



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Thursday 20221013

## **COVID cough: (THE TIMES OF INDIA: 20221013)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/coronavirus-this-is-how-covid-cough-looks-like/photostory/94807688.cms>

## **Coronavirus: THIS is how COVID cough looks like**

### **1.1.1 01/7 Cough is a potential indicator of COVID**

COVID has several distinct symptoms, which though are common signs of respiratory disorders but the way they appear in a COVID infected person differs to a great extent.

The common signs of COVID are runny nose, fever, headache, sore throat, nasal congestion and other common signs of respiratory illnesses.

#### **Read: Know the early signs of arthritis**

Cough is a potential indicator of COVID and has remained to be one of the first signs of the infection ever since the disease was spotted first.

### **1.1.2 02/7 COVID cough: How is it different?**

COVID cough is characterised by an increase in the intensity of the existing cough or the onset of a new one.

COVID cough is mostly persistent.

A distinct sign of COVID cough is that it is dry in nature. Though several health agencies just say that cough is a symptom of COVID, many of those who have been infected say it is a dry cough mostly without any phlegm.

Dry cough is painful when it lingers in the body for a longer duration. It affects the throat, the voice and also leads to shortness of breath in the individual.

Many people experience frequent episodes of long dry cough.

Frequent coughing or painful loops of periodic coughing leads to fatigue as well.

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### **1.1.3 03/7 How to spot if the cough is due to COVID?**

As discussed above, COVID cough is mostly dry and is hoarse. Seeing the person cough it would seem like a person's lungs are shaking up. The rough sound of the cough and the absence of any other explanation can confirm that it is because of COVID.

Along with this, cough in COVID infection is associated with fever, headache and congestion. However, with or without these additional signs if your cough persists for a longer time get yourself medically tested.

### **1.1.4 04/7 What should you do when you have a cough?**

In view of the COVID pandemic, it is advisable to stay indoors when you are coughing.

During coughing humans release air droplets which are potential carriers of pathogens living inside the body. These air droplets when inhaled by others cause infections in other people.

### **1.1.5 05/7 How to manage COVID cough?**

COVID cough should be treated with proper medicines. Consult your doctor and start taking the prescribed medicines.

You can also try home remedies like consuming Ayurvedic herbs that are known to work against respiratory illnesses. But do consult a doctor or an expert before taking herbal medicines.

### **1.1.6 06/7 I only have a cough, but otherwise I am fine. Should I still remain indoors?**

Yes! Since you say you are fine, it means you might be asymptomatic to COVID. Being asymptomatic means you are carrying the virus within you, but you are not infected with visible symptoms.

However, this does not guarantee that people who get the infection from you will also remain asymptomatic.

Therefore in order to stop the transmission of the virus it is essential for you to stay indoors.

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### **1.1.7 07/7 I am having a cough today, for how many days should I stay with precautions?**

The moment you notice you have a bad cough, avoid going to public places. In case it is required to visit some place, make sure to wear a mask.

It is advisable to follow COVID safety precautions till you are clear of the cough. Otherwise you can follow the rules for 7-10 days.

#### **COVID 'VINCOV-19': (THE TIMES OF INDIA: 20221013)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/coronavirus-indias-first-antidote-against-covid-vincov-19-ready-for-phase-3-clinical-trial/articleshow/94802442.cms>

#### **Coronavirus: India's first antidote against COVID 'VINCOV-19' ready for phase 3 clinical trial**

The phase 3 clinical trial of the first antidote against COVID, VINCOV-19, is expected to begin soon as the drug is ready for market authorization. VINCOV-19 is a joint effort of the University of Hyderabad (UoH), the Centre for Cellular and Molecular Biology (CCMB) and VINS Bioproducts Limited.

The phase 2 clinical trial of the drug in over 200 participants was done in September 2022. "Phase 2 Clinical Trials were conducted across multiple centres in India and included over 200 patients. The Phase 2 Clinical Trials also included testing the antidote against the Omicron variant to ensure maximum coverage against the virus and its known mutations," says an official statement from UoH emphasizing on the need to tackle the Omicron variant.

#### **Omicron family is getting bigger and better**

Recently, a new sub variant of the Omicron variant has caught the attention of health agencies. The BF.7 sub variant of Omicron is currently being seen as a potential spreader due to high transmission rate and its ability to evade immunity. The BF.7 variant accounts for more than 25% of active COVID cases globally.

"VINCOV-19 was administered to patients with moderate severity of COVID-19. One group of patients was given VINCOV-19, along with Standard of Care (SoC), and another group was given Standard of Care (SoC) only. VINCOV-19 showed an excellent safety profile in the Phase 2 Trials. There was a good and early improvement in the clinical condition of the

patients administered VINCOV-19," the drug developers have said on the phase 2 clinical trial.

