographic crisis is much worse.

South Korea's statistics agency announced in September that the total fertility rate — the average number of babies born to each woman in their reproductive years — was 0.81 last year. That's the world's lowest for the third consecutive year.

The population shrank for the first time in 2021, stoking worry that a declining population could severely damage the economy — the world's 10th largest — because of labour shortages and greater welfare spending as the number of older people increases and the number of taxpayers shrinks.

President Yoon Suk Yeol has ordered policymakers to find more effective steps to deal with the problem. The fertility rate, he said, is plunging even though South Korea spent 280 trillion won (USD 210 billion) over the past 16 years to try to turn the tide.

Many young South Koreans say that, unlike their parents and grandparents, they don't feel an obligation to have a family.

They cite the uncertainty of a bleak job market, expensive housing, gender and social inequality, low levels of social mobility and the huge expense of raising children in a brutally competitive society. Women also complain of a persistent patriarchal culture that forces them to do much of the childcare while enduring discrimination at work.

“In a nutshell, people think our country isn't an easy place to live,” said Lee So-Young, a population policy expert at the Korea Institute for Health and Social Affairs. “They believe their children can't have better lives than them, and so question why they should bother to have babies.”

Many people who fail to enter good schools and land decent jobs feel they've become “dropouts” who “cannot be happy” even if they marry and have kids because South Korea lacks advanced social safety nets, said Choi Yoon Kyung, an expert at the Korea Institute of Child Care and Education.

She said South Korea failed to establish such welfare programs during its explosive economic growth in the 1960 to '80s.

Yoo, the Seoul financial worker, said that until she went to college, she strongly wanted a baby. But she changed her mind when she saw female office colleagues calling their kids from the company toilet to check on them or leaving early when their children were sick. She said her male coworkers didn't have to do this.

“After seeing this, I realized my concentration at work would be greatly diminished if I had babies,” Yoo said.

Her 34-year-old husband, Jo Jun Hwi, said he doesn't think having kids is necessary. An interpreter at an information technology company, Jo said he wants to enjoy his life after years of exhaustive job-hunting that made him “feel like I was standing on the edge of a cliff.”

There are no official figures on how many South Koreans have chosen not to marry or have kids. But records from the national statistics agency show there were about 193,000 marriages in South Korea last year, down from a peak of 430,000 in 1996. The agency data also show about 260,600 babies were born in South Korea last year, down from 691,200 in 1996, and a peak of 1 million in 1971. The recent figures were the lowest since the statistics agency began compiling such data in 1970.

Kang Han Byeol, a 33-year-old graphic designer who's decided to remain single, believes South Korea isn't a sound place to raise children. She cited frustration with gender inequalities, widespread digital sex crimes targeting women such as spy cams hidden in public restrooms, and a culture that ignores those pushing for social justice.

“I can consider marriage when our society becomes healthier and gives more equal status to both women and men,” Kang said.

Kang's 26-year-old roommate Ha Hyunji also decided to stay single after her married female friends advised her not to marry because most of the housework and child care falls to them. Ha worries about the huge amount of money she would spend for any future children's private tutoring to prevent them from falling behind in an education-obsessed nation.

“I can have a fun life without marriage and enjoy my life with my friends,” said Ha, who runs a cocktail bar in Seoul.

Until the mid-1990s, South Korea maintained birth control programs, which were initially launched to slow the country's post-war population explosion.

The nation distributed contraceptive pills and condoms for free at public medical centers and offered exemptions on military reserve training for men if they had a vasectomy.

United Nations figures show a South Korean woman on average gave birth to about four to six children in the 1950s and '60s, three to four in the 1970s, and less than two in the mid-1980s.

South Korea has been offering a variety of incentives and other support programs for those who give birth to many children. But Choi, the expert, said the fertility rate has been falling too fast to see any tangible effects. During a government task force meeting last month, officials said they would soon formulate comprehensive measures to cope with demographic challenges.

South Korean society still frowns on those who remain childfree or single.

In 2021 when Yoo and Jo posted their decision to live without children on their YouTube channel, “You Young You Young,” some posted messages calling them “selfish” and asking them to pay more taxes. The messages also called Jo “sterile” and accused Yoo of “gaslighting” her husband.

Lee Sung-jai, a 75-year-old Seoul resident, said it's “the order of nature” for humankind to marry and give birth to children.

“These days, I see some (unmarried) young women walking with dogs in strollers and saying they are their moms. Did they give birth to those dogs? They are really crazy,” he said.

Seo Ji Seong, 38, said that she's often called a patriot by older people for having many babies, though she didn't give birth to them for the national interest. She's expecting a fifth baby in January.

Seo's family recently moved to a rent-free apartment in the city of Anyang, which was jointly provided by the state-run Korea Land and Housing Corporation and the city for families with at least four children. Seo and her husband, Kim Dong Uk, 33, receive other state support, though it's still tough economically to raise four kids.

Kim said he enjoys seeing each of his children growing up with different personalities and talents, while Seo feels their kids' social skills are helped while playing and competing with one another at home.

