



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20220727

Tackling monkeypox

Strict surveillance a must, no need to panic (The Tribune: 20220727)

<https://www.tribuneindia.com/news/editorials/tackling-monkeypox-415621>

EVEN as India's daily caseload of Covid-19 is hovering around 20,000, the detection of a few cases of monkeypox has presented a new challenge for the health authorities. The World Health Organisation has declared the monkeypox outbreak a 'public health emergency of international concern'— regarded as the highest level of alert. More than 16,000 cases have been reported from 70-odd countries and at least five deaths have occurred so far. Apparently having learnt a lesson from the Covid pandemic, whose outbreak was marked by chaos, confusion and panic in the first half of 2020, India's Ministry of Health and Family Welfare issued detailed guidelines for the management of monkeypox as early as May 31 this year, when no case had been reported from the country. The ministry described it as a 'viral zoonotic disease with symptoms similar to smallpox, although with less clinical severity.' It can spread through both kinds of transmission — human-to-human and animal-to-human.

A thorough epidemiological investigation of the current cases will throw more light on the disease and the ways in which it can be controlled. Being less contagious and rarely fatal, monkeypox does not call for the ringing of alarm bells. At the same time, there is no room for complacency, considering how rapidly diseases get transmitted across our populous country. The emphasis should be on round-the-clock surveillance, along with prompt isolation of the confirmed cases and keeping their close contacts in quarantine.

The screening of international travellers arriving in India had left a lot to be desired during the early months of the Covid pandemic. There should be no laxity on this count now, even as it is equally important to minimise disruptions and ensure that passengers are not harassed. With most of the infections being reported from Europe, the European Commission has approved a smallpox vaccine for use against monkeypox. India might have to take a call on vaccination if the caseload shoots up in the next few weeks. A calibrated, data-driven response can prevent the situation from spinning out of control. Proactively countering misinformation and providing transparency would be no less vital for allaying people's fears.

Global health emergency

How worried should we be about the monkeypox global health emergency? (The Tribune: 20220727)

<https://www.tribuneindia.com/news/health/how-worried-should-we-be-about-the-monkeypox-global-health-emergency-415870>

How worried should we be about the monkeypox global health emergency?

Monkeypox symptoms often resolve on their own within weeks. Photo for representation only.

The rapidly spreading monkeypox outbreak constitutes a global health emergency, the World Health Organization's highest alert level, WHO director-general Tedros Adhanom Ghebreyesus declared on Saturday.

First identified in monkeys, the virus is transmitted chiefly through close contact with an infected person. Until this year, the viral disease has rarely spread outside Africa where it is endemic.

But reports of a handful of cases in the United Kingdom in early May signalled that the outbreak had moved into Europe.

Cases have since ballooned to more than 16,000 from than 75 countries. Five deaths, all of which occurred in Africa, have been reported so far.

How dangerous is it?

Monkeypox is a virus than typically causes mild symptoms including fever, aches and pus-filled skin lesions. People tend to recover within two to four weeks, according to the WHO.

Anyone can spread the virus, but the current outbreak outside of Africa is concentrated almost exclusively among men who have sex with men.

Monkeypox spreads primarily via intimate skin-to-skin contact, usually with someone who has an active rash, as well as via contact with contaminated clothes or bedding. It is not as easily transmitted as the SARS-CoV-2 virus that spurred the Covid-19 pandemic.

"Covid is spread by respiratory route and is highly infectious. This doesn't appear to be the case with the monkeypox," said Dr. Martin Hirsch of Massachusetts General Hospital.

The risk of monkeypox is moderate globally, except in the Europe, where the WHO has deemed the risk as high.

Why is it an emergency?

Health officials from several countries had urged the WHO to label monkeypox a public health emergency of international concern due to the quick escalation of cases and concerns it may become endemic in more countries.

The emergency declaration aims to spur global action and collaboration on everything from testing to the production and distribution of vaccines and treatments.

The fatality rate in preceding monkeypox outbreaks in Africa of the strain currently spreading has been around 1%, but so far this outbreak appears to be less lethal in the non-endemic countries, many of which have stronger healthcare infrastructure.

Scientists are trying to determine what caused the initial spate of cases and whether anything about the virus has changed.

Increased global travel as well as climate change have generally accelerated the emergence and spread of viruses, experts say.

Infectious disease experts say that years of financial neglect has left sexual health clinics - who are on the frontline of the current monkeypox response - ill-prepared to curb further spread.

Protective measures

Health officials say that people should avoid close personal contact with someone who has a illness presenting with a distinctive rash or who is otherwise unwell. People who suspect they have monkeypox should isolate and seek medical care.

Health officials have also been offering monkeypox vaccines to high-risk individuals and those that have recently been in close contact with an infected person.

Danish company Bavarian Nordic <BAVA.CO. has a vaccine that goes by the brand name Jynneos, Imvamune or Imvanex - depending on geography. It has U.S. and European approval for the prevention of both smallpox and the closely related monkeypox.

An older vaccine, currently made by Emergent Biosolutions , is called ACAM2000, but its uptake has been limited due to a severe side-effect warning.

Bavarian Nordic says it can produce 30 million doses of its vaccines - including the monkeypox one - each year, and has tapped a U.S.-based contract manufacturer to increase monkeypox vaccine capacity.

Monkeypox

Monkeypox: Experts say no need to panic as disease less contagious, rarely fatal

More than 16,000 cases of the disease have now been reported from 75 countries and there have been five deaths so far as a result of the outbreak (The Tribune: 20220727)

Monkeypox: Experts say no need to panic as disease less contagious, rarely fatal
Reuters file

<https://www.tribuneindia.com/news/nation/monkeypox-experts-say-no-need-to-panic-as-disease-less-contagious-rarely-fatal-415311>

With the WHO declaring monkeypox a global public health emergency of international concern and India reporting four cases of the disease, experts on Sunday said there is no need to panic as it is less contagious and rarely fatal.

According to these experts, a monkeypox outbreak can effectively be tackled by strong surveillance. The virus spread can be contained by isolation of confirmed cases and quarantine of contacts, they said, and underlined that immunocompromised individuals need to take care.