### **What is VINCOV-19? How does it work against coronavirus?**

This medicine contains Equine polyclonal antibodies (EpAbs). "VINCOV-19 comprises highly purified F(ab')<sub>2</sub> antibody fragments that have a high neutralizing capacity against the SARS-CoV-2 virus. Since neutralizing antibodies could block the internalization of SARS-CoV-2 to lung cells, it was postulated that their passive administration should render maximal clinical benefits if they are applied at the early stages of the disease," the researchers explain.

### **Vitamin D deficiency: (THE TIMES OF INDIA: 20221013)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/vitamin-d-deficiency-unusual-symptoms-that-warn-of-low-levels-of-this-vitamin-in-the-body/photostory/94778653.cms>

### **Vitamin D deficiency: Unusual symptoms that warn of low levels of this vitamin in the body**

#### **1.1.8 01/7 Vitamin D is a fat soluble vitamin**

Fat soluble vitamin, Vitamin D, is extremely important for the human body. Of all the benefits, vitamin D gives the most important one is its role in retaining calcium for the body and helping in strengthening bone health.

Interestingly, the body prepares vitamin D when the skin is exposed to sunlight. An individual can also enhance their vitamin D dose by taking supplements.

#### **1.1.9 02/7 What happens when your body does not have sufficient vitamin D?**

Deficiency of vitamin D in the body affects the bones, causes bone issues, hampers the immunity of the body, leads to several cardiovascular diseases, causes autoimmune problems, marks the onset of neurological diseases, and causes infections.

It also leads to complications in pregnant ladies and is also a reason for certain types of cancers like those of breast, prostate and colon.

#### **1.1.10 03/7 What are the uncommon signs of Vitamin D deficiency?**

Frequent illness is very common; however, its association with lack of vitamin D is not known to many. Since vitamin D supports immunity, lack of it affects the body's

strength to fight against pathogens. As a result of which the individual falls sick very often.

Constant fatigue is another sign why you need to check your vitamin D levels. If you are tired all the time without any other explanation, vitamin D can be the reason behind it. This can affect your energy level and can also affect your mood towards taking up new work.

Depression is yet another potential indicator of lack of vitamin D. Constant fatigue and tiredness can take a toll on your mental health. Depression can affect these people easily.

Massive hair fall and poor hair growth. Less vitamin D affects the hair and not many of us know this. So next time, if you don't see any changes to your hair fall despite trying several medications and shampoos, do get tested for vitamin D.

Skin rashes and acne are also very common in people who do not have sufficient vitamin D. In these people, the skin also ages pretty fast.

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### **1.1.11      04/7 Other signs of Vitamin D deficiency**

Lack of vitamin D leads to bone fragility, osteoporosis, bone pain, muscle twitching, muscle weakness, extreme muscle pain, and stiffness in the joint.

### **1.1.12      05/7 Who is at more risk?**

People who have limited exposure to sunlight are likely to be more deficient in vitamin D. Diets low in vitamin D are more common in people who have milk allergy or lactose intolerance and those who consume an ovo-vegetarian or vegan diet, says a report.

Breastfed infants, older adults, people with dark skin, people with conditions that limit fat absorption, and people with obesity or who have undergone gastric bypass surgery are more likely to be deficient in vitamin D.

As per a Harvard report, "People who are obese tend to have lower blood vitamin D levels. Vitamin D accumulates in excess fat tissues but is not easily available for use by the body when needed. Higher doses of vitamin D supplementation may be needed to achieve a desirable blood level. Conversely, blood levels of vitamin D rise when obese people lose weight."

### 1.1.13 **06/7** What is the ideal intake of Vitamin D per day?

The ideal amount of vitamin D is 10-20 micrograms. However, for some individuals it can go up.

But it is advisable not to consume more than 100 micrograms of vitamin D.

Ideally, it is always good to consult doctors before you take any supplements.

### 1.1.14 **07/7** Vitamin D toxicity

While on one hand you should not let your body starve of vitamin D, on the other hand you should not overdo it.

Vitamin D toxicity is when the body is having excess vitamin D. It mostly occurs from overconsumption of supplements.

The signs of vitamin D toxicity are anorexia, weight loss, irregular heart beat, and hardening of blood vessels due to increased levels of calcium in the body.

### **Smartphones turning into Medical cameras: (Indianexpress: 20221013)**

<https://indianexpress.com/article/technology/tech-news-technology/how-samsung-is-repurposing-its-old-galaxy-smartphones-and-turning-them-into-medical-cameras-india-8205619/>

### **How Samsung is repurposing its old Galaxy phones and turning them into medical cameras**

SAMSUNG HAS BEEN REPURPOSING OLDER GALAXY MODEL SMARTPHONES FOR MEDICAL USES IN COUNTRIES LIKE INDIA.