“They are all so cute. That's why I've kept giving birth to babies even though it's difficult,” Seo said.

## **Antioxidant flavonols**

### **Antioxidant flavonols intake linked to slower mental decline: Study (The Tribune:2022124)**

<https://www.tribuneindia.com/news/health/antioxidant-flavonols-intake-linked-to-slower-mental-decline-study-453928>

Flavonols are a type of flavonoid, a group of phytochemicals found in plant pigments known for its beneficial effects on health

Antioxidant flavonols intake linked to slower mental decline: Study

People who eat or drink more foods with antioxidant flavonols, found in several fruits, vegetables, tea and wine, may have a slower rate of memory decline, according to a study.

Flavonols are a type of flavonoid, a group of phytochemicals found in plant pigments known for its beneficial effects on health.

“It’s exciting that our study shows making specific diet choices may lead to a slower rate of cognitive decline,” said study author Thomas M. Holland of Rush University Medical Centre in Chicago, US.

After adjusting for other factors that could affect the rate of memory decline, such as age, sex and smoking, researchers found that the cognitive score of people who had the highest intake of flavonols declined at a rate of 0.4 units per decade more slowly than people whose had the lowest intake. Holland noted this is probably due to the inherent antioxidant and anti-inflammatory properties of flavonols.

The findings have been published in the journal American Academy of Neurology.

“Something as simple as eating more fruits and vegetables and drinking more tea is an easy way for people to take an active role in maintaining their brain health,” said Holland.

The study also broke the flavonol class down into the four constituents: kaempferol, quercetin, myricetin and isorhamnetin. The top food contributors for each category were: kale, beans, tea, spinach and broccoli for kaempferol; tomatoes, kale, apples and tea for quercetin; tea, wine, kale, oranges and tomatoes for myricetin; and pears, olive oil, wine and tomato sauce for isorhamnetin.

The researchers found that people who had the highest intake of kaempferol had a 0.4 units per decade slower rate of cognitive decline compared to those in the lowest group. Those with the highest intake of quercetin had a 0.2 units per decade slower rate of cognitive decline compared to those in the lowest group.

People with the highest intake of myricetin had a 0.3 units per decade slower rate of cognitive decline compared to those in the lowest group. Dietary isorhamnetin was not tied to global cognition, the study said.

The study involved 961 people with an average age of 81 without dementia. They filled out a questionnaire each year on how often they ate certain foods. They also completed annual cognitive and memory tests including recalling lists of words, remembering numbers and putting them in the correct order, the study said.

They were also asked about other factors, such as their level of education, how much time they spent doing physical activities and how much time they spent doing mentally engaging activities such as reading and playing games. They were followed for an average of seven years, the study said.

To determine rates of cognitive decline, researchers used an overall global cognition score summarizing 19 cognitive tests. The average score ranged from 0.5 for people with no thinking problems to 0.2 for people with mild cognitive impairment to -0.5 for people with Alzheimer's disease, the study said.

The people were divided into five equal groups based on the amount of flavonols they had in their diet.

While the average amount of flavonol intake in US adults is about 16 to 20 milligrams (mg) per day, the study population had an average dietary intake of total flavonols of approximately 10 mg per day. The lowest group had an intake of about 5 mg per day and the highest group consumed an average of 15 mg per day; which is equivalent to about one cup of dark leafy greens, the study said.

Holland noted that the study shows an association between higher amounts of dietary flavonols and slower cognitive decline but does not prove that flavonols directly cause a slower rate of cognitive decline.

Other limitations of the study are that the food frequency questionnaire, although valid, was self-reported, so people may not accurately remember what they eat.

## Covid

### **Covid may increase risk of stroke in children: Study (The Tribune:2022124)**

Hyper-immune response that comes later could be causing kids to clot, says Vielleux, a pediatric neurology resident

<https://www.tribuneindia.com/news/health/covid-may-increase-risk-of-stroke-in-children-study-453912>

Children may be at increased risk of stroke after covid infection, according to a small study conducted in the US.

The research, published this week in the journal Pediatric Neurology, reviewed medical charts and diagnosis codes to identify 16 hospital patients who had an ischemic stroke between March 2020 and June 2021.

Most of those took place between February and May 2021, shortly after the surge of covid pediatric cases. Of those tested for covid antibodies, nearly half tested positive.

None of the 16 had been severely sick with the virus and some had been asymptomatic, the researchers said.

Five patients were not tested for past covid infection, a limitation of the study, they said.

"It may be that hyper-immune response that comes later that's causing kids to clot," said MaryGlen J Vielleux, a pediatric neurology resident at University of Utah Health and lead author of the study.

"Overall, kids have a relatively low risk for stroke, but there is a rare but real risk after covid," Vielleux said.

The new data shows that the overall number of strokes was significantly higher than what had been seen historically at Intermountain Primary Children's Hospital.

Over the past five years, the number of children with strokes of uncertain origins had averaged around four per year.