Senior scientist at Pune's National Institute of Virology (NIV) Dr Pragya Yadav said monkeypox virus is an enveloped double-stranded DNA virus having two distinct genetic clades—the central African (Congo Basin) clade and the west African clade.

“The recent outbreak which has affected several countries leading to a worrisome situation is caused by the west African strain which is less severe than the Congo lineage reported earlier. The cases reported in India are also of the less severe west African lineage,” she told PTI.

The NIV is one of the major institutes of the Indian Council of Medical Research.

Epidemiologist and infectious diseases physician Dr Chandrakant Lahariya said monkeypox is not a new virus. It has been present globally for five decades, and there is a reasonable understanding of its viral structure, transmission and pathogenicity, he added.

“The virus causes mostly mild illness. It is less contagious and requires close personal contact with symptomatic individuals in contrast to the SARS-CoV-2 that had a respiratory spread and a high proportion of asymptomatic cases.

“There is every reason, as of now, to believe that a monkeypox outbreak can effectively be tackled and the virus contained by isolation of confirmed cases, quarantine of contacts and the

use of authorised smallpox vaccines as ‘off-label’ for ‘ring vaccination,” Lahariya said, adding that vaccination for the general population is not currently recommended.

The World Health Organisation (WHO) on Saturday declared monkeypox a global public health emergency of international concern and called on nations to work closely with communities of men who have sex with men and adopt measures that protect the health, human rights and dignity of affected communities.

More than 16,000 cases of the disease have now been reported from 75 countries and there have been five deaths so far as a result of the outbreak.

Chief of Covid Working Group of NTAGI Dr N K Arora said there is no need to panic because the disease is less infectious and rarely fatal. But individuals with immunocompromised states need to be particularly careful, he said.

“Even though its spread is a matter of concern, there is no need to panic. The virus can be contained by strong surveillance, isolation of confirmed cases, contact-tracing,” he told PTI.

Based on the lessons learnt from the COVID-19 pandemic, India has put in a surveillance system for detection and tracking of monkeypox cases in the country.

India has so far reported four cases of the disease – three in Kerala and one in Delhi. The Centre on Sunday held a high-level review meeting after a 34-year-old man from the national capital with no history of foreign travel tested positive for the monkeypox virus.

The Union Health Ministry had last week reviewed the functioning of health screening of international travellers arriving in India at airports and ports.

Airport and port health officers (APHOs and PHOs) and directors from regional offices of Health and Family Welfare who attended the meeting were advised to ensure strict health screening of all arriving international travellers to minimise the risk of importation of monkeypox cases into the country, a health ministry statement had said.

According to WHO, monkeypox is a viral zoonosis (a virus transmitted to humans from animals) with symptoms similar to those seen in the past in smallpox patients, although it is clinically less severe.

Monkeypox typically presents with fever, rash and swollen lymph nodes and may lead to a range of medical complications.

It is usually a self-limited disease with the symptoms lasting from two to four weeks.

In the ‘Guidelines on Management of Monkeypox Disease’ issued to states and Union territories, the Centre has stated that human-to-human transmission occurs primarily through large respiratory droplets generally requiring a prolonged close contact.

It can also be transmitted through direct contact with body fluids or lesion material, and indirect contact with lesion material, such as through contaminated clothing or linens of an infected person.

Animal-to-human transmission may occur by bite or scratch of infected animals like small mammals, including rodents (rats, squirrels), and non-human primates (monkeys, apes) or through bush meat preparation.

The incubation period (interval from infection to onset of symptoms) of monkeypox is usually from six to 13 days but can range from five to 21 days, the document stated.

The case fatality ratio of monkeypox has historically ranged from zero to 11 per cent in the general population and has been higher among young children. In recent times, the case fatality ratio has been around three-six per cent, it said.

Its symptoms include lesions, which usually begin within one-three days of fever onset, lasting for around two-four weeks and are often described as painful until the healing phase when they become itchy (in the crust stage).

Children's eye health

Only half of parents recognise screen time impact on children's eye health: Study

Combination of increased screen time and less time outdoors may put children at higher risk for developing myopia (The Tribune: 20220727)

<https://www.tribuneindia.com/news/health/only-half-of-parents-recognise-screen-time-impact-on-childrens-eye-health-study-415011>

Only half of parents recognise screen time impact on children's eye health: Study

The rate of nearsightedness in children has increased dramatically in the past 30 years. ANI Photo

Only half of the parents recognise that screen time has a major impact on their child's eye health, suggests the C.S. Mott Children's Hospital National Poll on Children's Health at the University of Michigan Health.

"Many parents may not be aware of both the short and long-term health issues linked to excessive screen time, including its effect on children's eyes," said Mott Poll co-director Sarah Clark.

"Our findings suggest that some parents may have inaccurate perceptions of activities that affect their child's eye health and vision and how to minimize risks." The nationally-representative report was based on responses from 2,002 parents of children ages 3-18 surveyed in April.

Some experts have pointed to the combination of increased screen time and less time outdoors as factors that may put children at higher risk for developing myopia, or nearsightedness, which

can lead to serious eye problems in the future. The rate of nearsightedness in children has increased dramatically in the past 30 years.

Research is ongoing but studies suggest outdoor time protects against myopia.

"Parents should encourage at least one to two hours of outdoor time per day because exposure to natural light benefits eye development," Clark said.

"Parents should enforce family rules to ensure children have a sustained period of non-screen time during the day. This is especially important during summer months when they're off from school and may have less structured downtime." Some research has also indicated associations between working up close - like reading or using a tablet - increasing the odds of myopia.

"It's important to time to think about myopia risks for children because kids with this condition often become more nearsighted over time," said Olivia Killeen, M.D., an ophthalmologist at U-M Health Kellogg Eye Center who consulted on the report. "The age of myopia onset is the most significant predictor of severe myopia later in life."

Using eyewear to minimize risks to children's eyes

Another overlooked area of eye health - protecting little eyes from intense sunlight.

Less than a third of parents polled say wearing sunglasses when outdoors has a major impact on children's vision and eye health, with just two in five having their child wear eyewear when outdoors.

