



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 2022920

Covid-19 (The Hindu: 2022920)

<https://www.thehindu.com/sci-tech/health/novel-test-can-identify-patients-at-risk-of-severe-covid-19/article65909544.ece>

PATIENTS WOULD BENEFIT FROM THE TEST THROUGH CLOSER MONITORING AND ADVANCED THERAPIES TO AID THEIR RECOVERY.

Scientists in the US have developed a new genomic test that can predict a patient's risk of developing severe COVID-19, an advance that could help doctors quickly begin tailored treatment.

The test proved over 90 per cent accurate at predicting patient outcomes for COVID-19 among over two dozen patients in intensive care and 100 patients from publicly available data, the researchers said.

The test, called CovGENE, analyses genes expressed in a person's blood to determine whether they may experience a severe disease course with increased risk of death, they said.

"We have come far in the prevention and treatment of COVID-19 in the past two years. Regardless, we still struggle to identify patients at highest risk for severe disease," said Alexandra Kadl, from the University of Virginia, US.

"Our study uses a gene-analysis approach to identify an immune cell signature, distinct from other respiratory illnesses, that correlates with worse outcomes," Kadl said in a statement.

[Also Read: Memory problems during the pandemic? It's just your brain trying to distinguish one day from the next](#)

The approach, described recently in the journal *Frontiers in Immunology*, has the potential to help evaluate patients' immune profile with commonly, readily available tests to identify patients at risk for bad outcomes.

Such patients would benefit from closer monitoring and advanced therapies to aid their recovery, the researchers said.

Immune profiling helps to understand why one person may differ from another in their immune response to a virus, looking specifically at the immune markers (proteins) and cells present over time.

This analysis can help determine the likelihood of disease, individual response to a virus and the impact of vaccinations.

CovGENE's developer, AMPEL Biosolutions, is seeking to partner with a diagnostic testing company or pharmaceutical company to bring the approach to market as a simple PCR-based blood test.

"This unique collaboration with our colleagues from the University of Virginia has provided an easy and novel means to assess an individual patient's response to the SARS-CoV-2 virus and predict the clinical outcome," said Peter Lipsky, AMPEL's CEO, chief medical officer and co-founder.

"Now that this unique approach has been validated, we look forward to its rapid development as a precision-medicine tool that can improve the outcome of patients with COVID-19 and reduce the number of hospitalisations, especially the most vulnerable," Lipsky added.

Covid-19 (THE TIMES OF INDIA: 2022920)

<https://timesofindia.indiatimes.com/india/coronavirus-news-live-updates-india-and-world-september-19/liveblog/94288035.cms>

Coronavirus in India Live updates: India reports 4,043 new Covid-19 cases, 15 deaths in last 24 hours

India reported 4,043 new Covid-19 cases in the last 24 hours. The death toll climbed to 5,28,370 with 15 fatalities which includes six deaths reconciled by Kerala, the data updated at 8am stated. The country's Covid-19 tally has jumped to 4,45,43,089. Stay with TOI with all live updates.

Type-2 diabetes (Indianexpress: 2022920)

<https://indianexpress.com/article/lifestyle/health-specials/how-type-2-diabetes-increases-the-risk-of-strokes-dementia-8160497/>

How Type-2 diabetes increases the risk of strokes, dementia

A recent study also shows that diabetics who followed seven healthy habits were less likely to get dementia. These included no current smoking, moderate alcohol consumption – one drink a day for women and two for men – moderate physical activity for 2.5 hours a week or vigorous activity for 75 minutes, seven to nine hours of sleep daily, a healthy diet with more

fruits, vegetables and whole grains, watching less television and having frequent social interactions.

It is well-known that Type-2 diabetes increases the risk for heart disease but researchers now suggest that it can independently also increase the risk for dementia – a group of conditions that lead to impairment of the ability to remember, make decisions and social interactions. But there are ways to improve the outcome.

A recently published study in the journal *Neurology* showed that diabetics who followed seven health habits were less likely to get dementia.

The habits included no current smoking, moderate alcohol consumption – one drink a day for women and two for men – moderate physical activity for 2.5 hours a week or vigorous activity for 75 minutes, seven to nine hours of sleep daily, a healthy diet with more fruits, vegetables, and whole grains, watching less television, and having frequent social interaction. Researchers from Sweden and China followed over 1.67 lakh people, who were 60 years or older from the UK Biobank cohort for over 12 years and found that the diabetics who followed two or less of these seven healthy habits were four times (which translates to 400 per cent) more likely to get dementia than people without diabetes who followed all seven habits.