In the first six months of 2021, the hospital cared for 13 kids with a stroke of unknown origins.

The study's results are in contrast to the findings of a 2021 international study of children early in the pandemic that suggested covid did not cause an increased risk of stroke in children.

The new study also showed that the risk of stroke is independent of whether or not the patient has Multisystem Inflammatory Syndrome in Children (MIS-C), a known complication of covid.

Only three of the patients had confirmed cases of MIS-C. Of the 16 kids studied, most had few lingering impacts from their stroke by the time they left the hospital.

Researchers hope the new study highlights the need for early evaluation of neurologic symptoms in children to rule out the possibility of stroke.

Children often do not display the symptoms commonly associated with stroke in adults, they said.

The data shows that even kids who were asymptomatic from covid could go on to experience a serious complication like stroke, Vielleux added.

## **Remdesivir**

### **Remdesivir could reduce covid mortality if given early: Study(The Tribune:2022124)**

<https://www.tribuneindia.com/news/health/remdesivir-could-reduce-covid-mortality-if-given-early-study-453890>

Researchers from Tokyo Medical and Dental University find that treatment with remdesivir within nine days of covid symptom onset decreases mortality in Asian patients also taking corticosteroids

Remdesivir can reduce mortality in patients if administered within nine days of covid symptom onset, according to a study conducted in Asian patients.

Researchers from Tokyo Medical and Dental University (TMDU) have found that treatment with remdesivir within nine days of covid symptom onset decreases mortality in Asian patients also taking corticosteroids, the study said.

Several studies, according to the study, have already shown that remdesivir can shorten recovery time in patients with covid, although there are conflicting reports on whether the drug prevents patients from dying. In addition, previous trials did not focus on patients who required breathing support while in the ICU.

"Given the inconsistent evidence regarding the survival benefit it confers, we sought to investigate the effectiveness of remdesivir in patients with covid, who were admitted to an ICU in Japan," said Mariko Hanafusa, first author of the study.

"All of these patients were being treated with corticosteroids for pneumonia, and some were receiving mechanical assistance for breathing," said Hanafusa.

According to the study, the researchers analysed the medical records of 168 patients with covid admitted to the ICU at TMDU Hospital between April 2020 and November 2021. The patients were divided into groups based on whether or not they were also treated with remdesivir, the study, published in the Journal of Medical Virology, said.

"The results showed a clear difference in patient survival based on when they received treatment with remdesivir," said Takeo Fujiwara, senior author of the study.

## **COVID-19 restrictions**

### **Time to ease norms: On COVID-19 restrictions (The Hindu:2022124)**

<https://www.thehindu.com/opinion/editorial/time-to-ease-norms-the-hindu-editorial-on-covid-19-restrictions/article66174361.ece>

As the third winter begins in India after the COVID-19 pandemic began in January 2020, fresh daily infections of the novel coronavirus — there was a small spike in July and August — have been dipping since the third wave peaked in late January 2022. Daily new cases nationally dropped below the 1,000-mark after November first week, and below 500 in the last four days. While the case decline may not be a true reflection of the actual level of infection in the population, given the low level of testing across the country, the test positivity rate and the number of hospitalisations due to moderate to severe COVID-19 disease are at a low level — a far cry from the peak of the second wave in 2021. COVID-19 deaths too have been very low, with many States not reporting any for days together; Kerala has been reporting some backlog deaths on certain days but nil fresh deaths on many days. Nationally, the case fatality rate was 1.19% as of November 22. The situation in India is vastly different from what it is like in a few other countries where the daily infections are witnessing a sharp spike. Even the extremely high transmissible Omicron sub-lineages and recombinant lineages have only caused a small spike in fresh cases but no concomitant increase in hospitalisations or deaths in India.

Given the very low number of cases and hospitalisations, the situation in India is no longer cause for concern. Even with most businesses and educational institutions back to functioning as in the pre-pandemic days and large gatherings being seen even in poorly ventilated places with almost no voluntary mask wearing, there has been no spike in cases since the peak of the third wave. This makes a strong case to ease any mandatory COVID-appropriate behaviour, masks included. A week ago, India made mask wearing optional for air passengers precisely because of the improved ground situation. It is only in hospitals and health-care settings that mask wearing should remain mandatory. The low level of infection notwithstanding, it is advisable that the vulnerable population including the elderly and those with comorbidities at least wear a mask to reduce the risk of infection. Long COVID is real and poses a risk even to otherwise healthy people. The virus is evolving, and the emerging variants of concern will, by default, be even more highly transmissible. Their lethality cannot be predicted as transmission happens prior to disease onset and so the selection pressure is for higher transmission and not disease severity.