In fact, when children are outdoors, they should wear sunglasses or wide-brimmed hats to decrease the risks of ultraviolet radiation damage, which can contribute to eye problems in older age, Clark says.

"While parents often make sure their children's skin is protected with sunscreen, they may not think about protecting their eyes from the sun as well," Clark said.

Many parents polled also skip steps that help minimize eye injuries during activities that include the risk of objects hitting the child's eye at high speed or force, with less than a third of parents saying their child wears protective glasses or goggles during contact sports.

Clark recommends parents seek advice from their child's health provider for safe and comfortable eyewear for sports like lacrosse, tennis, baseball and softball, and basketball.

However, most parents polled say children and teens wear protective glasses or goggles when doing activities that pose a risk of eye injuries, including working with tools and playing shooting games like Nerf guns or paintball.

After time spent on screens, the most common factors parent identify as impacting children's vision and eye health are reading in poor light, how close children sit to the TV/screen, diet and blue light from screens.

"Some parents may still follow advice from past generations on protecting kids' eyes," Clark said. "Reading in poor light or sitting close to the TV can cause eye fatigue or strain, but they

will not do any permanent damage or long-term eye problems." Less than a third of parents say children wear glasses that block blue light. While the amount of blue light does not damage the eyes, it may impact circadian rhythms and make it harder for children to fall asleep. Experts recommend children stop blue light screen use at least one hour before bedtime.

Regular eye checks to detect problems early

Four in five parents report their child has had a vision test during a visit to the pediatrician or family doctor while more than a fourth say kids were tested at school or daycare.

Most parents report their child's health insurance covers the full or partial cost of visits to an eye doctor while 9 per cent say they are not covered and 7 per cent are unsure. Parents who report no coverage for eye doctor visits are less likely than parents with full or partial coverage to say their child has seen an eye doctor in the last two years.

One in seven parents say their child has not had a vision test or seen an eye doctor in the past two years.

"Children should get vision tests at least every two years to make sure eyes are developing properly," Clark said. "It's important to identify and treat vision problems as early as possible because undiagnosed issues can lead to serious eye conditions in the future, including permanent vision loss."

Common skin infection'

At first, symptoms hinted at common skin infection' (Hindustan Times: 20220727)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=277e9bba4d0&imageview=0>

The 34-year-old resident of west Delhi who became the first in the union territory to have contracted monkeypox infection in the national capital was first diagnosed with erythema multiforme — a skin reaction triggered by an infection or drug — because his skin eruptions did not initially look like monkeypox lesions, the doctor who treated the patient alerted the government authorities said.

Dr Richa Chaudhary, a dermatologist who runs a private skin clinic in west Delhi, said that the patient first came to her on July 16 with skin eruptions all over his abdomen, legs, thorax, genital area, and palms.

Dr Chaudhary said that after confirming his symptoms with monkeypox symptoms being seen globally, the next move was to isolate the patient and alert the authorities.

"I explained my observations to the patient, who was quite calm and did not panic after hearing about a possible case of monkeypox. I advised him to go home and isolate himself. After that,

I searched and asked around about the procedure to report this to the authorities. I contacted the district surveillance officer and they told me that the samples would be collected from the patient's residence and he would be shifted to Lok Nayak Hospital by their team," she added.

The 37-year-old medic said he came to her fearing that he had caught chickenpox. "But I could tell it was not that. My first diagnosis was erythema multiforme, which also shows similar skin eruptions and I put him on a five-day course (of medicines)," .

On July 21, when the patient came back after completing his five-day medicine, his skin lesions had increased in size, had become painful and were filled with an opaque fluid, Dr Chaudhary said. The lesions were not present on his face, as is usually seen in monkeypox patients, but were only limited to his body.

"I kept asking him if he had any recent foreign travel history and he denied it. I asked him about his health status and he said he had a fever till two-three days before he came to me. For a moment I did not know what could be his diagnosis, but then I quickly checked my computer for monkeypox symptoms and how the skin lesions caused by that look. When I compared it to what I was seeing, I was almost sure (it was a case of monkeypox) ," Dr Chaudhary said.

"I was able to piece it together without delay," she added.

On July 24, Delhi confirmed its first case of monkeypox after the patient's report came back positive from the National Institute of Virology, Pune. As per central health ministry protocol, 13 people who had come in contact with the patient, including Dr Chaudhary, was advised isolation and their symptoms are being monitored.

Delhi government's health department officials say it was quick thinking on the part of the patient's first treating doctor that brought the case to the authority's notice. "In all other cases, the infection can be traced back to travel history. So, this case was certainly tricky. This could have slipped from our notice if the health care professional had not acted promptly," said a senior health official.

Dr Chaudhary said she was in touch with the nodal agencies and advised people to not panic about monkeypox infection. "There is no need to panic. The infection can spread through direct contact with the lesion fluid or if you handle the patient's clothes or bed linen. It sometimes also transmits through respiratory droplets but we can protect ourselves."

Monkeypox: New health emergency

Experts say preventive measures can help control its spread



-  Human-to-human transmission can result from close contact with respiratory secretions or skin lesions of an infected person
-  Transmission via respiratory particles requires prolonged face-to-face contact
-  Transmission can also occur via the placenta from mother to foetus or during close contact during and after birth
-  While close physical contact is a risk factor, it is unclear if monkeypox can be transmitted specifically through sexual routes



Source: WHO

DO'S ✓

- Wear a mask
- Maintain social distancing
- Follow hand hygiene
- If travelling from a country which has reported monkeypox, look out for symptoms such as fever and skin eruptions, especially in the genital area
- Isolate if symptoms appear
- Contact a dermatologist or general physician
- Practice safe sex

DON'TS ✗

- Do not panic
- Do not ignore symptoms
- Do not pick on lesions as the fluid can increase the possibility of further infection
- Do not stigmatise people who have been infected
- Do not start home remedies

Doctors urge caution

Doctors urge caution, but add that patients must not be stigmatized (Hindustan Times: 20220727)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=2773b86221c&imageview=0>

With four cases of monkeypox confirmed across the country -- one of them in the national capital and three in Kerala -- health experts have urged people not to panic and reiterated that the infection is not as transmissible as Covid-19 and is unlikely to become a pandemic.