In comparison, diabetics who followed all the seven habits were only at a 74 per cent increased risk of dementia as compared to those without diabetes who followed all the seven habits.

Study author Yingli Lu from Shanghai Jiao Tong University School of Medicine in China, in a release, said, “We investigated whether a broad combination of healthy lifestyle habits could offset that dementia risk and found that people with diabetes, who incorporated seven healthy lifestyle habits, had a lower risk of dementia than people with diabetes who did not lead healthy lives.”

The study found that in diabetics who followed all the habits, the prevalence of dementia was 0.28 per cent (based on person-year, a measure for the number of people and amount of time they spent in the study). Among diabetics who followed only two or fewer habits, it was 0.69 per cent.

The author added, “Doctors and other medical professionals who treat people with diabetes should consider recommending lifestyle changes to their patients. Such changes may not only improve overall health but also contribute to prevention or delayed onset of dementia in people with diabetes.”

Dr Rajinder K Dhamija, a neurologist and director of Institute of Human Behaviour and Allied Sciences (IHBAS), said, “This is to be expected. Diabetes is a major risk factor for all vascular diseases, including strokes in the brain. One of the four major types of dementia is

vascular dementia, accounting for about 20 to 25 per cent of all dementia cases, that is a result of repeated small strokes. So, if a person adopts a healthy lifestyle, they will reduce the chances of such complications of diabetes.”

He added, “Other than that, habits such as consuming good food and taking adequate rest also result in a healthier body and a healthier brain, thereby reducing the risk for the other forms of dementia as well.”

How does diabetes affect the brain?

A Harvard Medicine write-up explains that one of the reasons is diabetes increases the risk of stroke, which in turn increases the risk of dementia. “However, strokes do not appear to be the complete answer as some studies found that diabetes led to an increased risk of dementia even when strokes were controlled for,” it said.

Another reason appears to be hypoglycaemia or low blood sugar episodes that occur in diabetics, especially those who tightly control sugar levels. Low blood sugar levels are known to damage the hippocampus, which is the memory centre of the brain.

The write-up also states that there are hypotheses that suggest diabetes could directly be leading to Alzheimer’s, the most common form of dementia. This is because insulin (the hormone that controls blood sugar levels) plays a critical role in formation of amyloid plaques – a naturally occurring protein that clumps together to form plaques between neurons – a distinguishing feature of Alzheimer’s.

A 2019 study published in Journal of the American Medical Association (JAMA) shows that the earlier the onset of diabetes, greater the risk of dementia. The study found 8.9 cases of dementia for every 1,000 people in those without diabetes at age 70. “Comparable rates of dementia for those with diabetes were 10.0 for those with onset up to five years earlier, 13.0 for six to 10 years earlier, and 18.3 for more than 10 years earlier,” according to the Harvard medicine write-up.

Covid-19 in India (Dinik Jagran: 2022920)

https://www.jagran.com/topics/coronavirus?itm_source=web&itm_medium=

Covid-19 in India: पिछले 24 घंटों में देश में कोरोना के आए 4 हजार से अधिक नए मामले, 15 लोगों की हुई मौत

Covid-19 in India पिछले 24 घंटों के अंदर 15 लोगों की कोरोना के चलते मौत हो गई। देश में कोरोना से मरने वालों की कुल संख्या बढ़कर 528370 हो गई है। मंत्रालय ने कहा कि कोरोना के सक्रिय मामलों में कुल संक्रमण का 0.11 प्रतिशत शामिल है।

नई दिल्ली, एजेंसी। भारत में पिछले 24 घंटों के अंदर 4 हजार से अधिक कोरोना के नए मामले सामने आए हैं। केंद्रीय स्वास्थ्य मंत्रालय द्वारा सुबह जारी हुए आंकड़ों के अनुसार देश में 4,043 कोरोना के नए मामले आए हैं। पिछले 24 घंटों के अंदर 4,676 लोग कोरोना के संक्रमण से ठीक हुए हैं। देश में अब कोरोना के कुल एक्टिव केस 47, 379 हो गए हैं। भारत में कोरोना की पॉजिटीविटी दर 1.37 प्रतिशत है।

पिछले 24 घंटों के अंदर 15 लोगों की कोरोना के चलते मौत हो गई। देश में कोरोना से मरने वालों की कुल संख्या बढ़कर 5,28,370 हो गई है। मंत्रालय ने कहा कि कोरोना के सक्रिय मामलों में कुल संक्रमण का 0.11 प्रतिशत शामिल है। देश कोरोना की रिकवरी दर बढ़कर 98.71 प्रतिशत हो गई है।