## **Antibiotics**

### **What are the symptoms and long term side-effects of antibiotics? (TheIndian Express:2022124)**

<https://indianexpress.com/article/lifestyle/health/world-antimicrobial-awareness-week-common-questions-answered-expert-8286617/>

Since the general public lacks proper knowledge of medicines, it is recommended that antibiotics be consumed only after consulting with a doctor, said Dr Yatin Mehta, chairman, Institute of Critical Care and Anaesthesiology, Medanta, Gurugram

antibioticsAny pill can cause problems as every pill has a different composition, dosage, and side effects (Source: Getty Images/Thinkstock)

Antibiotics are antimicrobial substances that are active against bacteria. In simple words, they are the most common type of antibacterial agent used to treat infections caused by bacteria. They are the drugs that treat bacterial infections in humans by either killing the bacteria or making it difficult for the bacteria to grow and multiply. However, despite being commonly prescribed, there are many questions and much confusion regarding their usage. As such, if you also have any queries, here's Dr Yatin Mehta, chairman, Institute of Critical Care and Anaesthesiology, Medanta, Gurugram answering some of the frequently asked questions about antibiotic use on the occasion of 'World Antimicrobial Awareness Week' annually observed by the World Health Organization (WHO) between November 18-24.

## **Type 1 diabetes**

### **How new drug delays onset of insulin shot stage in Type 1 diabetes (TheIndian Express:2022124)**

<https://indianexpress.com/article/lifestyle/health-specials/new-drug-onset-insulin-shot-stage-type-1-diabetes-8285555/>

'With most people getting their diagnosis only when they are already in stage 3 and nobody adhering to screening protocols early on, drug application may be limited. Besides it is costly,' says Dr Anoop Misra, Chairman, Fortis-CDOC Centre of Excellence for Diabetes

## **Food and Nutrition**

### **Why a slightly unripe banana is a better breakfast choice than the ripe fruit (TheIndian Express:2022124)**

<https://indianexpress.com/article/lifestyle/health-specials/diabetes-unripe-banana-breakfast-benefits-8286653/>

Diabetics should have the green, slightly unripe banana because it is high in resistant starch, which functions like soluble fibres and adds bulk to your food, says Dr Cijith Sreedhar, CMO, Prakriti Shakti Clinic of Natural Medicine, CGH Earth, Kerala

## **Physical Fitness**

### **How excess fat in the liver gets diverted to other parts of your body and triggers weight gain (TheIndian Express:2022124)**

<https://indianexpress.com/article/lifestyle/health-specials/excess-fat-liver-diverted-other-body-parts-weight-gain-8287344/>

‘When the liver is overworked and unable to properly process nutrients and fats, the body metabolism slows. As a result, fat begins to accumulate in other parts of the body, resulting in weight gain,’ says Dr Suranjit Chatterjee, Senior Consultant, Internal Medicine, Indraprastha

The liver becomes clogged with fats and toxins, and is unable to process sugars and fats as efficiently, causing fat to accumulate in other parts of the body and leading to overall weight gain. (Representational Photo)

The liver is an organ of the digestive system, which in humans is located in the right upper quadrant of the abdomen, below the diaphragm. Its function is to detoxify various metabolites, synthesise proteins and produce bio chemicals necessary for digestion and growth. The liver, which is the manufacturing hub of the human body, when overwhelmed with toxins, affects the metabolic processes in the body and creates several health problems. Many people today suffer from overburdened liver as a result of a toxic diet and lifestyle.

## Heart attack

### What does a heart attack feel like? Survivors share symptoms, key points to know (The Times of India:2022124)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/what-does-a-heart-attack-feel-like-survivors-share-symptoms-key-points-to-know/articleshow/95709987.cms>

What does a heart attack feel like? Survivors share symptoms, key points to know

Heart attack ends your life; it stops the heart beat all of a sudden. This is what people assume it to be. While this is partially correct, the other half of the truth lies in the symptoms that are seen just before and/or during a heart attack. And it is this part of the truth that can actually save a life.

Usually the victims of a heart attack are unable to figure out if they are having an attack. It is partly because they are not aware of the signs and symptoms associated with it and partly because of the panic.

It is crucial to know the symptoms of a heart attack so that you know that it is what it is.

Read Also

US twins born from embryos frozen since 1992 when the father was 5 years old!

"I became unusually tired, breathless and started to sweat a lot"

Dave Park, a Quora user, has shared what he had felt during the heart attack he had 5 years before.

"I was doing my first mow of the back yard for 2017. I'd mowed the front and was about half way through the back yard. Over about five minutes I became unusually tired, breathless and started to sweat a LOT. I stopped mowing and thought about how out of shape I'd become. I started the mower again and in the next minute it got interesting," he writes.

"My sweating and breathlessness increased even more. An oppressive pain, like a huge rock on my chest, took over. It was a steady, continuous pain. I realized I also had a terrible ache in my middle back, and then it radiated out to the backs of my arms - slightly more on the left than the right," he says about his signs and writes that following this he collapsed on the floor and asked his wife to take him to the emergency room.

Within 45 minutes he was out of pain and was admitted to a hospital room. "Over this time my BP fell from 185/125 and HR of 160+ to a BP of 150/110 and HR of 120+. They had drawn blood at regular intervals and saw my cardiac troponin levels were rising. This is indicative of a heart attack. They decided to lower my heart rate and blood pressure. Drugs and a nitroglycerin IV were started," he says.