However, they also stressed that preventive measures such as masking, social distancing and immediately reporting any sign or symptom would help control its spread.

Dr Suranjit Chatterjee, senior consultant (internal medicine), Indraprastha Apollo Hospital, said monkeypox is known to spread primarily through close or intimate contact with the infected person. While there are cases of asymptomatic monkeypox, the occurrence is rare, he said. "Look out for symptoms, because asymptomatic cases are not very common. The mode of transmission is contact with bodily fluids of the infected patient; even their clothes or bed linen, respiratory droplets, and from animals to humans."

He also said death from monkeypox infection is not very common but children and immune-compromised people are more vulnerable to complications.

Monkeypox is a viral zoonosis (virus transmitted to humans from animals) with symptoms similar to those seen in the past in smallpox patients. However, according to the World Health Organization (WHO), it is clinically less severe than smallpox.

The global health body on Saturday declared monkeypox a “public health emergency of international concern”. Currently, there have been over 16,000 cases reported from 75 countries.

Dr Amita Gupta, chief, Division of Infectious Diseases at Johns Hopkins School of Medicine, said the latest epidemiological data shows that the vast majority of infections have occurred among men who have sex with men, which includes gay and bisexual persons. However, transmission is likely to cover other vulnerable groups.

Health experts and activists are concerned that while global data does indicate such trends, in India, if cases and history of patients are not handled sensitively, it can also lead to the stigmatising of certain segments.

WHO on Monday said while cases have so far been concentrated primarily within the gay and bisexual communities, there is little evidence to suggest that the disease will remain confined to these groups. Dr Satish Koul, director (internal medicine), Fortis Memorial Research Institute, said, “Commentary that reinforces homophobic and racist stereotypes should be avoided. Anyone can get monkeypox. It is not a sexually transmitted disease. It can spread via close physical contact regardless of sexual orientation or race.”

Food and Nutrition

**Give regular poha a healthy twist with this fibre-rich, easy recipe
Protein Week 2022: "My fat loss poha recipe - super high in protein, fibre,
and power packed with nutrients that make for a delicious
breakfast/brunch/lunch/dinner option!" (Indian Express: 20220727)**

<https://indianexpress.com/article/lifestyle/food-wine/protein-week-poha-fibre-easy-recipe-8050669/>

pohaTry this delicious recipe! (Source: Getty Images/Thinkstock)

If a protein-filled breakfast is what you want to have today, your wish is our command! Nutritionist Arjita Singh shared an easy recipe on her Instagram. This Protein Week, observed annually from July 24-30, try this simple recipe, which is a staple in many households, and can be prepared in a jiffy.

Monkeypox

Monkeypox can spread during face-to-face interaction'

A quick explainer by Dr Suranjit Chatterjee, Senior Consultant, Internal Medicine, Indraprastha Apollo Hospital, New Delhi on dos and don'ts (Indian Express: 20220727)

<https://indianexpress.com/article/lifestyle/health-specials/monkeypox-spread-face-to-face-interaction-8053315/>

Monkeypox is an acute illness presenting with rash (mostly maculopapular, vesiculopustular), fever, headache, bodyache, swollen glands, sore throat and cough. (File)
How can people contract Monkeypox, since the recent case detected had no travel history?

Diabetes treatment

Now, cancer drug holds out hope for diabetes treatment

Researchers from Monash University in Melbourne found how the new drug enabled replacement of insulin-producing cells (beta-cells) that are destroyed in Type 1 diabetics with newborn insulin-generating cells. (Indian Express: 20220727)

<https://indianexpress.com/article/lifestyle/health/now-cancer-drug-holds-out-hope-for-diabetes-treatment-8053292/>

The drug which is not authorised for Type 1 diabetes and is a cancer remedy otherwise, was used in the cells, resulting in the expression of core insulin-producing cell markers. (Image: Express Archives)

An Australia-based study from Monash University in Melbourne this month has claimed a “major breakthrough” in Type 1 diabetes treatment protocol as researchers restored insulin expression in the damaged pancreas cells of a deceased 13-year old child by using a cancer drug.

Long Covid: with no treatment options

Long Covid: with no treatment options, it's little wonder people are seeking unproven therapies like 'blood washing'

This experimental treatment – the medical name for which is apheresis – involves taking blood from the body and “filtering” it (Indian Express: 20220727)

<https://indianexpress.com/article/lifestyle/health/long-covid-with-no-treatment-options-its-little-wonder-people-are-seeking-unproven-therapies-like-blood-washing-8050564/>

Long Covid, what is long Covid, COVID patients, COVID-19 treatments, apheresis, health, indian express news As we come to understand the medium and longer-term health problems many people are facing after COVID-19 infection, it's akin to watching a car crash unfold in slow motion. (Photo: Getty/Thinkstock)

A recent investigation published by the British Medical Journal revealed that long COVID patients are travelling abroad to seek expensive “blood washing” treatment.

Dental Health

HomeLifestylesponsoredHealthProDentim Reviews 2022: Dental Advanced Oral Probiotics!

ProDentim Reviews 2022: Dental Advanced Oral Probiotics!

ProDentim supplements are a transformation in oral healthcare, not simply another probiotic. You can use it so often and so little as you like; you are not required to take a pill daily. (Indian Express: 20220727)

<https://indianexpress.com/article/lifestyle/prodentim-reviews-2022-dental-advanced-oral-probiotics-8052685/>

Reviews of the ProDentim supplement show that it's simple and efficient to keep your teeth healthy.

ProDentim is an oral or intravenous supplement that aids users in enhancing their oral health and lowering their risk of cavities, infections, and other dental issues. The composition is a chewable tablet that contains probiotic strains to enhance the user's health.