पिछले 24 घंटों के दौरान कल की अपेक्षा 648 कोरोना के मामलों में गिरावट दर्ज की गई है। मंत्रालय के अनुसार दैनिक सकारात्मकता दर 1.37 प्रतिशत दर्ज की गई, जबकि साप्ताहिक सकारात्मकता दर 1.81 प्रतिशत है।

कोरोना संक्रमण से ठीक होने वालों की संख्या बढ़कर 4 करोड़ 39 लाख 67 हजार 340 (4,39,67,340) हो गई है। कोरोना के मामले की मृत्यु दर 1.19 प्रतिशत दर्ज की गई है।

केंद्रीय स्वास्थ्य मंत्रालय के अनुसार राष्ट्रव्यापी टीकाकरण अभियान के तहत अब तक देश में कोविड वैक्सीन की 216.83 करोड़ खुराक दी जा चुकी हैं।

देश में इस तरह बढ़े कोरोना के मामले

भारत में किस तरह कोरोना के मामले तेजी से बढ़े थे, इस पर नजर डालें तो 7 अगस्त, 2020 को देश में कोरोना 20 लाख मामले थे। 23 अगस्त, 2020 को 30 लाख हो गए। 5 सितंबर, 2020 को 40 लाख और 16 सितंबर, 2020 को 50 लाख कोरोना के मामले पार हो गए थे। 28 सितंबर, 2020 को 60 लाख, 11 अक्टूबर को 70 लाख कोरोना के मामले हो गए थे। 29 अक्टूबर को 80 लाख, 20 नवंबर को 90 लाख और 19 दिसंबर, 2020 को को कोरोना के मामलों के एक करोड़ आंकड़े पार हो गए थे।

देश में 4 मई, 2021 को दो करोड़ और पिछले साल 23 जून, 2021 को तीन करोड़ कोरोना के मामले पार हो गए थे। वहीं, इस साल 25 जनवरी को चार करोड़ का कोरोना के आंकड़े हुए थे।

Cases of heart disease are increasing (Dainik Jagran: 2022920)

https://www.jagran.com/jammu-and-kashmir/jammu-cardiologist-dr-sushil-sharma-says-cases-of-heart-disease-are-increasing-continuously-in-india-23081627.html?cx_testId=2&cx_testVariant=cx_1&cx_artPos=7&cx_experienceId=EXVW3SL93T03&utm_source=piano_content&utm_medium=desktop&utm_campaign=RHS#cxrecs_s

हृदयरोग विशेषज्ञ डा सुशील शर्मा बोले- लगातार बढ़ रहे हैं भारत में हृदय रोग के मामले

प्रधानमंत्री नरेंद्र मोदी के जन्मदिवस पर हृदय रोग के दुष्प्रभावों के बारे में अधिक जागरूकता पैदा करने के लिए सुपर स्पेशलिटी अस्पताल जम्मू में हृदय रोग विभाग के एचओडी डा. सुशील शर्मा ने आल बाजार एसोसिएशन आरएसपुरा के सहयोग से कैंप आयोजित किया। इसका उदघाटन डा. नरेंद्र सिंह ने किया।

डा. सुशील ने कहा कि आयुष्मान भारत योजना भारत की आम जनता के लिए बेहतर उपहार है, जिसने हृदय रोगों के रोगियों को राहत दी है। डा. सुशील ने कहा कि हृदय रोग वैश्विक स्तर में 31 प्रतिशत तो भारत में 27 प्रतिशत मृत्यु दर का प्रमुख कारण हैं। इससे ऊपर, सभी गैर संक्रामक रोगों से होने वाली मौतों में से 78 प्रतिशत निम्न और मध्यम आय वाले देशों में होती हैं।

1990 और 2017 के बीच गैर संक्रामक रोगों का बोझ 62 प्रतिशत बढ़ा है। 166 मिलियन मामलों से बढ़कर 269 मिलियन मामले हो गए हैं। इसी अवधि के दौरान हृदय रोगों के कारण होने वाली मौतों में 90 प्रतिशत की वृद्धि हुई। इनमें से आधे से अधिक मौतें 70 वर्ष से कम आयु वर्ग के लोगों की हुई। कैंप में

कुल 350 लोगों की जांच हुई। उनके टेस्ट भी किए गए। कैंप में डा. धनेश्वर कपूर, डा. गगनदीप सिंह, डा. सुखील रैना ने भी मरीजों की जांच की।