Park says he got an oppressive headache for two and a half days due to the vasodilator. "It being a holiday weekend, I was moved again to ICU and monitored while they found a balance of drugs that would keep my blood pressure low but not too low. If it goes too low I was told I could suffer organ damage. The nitroglycerin is a vasodilator. It expands blood vessels and lowers BP," he writes.

"You only get acetaminophen for the headache. This headache lasted from when they started the drip until an hour after they stopped it - two and a half days. Acetaminophen does not help the headache. If you're a regular coffee drinker, the headache is worse. I drink coffee, so it was miserable," he adds.

Park recalls how the surgeon opened up his femoral artery right by the groin and ran a wire up to find the suspected blood vessel in my heart.

"Finally the surgeon said, "It can't be his left anterior, could it?" They jiggled and wiggled and stopped. They got real quiet. "Wow." It was 95% blocked. Right at the junction. They installed a hybrid stent. My heart function immediately improved to almost normal. On the way out the surgeon told me that for every one person my age with this specific blockage there were twenty or more in the morgue, and I was incredibly lucky," he writes.

"My experience was totally different"

Susan Long, another Quora user, writes that heart attack symptoms which she experienced were different.

"Home alone at 11 PM, I had a mild indigestion bubble slightly above my left breast. I tried to walk it out and belch. It didn't work. I tried lying down. The little bubble moved almost to my throat but I couldn't belch it out," she writes.

"Then I started to sweat profusely. Mopped the sweat w/a paper towel and the sweating got worse. I knew something was wrong and suspected a heart attack. So, I called 911. Ambulance came, loaded me up and gave me nitro. Sweating quit. Paramedic said my symptoms sounded like female heart attack symptoms. Notice—I never said I had pain or pressure. If the sweating hadn't been so profuse, I wouldn't have called 911," she adds.

She had a blockage in the left primary artery feeder and underwent cardiac catheterization in which two stents were put in her.

"I still thought it was gastro related but painful enough to drive to the ER"

"I am 38 and thought I was pretty healthy until I had a heart attack 6 months ago. It felt like something was stuck in my sternum area and caused minor discomfort. I woke up the next day with an excruciating pressure and pain in the same spot, I still thought it was gastro related but painful enough to drive to the ER," writes Frank Scott.

"They let me sit for about 20 minutes because I didn't seem serious enough to them. Turned out I was having a major heart attack and received a stent 30 minutes later, then a full bypass surgery 3 days later. Om1 was 95% and LAD was 85%," Frank adds.

"The feeling is an intense pain that doesn't get any better no matter how you move or what you do. People die all the time thinking it is gastro and trying to get through it. Go to the ER and just tell them chest pain so they take you seriously according to their protocol," he also adds.

Dave Park's answer is available on Quora and has around 1.2 million views so far. "THIS POST is what made me see my physician. I have been putting it off for years. So far, so good, but it will be nice to know that I've been checked out. Thank you," a Quora user has thanked Park.

Heart attack symptoms vary in men and women

Experts say the symptoms associated with heart attacks vary for men and women. While in men the classic symptoms like chest pain is seen, women experience atypical symptoms like shortness of breath, back pain, indigestion, etc. Sometimes women do not even experience chest pain as a result of which they ignore even if it is a heart attack.

Symptoms associated with heart attack seen in both men and women are: chest pain, discomfort in chest, nausea, tightness in jaw, burning sensation in chest, dizziness, vomiting, fatigue, and sweating.

## **Measles**

**Measles is an imminent threat worldwide due to pandemic, WHO report finds (The Times of India:2022124)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/sex-education-7-interesting-facts-about-clitoris-including-the-one-job-it-has/photostory/95714549.cms>

01/6 Measles becomes threat as children miss vaccination

The World Health Organization (WHO) said on Wednesday that there is now an imminent threat of measles spreading in various regions globally.

This has happened as COVID-19 led to a steady decline in vaccination coverage and weakened surveillance of measles, according to the WHO and the US Centers for Disease Control and Prevention (CDC).

A two-dose vaccine for measles has been available for decades, which is more than 97% effective at preventing the potentially dangerous childhood disease. However, according to the WHO, the threat has risen during the COVID-19 pandemic.

Measles is one of the most contagious human viruses. It is almost entirely preventable through vaccination. However, it requires 95% vaccine coverage to prevent outbreaks among populations.

According to the CDC, one infected patient can infect at least 10 close contacts who are not protected either through masking or vaccination.

03/6 Missed vaccinations

## Missed vaccinations

According to the report, in 2021, a record-high of nearly 40 million children missed a dose of the measles vaccine. Further, 25 million missed their first dose and 14.7 million missed their second dose.

The vaccine coverage worldwide has been the lowest since 2008. Only 81% of children globally have received the first dose and 71% have received the second dose.

Read more: What does a heart attack feel like? Survivors share symptoms, key points to know [READMORE](#)

## 04/6 Data of rise in measles cases

### Data of rise in measles cases

As per the report, there were 9 million cases of measles and 128,000 deaths globally. At least 22 countries are experiencing "large and disruptive outbreaks."