Private healthcare

Private healthcare must fuse ethics with efficiency

India's mixed health system has evolved by default, not by design. We need to make the best use of all our healthcare providers and avoid exploitation of vulnerable patients. To improve access, affordability and quality of healthcare, we need the public sector to be more responsive, the private sector to be more responsible and the voluntary sector to be more resourceful, says Dr K. Srinath Reddy. (Indian Express: 20220727)

<https://indianexpress.com/article/lifestyle/health-specials/private-healthcare-must-fuse-ethics-with-efficiency-8052382/>

"India's mixed health system has evolved by default, not by design," writes Dr. Reddy. (Express File Photo)

Some years ago, I was participating in a discussion on the future of healthcare, at a leading institute of health management. I heard many of the panellists affirming that healthcare and public health must absorb and apply the efficiency-enhancing practices of business management. I agreed, but only partially. I said "the mantra of business management is efficiency and profit, while the mantra of healthcare and public health management must be efficiency and equity." While underscoring this vital difference in the goals of these two practice disciplines, I should have added ethics too alongside equity. I politely let it be assumed that healthcare management would ideally be bound by ethics, even as it pursued efficiency and profit.

Contraception

16 crore women worldwide have unmet contraception needs: Lancet study (Indian Express: 20220727)

<https://www.thehindu.com/sci-tech/health/16-crore-women-worldwide-have-unmet-contraception-needs-lancet-study/article65669882.ece>

Based on data from 1,162 self-reported representative surveys on women's contraceptive use, the researchers used modelling to produce national estimates of various family planning indicators

Over 16 crore women and adolescents with need to prevent pregnancy remained without contraception in 2019, despite major increases in use at a global level since 1970, according to a study published in The Lancet journal.

Expanding access to contraception is linked to women's social and economic empowerment and better health outcomes and is a key goal of international

COVID-19 cases in India?

Explained | What is causing a surge in COVID-19 cases in India? (The Hindu:20220727)

<https://www.thehindu.com/sci-tech/health/the-hindu-r-prasad-explains-what-is-causing-a-surge-in-coronavirus-cases-in-india/article65619591.ece>

Which sub-lineages of the Omicron variant are doing the rounds? Do vaccinations protect against severe disease?

The story so far: Since early June, there has been a steady increase in the number of fresh daily COVID-19 infections, with June 29 marking a new high of 18,467 cases. But on July 6, the daily fresh infections witnessed a further bump with 18,506 fresh infections. After the third wave peaked in end-January 2022, the number of daily cases had dropped and held steady at a very low level till it began increasing in early June. On July 9, the active caseload as of 9:00 am was more than 1,25,000 with the weekly test positivity rate being 3.86%.

Monkeypox virus: origin, symptoms and vaccine

The monkeypox virus: origin, symptoms and vaccine (The Hindu:20220727)

<https://www.thehindu.com/sci-tech/health/the-monkeypox-virus-origins-and-outbreaks/article65459957.ece>

How did monkeypox spread? What are the observations from genome sequencing?

The story so far: With cases being reported from across the world, monkeypox has caught everyone's attention. The present outbreak has a toll of over 220 confirmed cases spread across 19 countries. U.K., Spain, and Portugal are leading the pack with the highest number of confirmed cases but no deaths reported till date.

The present outbreak has been interesting in many ways. While sporadic outbreaks have occurred in Africa and outside in regions that had recorded

India records 21,566 fresh COVID-19 cases

India records 21,566 fresh COVID-19 cases (The Hindu:20220727)

<https://www.thehindu.com/sci-tech/health/india-coronavirus-cases-on-july-21-2022/article65665075.ece>

200.91 crore doses of COVID-19 vaccines have so far been administered nationwide. India saw a single-day rise of 21,566 coronavirus cases, the highest in 152 days, taking its COVID-19 tally to 4,38,25,185, while the number of active cases in the country climbed to 1,48,881 on Thursday, July 21, 2022, the Union Health Ministry said.

The death toll due to the viral disease has gone up to 5,25,870 with 45 more fatalities, according to the ministry's data updated at 8 am.

World Head Neck Cancer Day

World Head Neck Cancer Day: भारी आवाज-निगलने में कठिनाई, गर्दन-सिर के कैंसर के इन 6 लक्षणों को न करें इग्नोर (Navbharat Times: 20220727)

<https://navbharattimes.indiatimes.com/lifestyle/health/world-head-neck-cancer-day-doctor-explain-6-sign-and-symptoms-of-head-neck-cancer/articleshow/93151421.cms?story=5>

Sign and symptoms of head and neck cancer: कैंसर एक गंभीर और जानलेवा बीमारी है और इसके कई प्रकार हैं। लोग आमतौर पर ब्लड कैंसर ब्रेस्ट कैंसर, लंग कैंसर के बारे में अधिकतर लोग जानते हैं लेकिन सिर और गर्दन के कैंसर के बारे में कम लोगों को पता है। कैंसर के इस प्रकार के बारे में जागरूकता फैलाने के लिए हर साल हर साल 27 जुलाई को वर्ल्ड हेड एंड नेक कैंसर डे मनाया जाता है।

world head neck cancer day doctor explain 6 sign and symptoms of head neck cancer

World Head Neck Cancer Day: भारी आवाज-निगलने में कठिनाई, गर्दन-सिर के कैंसर के इन 6 लक्षणों को न करें इग्नोर
हर साल 27 जुलाई को वर्ल्ड हेड एंड नेक कैंसर डे (World Head and Neck Cancer Day) मनाया जाता है। सिर एवं गर्दन के कैंसर एक विस्तृत समूह है जिसमें मुंह (ओरल कैविटी), जीभ, गाल, थायरॉयड, पैरोटिड, टॉन्सिल, लैरिक्स (वॉयस बॉक्स) को प्रभावित करने वाले कैंसर शामिल हैं। ये भारतीय आबादी को प्रभावित करने वाले सबसे आम प्रकार के कैंसर हैं।
इलेक्ट्रॉनिक्स डिवाइस पर ऐमजॉन पर शानदार ऑफर्स

दिल्ली स्थित फोर्टिस अस्पताल में सर्जिकल ऑन्कोलॉजी के निदेशक और यूनिट हेड डॉ प्रतीक वार्णोय के अनुसार, इनके प्रमुख कारणों में तंबाकू का सेवन, धूम्रपान, शराब का सेवन और ह्यूमन पैपिलोमा वायरस (एचपीवी) यानि एचपीवी संक्रमण है। चूंकि ये सभी कारण ऐसे हैं जिनसे बचाव संभव है, लिहाजा ऐसे कैंसर से बचा जा सकता है।