While measles cases have not yet gone up dramatically compared to previous years, now is the time to act, the WHO's measles lead, Patrick O'Connor, told Reuters. "We are at a crossroads. It is going to be a very challenging 12-24 months trying to mitigate this."

## 05/6 Symptoms of measles

### Symptoms of measles

Measles signs appear around 10 to 14 days after exposure to the virus. These include:

-Fever

-Dry cough

-Runny nose

-Sore throat

-Conjunctivitis

-Rashes

-Viral sepsis

-Pneumonia

-Brain swelling

Read more: Vitamin D-rich foods to prevent deficiency in winters [READMORE](#)

06/6 More about measles rashes

The measles rash is made up of small red spots, some of which are slightly raised. These often begin first on the face. In the next few days, the rash then spreads down the arms, chest, back, thighs, lower legs and feet.

These rashes may last for about seven days. They fade first from the face and last from the thighs and feet. The darkening or peeling of skin where the rash was may stay for about 10 days.

## Ayurveda

**आयुर्वेद: सर्दियों के मौसम में बीमारियों से रहना हैदूर? इन तरीकों से रखें खुद का ख्याल (Hindustan :2022124)**

<https://www.livehindustan.com/lifestyle/health/story-how-to-take-care-of-yourself-in-the-winter-season-7397537.html>

**Winter Care:** सर्दी के मौसम में एक्टिव रहना मुश्किल होता है, यही वह मौसम भी है जब ज्यादातर लोग सर्दी खांसी से भी परेशान रहते हैं। ठंड के

मौसम में खुद का ख्याल रखने के लिए आप कुछ तरीकों को अपनाएं।

सर्दियों के मौसम में खुद को फिट रखने और परेशानी से दूर रखने के लिए आपको कुछ बातें अपनानी होंगी, जैसे सही चीजें खाना,

एक्टिव रहना वगैरह। इस मौसम में ठंडी हवा और तापमान में धीरे-धीरे गिरावट किसी को भी बीमार कर सकती है, खासकर तब

जब आपका इम्यून सिस्टम मजबूत नहीं हो। ऐसे में इन तरीकों की मदद से खुद का ख्याल रखें।

विज्ञापन

गर्म चीजों को खाकर पचाना होगा आसान

सर्दियों के मौसम में हमारा पाचन तंत्र कमजोर हो जाता है। इसलिए कोशिश करें कि इस मौसम में ठंडे खाने से परहेज करें। जब

आप ठंडा खाना खाते हैं तो आपके पाचन तंत्र को उसे पचाने के लिए ज्यादा मेहनत करनी पड़ती है। इससे अपच और पेट से

संबंधित परेशानियां हो जाती हैं। हेल्दी रहने के लिए गर्म और आसानी से पचने वाली चीजें खाएं।

सेहत के लिए फायदेमंद हल्दी दूध

सर्दी के मौसम में खुद को गर्म रखने के लिए अधिकतर लोग चाय-कॉफी पीने की मात्रा को बढ़ा देते हैं, लेकिन इन दोनों ही चीजों में कैफीन होता है जो हेल्थ को कई तरह से नुकसान पहुंचा सकता है। ऐसे में अपनी डायट में हल्दी वाला दूध शामिल करें। रोजाना सर्दियों में ठंड से बचने के लिए रोजाना खाएं ये चीजें, गर्म बना रहेगा आपका शरीर

<https://www.livehindustan.com/lifestyle/health/story-how-to-take-care-of-yourself-in-the-winter-season-7397537.html> 3/49

हल्दी वाला दूध पीने से आप सर्दी और फ्लू से खुद को बचा सकते हैं। चाहें तो इसमें दालचीनी पाउडर और इलायची पाउडर भी मिला सकते हैं।

एक्टिव रहने की कोशिश

सेहतमंद रहने के लिए हमेशा एक्टिव रहना बेहद जरूरी होता है। सर्दी के मौसम में खुद को फिट रखने के लिए आप घर पर योगा कर सकते हैं। अगर बाहर जा सकते हैं तो पार्क में वॉक करें या फिर दौड़ लगाएं। हो सके तो साइकिलिंग करें। बस कोशिश करें की आप खुद को एक्टिव रखें।

मसाज से होगी परेशानियां दूर

तिल के तेल या सरसों के तेल से मालिश करने से आप गर्म रहेंगे। ठंड के मौसम में ये काफी ज्यादा फायदेमंद होती है। इसी के साथ सर्दी के मौसम में बेजान दिखने वाली स्किन भी कोमल और चिकनी बनी रहेगी। आप सुबह नहाने से पहले या सोने से पहले अपनी स्किन की मालिश कर सकते हैं। मालिश करने से आपको कई और फायदे भी मिल सकते हैं जैसे आपके तनाव को दूर होता है और आपकी नींद की क्वालिटी में सुधार करता है।