कैंसर के कारण

जीवनशैली में सुधार और इस प्रकार के नशे की आदतों से दूर रहने से ये कैंसर भी दूर बने रहते हैं। युवाओं को तंबाकू सेवन, धूम्रपान और शराब के सेवन के दुष्प्रभावों के बारे में जागरूक करना बहुत जरूरी है।

कैंसर के लक्षण

स्क्रीनिंग से आरंभिक चरणों में ऐसे कैंसर पकड़ में आ सकते हैं। मुंह में ऐसा घाव/अल्सर जो भर नहीं रहा, आवाज में भारीपन, निगलने में कठिनाई, चेहरे या गर्दन में गांठ या सूजन किसी प्रकार की मैलिगनेंसी का लक्षण हो सकते हैं और इनकी तत्काल जांच करवानी चाहिए। ऐसे लक्षणों की जांच ओंकोलॉजिस्ट द्वारा की जानी चाहिए। कैंसर की पुष्टि के लिए अल्सर या सूजन वाले भाग से बायप्सी की जाती है। इसके बाद कैंसर की अवस्था के मुताबिक अल्ट्रासोनोग्राफी, सीटी/एमआरआई और पेट सीटी स्कैन की सलाह दी जाती है।

कैंसर से बचने के उपाय

कम्युनिटी प्रोग्रामों का आक्रामक तरीके से संचालन कर समाज को तंबाकू मुक्त बनाया जा सकता है। हमें किशोरों को तंबाकू से दूर रहने के बारे में शिक्षित करने की जरूरत है। एचपीवी वैक्सीनेशन (लड़कों और लड़कियों दोनों के मामले में) से वायरस जनित कैंसर से बचाव मुमकिन है। यदि शुरुआती चरण में कैंसर का पता चल जाए तो सिर और गर्दन के अधिकांश कैंसर का इलाज मौजूदा विशेषज्ञता और टैक्नोलॉजी की मदद से पूरी तरह से संभव है।

कैंसर का इलाज

शुरुआती चरणों में इस प्रकार के कैंसर का पूरी तरह से इलाज सर्जरी से किया जाता है और कॉस्मेटिक एवं फंक्शनल नतीजे भी मिल सकते हैं। कैंसर यदि एडवांस स्टेज का हो तो सर्जरी के अलावा रेडियोथेरेपी तथा कीमोथेरेपी की आवश्यकता होती है। इन क्षेत्रों में अब काफी प्रगति हो चुकी है जिनके परिणामस्वरूप साइड इफेक्ट्स काफी कम होते हैं।

तंबाकू-शराब, धूम्रपान से बचें

कैंसर की सर्जरी के लिए मिनिमली इन्वेसिव तकनीकों का इस्तेमाल भी अच्छे नतीजे दिलाता है और मरीज की रिकवरी भी जल्द होती है। संक्षेप में, कहा जा सकता है कि हेड एवं नैक कैंसर (सिर तथा गर्दन के कैंसर) से न सिर्फ बचा जा सकता है बल्कि इनका इलाज भी संभव है। इसलिए तंबाकू, शराब तथा धूम्रपान से बचें। यदि कोई लक्षण दिखायी दे तो देरी न करें, समय पर जांच और इलाज करवाएं।

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।

बिना कसरत वजन घटाता है कपिवा का ये आयुर्वेदिक जूस, तुरंत खरीदें
संबंधित स्टोरीज़

Tomato fever

Tomato fever: कोरोना-मंकीपॉक्स के बीच बढ़ा इस बीमारी का खतरा, बच्चों में दिख रहे ये 10 लक्षण(Navbharat Times: 20220727)

https://navbharattimes.indiatimes.com/lifestyle/health/during-covid-and-monkeypox-experts-warn-against-tomato-fever-do-not-ignore-these-10-symptoms-in-kids/articleshow/93135751.cms?utm_source=personalisation&utm_medium=foryoupage&utm_campaign=story7

Tomato flu symptoms in Hindi: केरल में मंकीपॉक्स का सबसे पहला केस मिला। अब खबर है कि राज्य में टोमेटो फीवर (tomato fever) या टोमेटो फ्लू के 80 मामले सामने आए हैं, जिससे भारत में कुल मामलों की संख्या 100 हो गई है।

during covid and monkeypox experts warn against tomato fever, do not ignore these 10 symptoms in kids

Tomato fever: कोरोना-मंकीपॉक्स के बीच बढ़ा इस बीमारी का खतरा, बच्चों में दिख रहे ये 10 लक्षण

कोरोना वायरस महामारी (Coronavirus pandemic) और मंकीपॉक्स (Monkeypox) जैसी खतरनाक बीमारियों का कहर झेल रहे भारत में एक और गंभीर संक्रमण का खतरा बढ़ता दिख रहा है। हाल ही में केरल में मंकीपॉक्स का सबसे पहला केस मिला। अब खबर है कि राज्य में टोमेटो फीवर (tomato fever) या टोमेटो फ्लू के 80 मामले सामने आए हैं, जिससे भारत में कुल मामलों की संख्या 100 हो गई है। इलेक्ट्रॉनिक्स डिवाइस पर ऐमजॉन पर शानदार ऑफर्स

कर्नाटक के स्वास्थ्य मंत्री के सुधाकर ने कहा कि प्रकोप को लेकर चिंतित होने की कोई जरूरत नहीं जबकि विशेषज्ञ चेतावनी दे रहे हैं कि लापरवाही न बरतें और इससे बचने के लिए अभी जरूरी कदम उठाए जाएं। चलिए जानते हैं टोमेटो फीवर क्या है, इसके लक्षण क्या हैं और इससे कैसे बचा जा सकता है।

टोमेटो फीवर या टोमेटो फ्लू क्या है?

टोमेटो फीवर या टोमेटो फ्लू को हेड, हैंड, फुट, माउथ (HFMD) की बीमारी के रूप में भी जाना जाता है। यह एक दुर्लभ वायरल बीमारी है, जिसमें पूरे शरीर पर दाने और छाले हो जाते हैं। इसका टमाटर खाने से कोई लेना-देना नहीं है, बल्कि आकार और रंग के मामले में टमाटर के चकत्ते की समानता के कारण इसका नाम पड़ा है।

किन्हीं है ज्यादा खतरा

विशेषज्ञों का मानना है कि टोमेटो बुखार एक ऐसी स्थिति है जो मुख्य रूप से 5 साल से कम उम्र के बच्चों को प्रभावित करती है। टोमेटो बुखार की उत्पत्ति वर्तमान में स्पष्ट नहीं है। हालांकि, इसे एक दुर्लभ वायरल बीमारी माना जाता है। हालांकि यह बीमारी जानलेवा या घातक नहीं है, लेकिन इसे अत्यधिक संक्रामक कहा जाता है।

टोमेटो फीवर के संकेत

टोमैटो फीवर के कुछ सामान्य लक्षणों में लाल छाले, चकत्ते, त्वचा में जलन और डिहाइड्रेशन होना शामिल हैं। इसके अलावा, तेज बुखार, शरीर में दर्द, जोड़ों में सूजन, थकान, पेट में ऐंठन, दस्त और उल्टी का अनुभव हो सकता है। विशेषज्ञ के अनुसार खांसी और सर्दी का अनुभव भी हो सकता है।

क्या यह कोरोना या मंकीपॉक्स से संबंधित है?

टोमैटो फ्लू के ज्यादातर मामले बच्चों में सामने आए हैं, इसलिए उन्हें सुरक्षित रखने को प्राथमिकता दी जानी चाहिए। हालांकि यह बीमारी कोरोना या मंकीपॉक्स जितनी अधिक है या उससे ज्यादा खतरनाक है, इस बारे में अभी कुछ नहीं कहा जा सकता। विशेषज्ञ इसे हल्के में लेने के खिलाफ चेतावनी दे रहे हैं। अब तक, इस बीमारी से किसी की मौत की रिपोर्ट नहीं मिली है।

यह बच्चों को कैसे प्रभावित करता है?

रिपोर्ट्स के मुताबिक चिकनगुनिया की तरह ही टोमैटो बुखार से भी बच्चों की त्वचा पर लाल, खुजलीदार रैशेज या छाले हो जाते हैं। परिजनों को कुछ महत्वपूर्ण बातों पर ध्यान देना चाहिए जैसे कि आपके बच्चे को सख्त निगरानी में रखना और उन्हें अन्य बच्चों या व्यक्तियों से अलग करना। प्रभावित हिस्से को खरोंचने या छूने से बचना चाहिए।

डिस्कलेमर: 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।

अंग्रेजी में इस स्टोरी को पढ़ने के लिए यहां क्लिक करें

Bone Health Tips

Bone Health Tips: 60 की उम्र में भी नहीं होगा जोड़ों में दर्द, बस आज से शुरू कर दें ये 5 काम(Navbharat Times: 20220727)

How can I improve my bone health: स्वस्थ हड्डियां जीवन को खुलकर इंजॉय करने का मौका देती हैं। जीवनशैली और खराब खान-पान आपकी हड्डियों को भी प्रभावित करती हैं। ऐसे में इनमें सुधार मजबूत हड्डियों के निर्माण और उम्र के अनुसार उन्हें मजबूत बनाए रखने में आपकी मदद कर सकती हैं।

studies based bone health tips to prevent joint pain and slow bone loss naturally

Bone Health Tips: 60 की उम्र में भी नहीं होगा जोड़ों में दर्द, बस आज से शुरू कर दें ये 5 काम

स्वस्थ जीवन जीने के लिए हड्डियों का स्ट्रॉंग रहना बहुत जरूरी होता है। हड्डियाँ शरीर को संरचना प्रदान करने के साथ ही अंगों की रक्षा करना, मांसपेशियों को बांधे रखना और कैल्शियम का भंडारण करने का काम करती हैं। हालांकि बचपन और किशोरावस्था के दौरान मजबूत और स्वस्थ हड्डियों का निर्माण करना महत्वपूर्ण है, लेकिन आप वयस्कता के दौरान भी हड्डियों के स्वास्थ्य की रक्षा के लिए अहम कदम उठा सकते हैं। कई ऐसे पोषण और जीवनशैली की आदतें हैं जो आपको मजबूत हड्डियों के निर्माण और उम्र के अनुसार उन्हें मजबूत बनाए रखने में मदद कर सकती हैं।

इलेक्ट्रॉनिक्स डिवाइस पर ऐमजॉन पर शानदार ऑफर्स

एक स्टडी के अनुसार, बचपन, किशोरावस्था और शुरुआती वयस्कता के दौरान आपकी हड्डियों में खनिज शामिल होते हैं। 30 वर्ष की आयु तक पहुंचने के बाद बोन मिनरल डेंसिटी रूक जाती है। यानि की कैल्शियम और फास्फॉरस की मात्रा स्थायी हो जाती है। यदि इस समय के दौरान पर्याप्त

बोन मिनरल डेन्सिटी नहीं बनती है तो बाद में जब हड्डी को नुकसान होता है, तब नाजुक हड्डियों के विकसित होने का खतरा बढ़ जाता है। जो आसानी से टूट जाती हैं। यही कारण है कि बढ़ती उम्र में फ्रेक्चर हुई हड्डी पूरी तरह से ठीक नहीं होती है।

डाइट में ले कैल्शियम की भरपूर मात्रा

मायो क्लिनिक के अनुसार, 19 से 50 वर्ष की आयु के वयस्कों(महिलाएं व पुरुष) और 51 से 70 वर्ष की आयु के पुरुषों को एक दिन में 1,000 मिलीग्राम कैल्शियम की आवश्यकता होती है। वहीं, 51 वर्ष और उससे अधिक उम्र की महिलाओं और 71 वर्ष और उससे अधिक उम्र के पुरुषों को एक दिन में 1,200 मिलीग्राम कैल्शियम तक की आवश्यकता होती है।