## Food and Nutrition

**वजन कंट्रोल करते हैं ये इंडियन देसी फूड्स, कम लोग जानते हैं ये सीक्रेट (Hindustan :2022124)**

<https://www.livehindustan.com/lifestyle/story-indian-desi-foods-for-weight-loss-and-reduce-belly-fat-without-dieting-wajan-kaise-kam-karen-7394289.html>

**Weight Loss Diet:** वजन कम करना चाहते हैं तो खाने के लिए मन मारना जरूरी नहीं। आप टेस्टी चीजें खाकर भी वेट लॉस कर सकते हैं।

भारतीय देसी खानों के ऐसे कई कॉम्बिनेशंस हैं जो आप डायट चार्च में रख सकते हैं।

11/24/22, 2:52 PM indian desi foods for weight loss and reduce belly fat without dieting wajan kaise kam karen - वजन कंट्रोल करते हैं ये इंडियन देसी फूड...

<https://www.livehindustan.com/lifestyle/story-indian-desi-foods-for-weight-loss-and-reduce-belly-fat-without-dieting-wajan-kaise-kam-karen-7394289.h...> 2/46

Wed, 23 Nov 2022 06:31 PM



हमें फॉलो करें

इस खबर को सुनें

0:00 /

वजन कम करना हमेशा इतना मुश्किल नहीं होता जितना लोग समझ लेते हैं। वेट कंट्रोल करने के लिए सबसे ज्यादा जरूरत होती है विल पावर की। जरूरी नहीं कि आप डाइटिंग करें। टेस्टी चीजें खाकर भी आप शरीर में जमा चर्बी घटा सकते हैं और वजन कम कर सकते हैं। खासतौर पर कुछ देसी खाने जैसे हैं जिन्हें खाकर आपको भरपूर पोषण मिलता है, वेट कंट्रोल रहता है और कुछ टेस्टी खाने की क्रेविंग भी खत्म होती है। यहां कुछ ऐसे ही फूड की लिस्ट है जो वेट कम करने वालों के लिए बेस्ट हैं। इनमें ज्यादातर आप रोजाना खाते ही हैं। लेकिन अगर आपने खाना छोड़कर वजन कम करने का प्लान बनाया है तो इनको डाइट चार्ट में शामिल कर सकते हैं।

विज्ञापन

मूंग दाल चीला

आप वजन कम करना चाहते हैं तो सबसे पहले अपने खाने-पीने का टाइम फिक्स कर लें। शाम को जल्दी खाना खा लें। खाना में प्रोटीन बेस्ट ऑप्शन है। इसके लिए आप मूंग दाल चीला खा सकते हैं। आपको पोर्शन का भी ध्यान रखना है। एक या दो चीले काफी हैं।

दाल-चावल

घर का बना दाल-चावल बेस्ट फूड है। यह प्रोटीन और कार्बोहाइड्रेट का बढ़िया कॉम्बिनेशन है। जब आप इसमें घी डाल लेते हैं तो फैट भी मिलता है। वजन कम करने वालों को घी नहीं खाना चाहिए यह गलत धारणा है। आप पूरे दिन में एक चम्मच घी आराम से डाइजेस्ट कर सकते हैं। आप डिनर में दाल-चावल के साथ प्लेट भरकर सलाद खाएं। दाल की मात्रा चावल से ज्यादा रखें।

ऐप पर पढ़ें

11/24/22, 2:52 PM indian desi foods for weight loss and reduce belly fat without dieting wajan kaise kam karen - वजन कंट्रोल करते हैं ये इंडियन देसी फूड...

[https://www.livehindustan.com/lifestyle/story-indian-desi-foods-for-weight-loss-and-reduce-belly-fat-without-dieting-wajan-kaise-kam-karen-7394289.h... 3/46](https://www.livehindustan.com/lifestyle/story-indian-desi-foods-for-weight-loss-and-reduce-belly-fat-without-dieting-wajan-kaise-kam-karen-7394289.h...)

इडली-सांबर

इडली-सांबर कई लोगों का फेवरिट होता है। यह साउथ इंडियन डिश भी आपके वेट लॉस के लिए परफेक्ट है। इडली स्टीम में पकी होती है। सांबर में दाल के साथ आप जितनी ज्यादा सब्जियां डालेंगे उतना न्यूट्रिशन मिलेगा। साथ में इसमें पड़ने वाले मसाले भी आपकी सेहत के लिए अच्छे होते हैं।

राजमा-चावल

दाल-चावल की तरह राजमा-चावल भी कई लोगों को पसंद होता है। राजमा-चावल वेट लॉस करने वाले लोगों के लिए बढ़िया ऑप्शन है। राजमा खाने से पेट लंबे समय तक भरा रहता है। यह भी प्रोटीन और कार्बोहाइड्रेट का अच्छा मिश्रण है।