कैल्शियम की पर्याप्त मात्रा को सुनिश्चित करने के लिए आप डेयरी उत्पाद, बादाम, ब्रोकोली, केल, सार्डिन और सोया उत्पाद जैसे टोफू का सेवन कर सकते हैं। यदि आपको अपने आहार से पर्याप्त कैल्शियम प्राप्त करने में कठिनाई होती है, तो अपने डॉक्टर से सप्लीमेंट ले सकते हैं।

विटामिन D की मात्रा को संतुलित रखें

-d-

कैल्शियम को अवशोषित करने के लिए आपके शरीर को विटामिन डी की आवश्यकता होती है। 19 से 70 वर्ष की आयु के वयस्कों को एक दिन में विटामिन डी की 600 IU मात्रा चाहिए होती है। वहीं, 71 वर्ष और उससे अधिक उम्र के वयस्कों को 800 IU विटामिन डी की जरूरत होती है।

इस मात्रा को सुनिश्चित करने के लिए आप विटामिन डी के अच्छे स्रोत जैसे- तैलीय मछली, जैसे सैल्मन, ट्राउट, व्हाइटफिश और टूना का सेवन कर सकते हैं। इसके अतिरिक्त, मशरूम, अंडे और मजबूत खाद्य पदार्थ, जैसे दूध और अनाज, विटामिन डी के अच्छे स्रोत हैं।

प्रोटीन युक्त आहार है जरूरी

स्वस्थ हड्डियों के लिए पर्याप्त प्रोटीन प्राप्त करना महत्वपूर्ण है। लगभग 50% हड्डी प्रोटीन से बनी होती है। एक स्टडी के अनुसार कम प्रोटीन का सेवन कैल्शियम के अवशोषण को कम करता है और हड्डियों के निर्माण और टूटने की दर को भी प्रभावित करता है।

आपके शरीर को प्रोटीन आपके वजन के हिसाब से चाहिए होती है। प्रतिदिन प्रोटीन की मात्रा वजन के प्रति किलोग्राम पर 0.8 ग्राम होनी चाहिए। ऐसे में यदि आपका वजन 75 किलोग्राम है, तो आपको प्रतिदिन 60 ग्राम प्रोटीन का सेवन करना चाहिए। इसे सुनिश्चित करने के लिए आप रोज दूध, राजमा, दही, देसी चने, सोयाबीन, गोभी, मटर, पालक, मशरूम जैसे खाद्य पदार्थों का सेवन कर सकते हैं।

शारीरिक गतिविधि को दिनचर्या में शामिल करें

वजन बढ़ाने वाले व्यायाम, जैसे चलना, टहलना और सीढ़ियाँ चढ़ना, हड्डियों को मजबूत बनाने और हड्डियों को नुकसान पहुंचाने वाले कारकों के प्रभाव को धीमा करने में आपकी मदद कर सकते हैं।

अल्कोहल के सेवन से बचें

धूम्रपान न करें। यदि आप एक महिला हैं, तो प्रतिदिन एक से अधिक ड्रिंक पीने से बचें। यदि आप एक पुरुष हैं, तो एक दिन में दो से अधिक ड्रिंक पीने से बचें।

डिस्कलेमर: 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।

Pregnancy

डिलीवरी से पहले और बाद की हर तकलीफ का इलाज है एक्सपर्ट के बताए ये 5 आसान उपाय(Navbharat Times: 20220727)

<https://navbharattimes.indiatimes.com/lifestyle/health/expert-shared-best-yoga-pose-for-pregnant-and-breastfeeding-woman/articleshow/93053041.cms?story=1>

Is yoga good for new moms: एक्सपर्ट बताती हैं कि प्रसव पूर्व किए जाने वाले योग होने वाली माताओं के लिए स्ट्रेचिंग, मानसिक केंद्रीकरण, और केंद्रित श्वास को बेहतर बनाने का एक बहुआयामी मार्ग है। वहीं, स्तनपान कराने वाली माताओं के लिए भी योग बहुत जरूरी होता है। इससे स्तन के दूध के उत्पादन में सुविधा होती है। व्यायाम और योग स्तनों को फर्म बनाने, गर्दन-पीठ व कंधों को तनावमुक्त करने में मदद करते हैं।

expert shared best yoga pose for pregnant and breastfeeding woman

डिलीवरी से पहले और बाद की हर तकलीफ का इलाज है एक्सपर्ट के बताए ये 5 आसान उपाय
योग वर्षों से व्यक्तियों के समग्र जीवन में स्वाभाविक और भरोसेमंद तरीके से योगदान देता आया है। योग शांत मन और स्वस्थ शरीर के लिए एक आध्यात्मिक मार्ग की तरह होता है। इसे गर्भावस्था के दौरान भी किया जा सकता है। प्रेग्नेंसी में जब महिलाएं अलग-अलग स्तरों पर मूड स्विंग से जूझ रही होती हैं। साथ ही थकान, पैरों में दर्द और सांस लेने में तकलीफ जैसी स्थिति का सामना कर रही होती है। ऐसे में योग अभ्यास, तकनीक और मुद्राएं ऐसी सभी स्थितियों को आसान बना सकती है।
इलेक्ट्रॉनिक्स डिवाइस पर ऐमजॉन पर शानदार ऑफर्स

एचयूएमएम में लैक्टेशन कंसल्टेंट और योग विशेषज्ञ श्वेता गुप्ता बताती हैं कि स्त्री प्रकृति की सबसे प्रबल रचना है, जो बच्चे को जन्म देते समय अपने जीवन के सबसे नाजुक दौर से गुजरती है। प्रसव पूर्व किए जाने वाले योग होने वाली माताओं के लिए स्ट्रेचिंग, मानसिक केंद्रीकरण, और केंद्रित श्वास को बेहतर बनाने का एक बहुआयामी मार्ग है। प्रसव पूर्व योग के क्या लाभ हैं? इससे बेहतर नींद, तनाव और चिंता में घटाव, मांसपेशियों में ताकत, लचीलेपन और सहनशक्ति में वृद्धि, कमर दर्द, जी मिचलाना और सांस लेने की तकलीफ में घटाव जैसे लाभ शामिल हैं।