दलिया

मूंग दाल का दलिया हेल्थ के लिए काफी अच्छा होता है। इसमें आप ढेर सारी सब्जियाँ और ज्यादा मात्रा में दाल डालकर बनाएं। यह पोषण से जुड़ी सारी जरूरतों को पूरा करेगा। इसके साथ ही पेट ज्यादा समय तक भरा रखकर आपको वेट कंट्रोल करने में मदद करेगा।

## Bacteria

**भयंकर खतरनाक हैं ये 5 बैक्टीरिया, इन चीजों में चुपचाप बैठे रहते हैं, छूने के बाद पक्की है मौत! (Navbharat Times :2022124)**

<https://navbharattimes.indiatimes.com/lifestyle/health/lancet-study-revealed-five-dangerous-bacteria-in-india-know-where-they-lived-to-prevent-infection/articleshow/95714861.cms?story=5>

**Dangerous Bacteria in India:** साइंस जर्नल द लैंसेट पर एक स्टडी छपी है, जिसमें भारत में 6.8 लाख मौत का कारण बनने वाले 5 बैक्टीरिया का नाम बताया गया है। ये बैक्टीरिया ई. कोलाई, एस. ऑरियस, ए. बौमोनियाई, एस. निमोनिया और के. निमोनिया हैं। लेकिन क्या आप जानते हैं कि ये कहां रहते हैं?

**lancet study revealed five dangerous bacteria in india know where they lived to prevent infection**

भयंकर खतरनाक हैं ये 5 बैक्टीरिया, इन चीजों में चुपचाप बैठे रहते हैं, छूने के बाद पक्की है मौत!

बैक्टीरिया इतने छोटे होते हैं कि नंगी आंखों से दिखाई नहीं देते हैं। लेकिन, 2019 में इन्होंने भारत में करीब 6.8 लाख लोगों की जान ली है। साइंस जर्नल **The Lancet** की स्टडी के मुताबिक, इन मौतों के पीछे 5 बैक्टीरिया बड़ी वजह बने हैं। इन बैक्टीरियाल इन्फेक्शन की दवाएं बेअसर हो रही हैं और इन्फेक्शन के बाद मौत का खतरा बढ़ जाता है।

उपयोगकर्ताओं का दावा! रोजाना कपिवा गेट स्लिम जूस लेने से 10 किलो वजन कम करने में मदद मिली

बैक्टीरियाल इन्फेक्शन की दवा बेअसर क्यों होती है? समय के साथ बैक्टीरिया ने अपना रूप बदल लिया है। इनमें कई तरह के म्यूटेशन हो चुके हैं। म्यूटेशन के बाद पहले से मौजूद दवाएं असर खोने लगती हैं और इलाज नहीं हो पाता है।

ई. कोलाई - E. Coli

-e-coli

सीडीसी के मुताबिक, *Escherichia coli* को ई. कोलाई कहा जाता है। यह बैक्टीरिया वातावरण, खाद्य पदार्थ और इंसान व जानवरों की आंतों में होता है। स्टडी के मुताबिक, भारत में सबसे ज्यादा मौत ई. कोलाई इन्फेक्शन से हुई हैं। इसके कुछ प्रकार डायरिया, यूरीनरी ट्रैक्ट इन्फेक्शन और फेफड़ों के रोग पैदा करते हैं।

एस. ऑरियस - S. Aureus

-s-aureus

*Staphylococcus aureus* को एस. ऑरियस कहा जाता है। यह बैक्टीरिया इंसानों की नाक और त्वचा पर मौजूद होता है। आमतौर पर यह बैक्टीरिया खतरनाक नहीं होता है। लेकिन जब यह गंभीर हो जाता है, तो सेप्सिस जैसी जानलेवा स्थिति पैदा कर सकता है।

ए. बौमेनियाई - A. Baumannii

-a-baumannii

*Acinetobacter baumannii* को ए. बौमेनियाई कहा जाता है। यह बैक्टीरिया कई सारे जीवाणुओं का समूह होता है। जो कि वातावरण में मिट्टी, पानी आदि जगह पर मौजूद होता है। इस बैक्टीरिया के कारण खून, मूत्र प्रणाली, फेफड़े और जखमों में इंफेक्शन हो जाता है।

एस. निमोनिया - S. Pneumoniae

-s-pneumoniae

एस. निमोनिया का पूरा नाम *Streptococcus pneumoniae* होता है। यह बैक्टीरिया श्वसन तंत्र के ऊपरी हिस्से की परत पर मौजूद होता है। इस वायरस से हुए इंफेक्शन को न्यूमोकोकल इंफेक्शन कहा जाता है। यह आमतौर पर बच्चों को ज्यादा शिकार बनाता है।

के. निमोनिया - K. Pneumoniae

-k-pneumoniae

*Klebsiella pneumoniae* को के. निमोनिया कहा जाता है। यह बैक्टीरिया स्वस्थ लोगों की आंतों और मल में मौजूद होता है। जहां यह कोई समस्या पैदा नहीं करता है। इस जीवाणु के कारण निमोनिया, ब्लड इंफेक्शन, सर्जिकल साइट का इंफेक्शन, जखम का इंफेक्शन होता है।