The lack of eye specialists in rural areas and the slow turnout of results illustrate how access to basic health care is still difficult in these parts of India. But South Korean giant [Samsung](#) believes a smartphone can improve access to quality healthcare and bring more awareness and improve knowledge on eye health in far-flung areas of the country.

The solution to the problem that Samsung suggests is to convert older Galaxy smartphones to run the Eyelike handheld fundus camera, which connects to a lens attachment to provide an enhanced fundus diagnosis. The device then uses an artificial intelligence (AI) system to process the images it receives and then sends them to an app that captures patient data and suggests the next course of action.

“The Galaxy upcycling programme not only gives a new life to some of our older Galaxy smartphones by repurposing them into useful devices but they can also be used as diagnoses cameras to screen patients for conditions like diabetic retinopathy, glaucoma and age-related

macular degeneration,” Mohan Rao Goli, Corporate VP and CTO, Samsung Research Institute, Bengaluru (SRI-B) told [indianexpress.com](https://www.indianexpress.com) on the sidelines of World Sight Day.

The programme was first introduced by Samsung in South Korea in 2017. Since then, Samsung has expanded its Galaxy Upcycling programme to six countries, including India. The world’s top smartphone maker has partnered with the International Agency for the Prevention of Blindness (IAPB), Yonsei University Health System (YUHS) in Korea and LabSD for the Galaxy Upcycling programme.

Instead of turning an old smartphone into e-waste, Samsung is using those devices to help detect and diagnose eye disease. (Image credit: Samsung)

According to Goli, its partners provide the handheld lens while Samsung offers its older Galaxy smartphones with built-in software. Samsung’s R&D Institute Bengaluru has been involved in developing the fundus image capture mechanism and AI-based algorithms for the camera.

“When you connect the lens attachment for enhanced fundus diagnosis while the smartphone is used for capturing the images. The Galaxy device then utilises AI algorithms and analyses the images to diagnose ophthalmic diseases. The data captured by the phone then sync with the mobile app, which suggests if the patient needs any further treatment,” explains Goli how the smartphone-based fundus imaging works.

In India, Samsung has partnered with four eye hospitals to run the Galaxy Upcycling programme, which includes Sitapur Eye Hospital in Sitapur, Uttar Pradesh, Aravind Eye Hospital in Pondicherry, Guruhasiti Chikitsalya in Jodhpur, Rajasthan, and Dr Shroff’s Charity Eye Hospital in New [Delhi](#). As of now, the company has upcycled 200 units of second-hand Galaxy smartphones and distributed Eyelike fundus cameras to its partners in India. Samsung has set a target to screen 150,000 individuals in India for eye diseases using the Eyelike fundus cameras by the end of 2023.

“Repurposing old smartphones into medical diagnosis cameras is filling the missing link between the last man and the healthcare provider,” says Dr Madhu Bhadauria, CMO of Sitapur Eye Hospital, describing how a smartphone can help break these barriers and provide access to quality eye care to many more people in rural parts of the country at a fraction of cost. According to Bhadauria, the cost of conventional devices that take fundus images starts from Rs 10 lakh and goes up to Rs 60 lakh.

A Galaxy phone repurposed as a medical device is actively used by four eye hospitals in India. (Image credit: Samsung)

Bhadauria says an early diagnosis and treatment decrease the risk of severe vision. Having fundus images out of old smartphones means patients can be scanned at a scale but this also



saves a lot of cost and only those people will be referred to a doctor who requires extensive care.

“A picture taken on a Samsung phone goes to a senior optometrist who’s in the speciality, one picture goes to the clinician and one picture goes to AI. At different levels, these pictures are being graded and then the final analysis will be done as to how effective the AI portion is,” Bhadauria explains.

She says one week of training for a non-technical person is needed to understand how this smartphone-based fundus camera works.

“I would not say that the pictures are as good as one would get using traditional devices that take fundus images, but the quality is enough for a patient who is in a rural area and has no access to quality eye care. This will, at least, ensure that patients will be diagnosed on time and we can save them from blindness,” Bhadauria says when asked about how comparable the pictures one gets on the smartphone-based fundus camera compared to sophisticated medical cameras.

### **Mental Health (Hindustan Times: 20221013)**

<https://www.hindustantimes.com/lifestyle/health/hot-flashes-can-be-detrimental-to-heart-besides-being-uncomfortable-study-101665632571166.html>

### **Hot flashes can be detrimental to heart besides being uncomfortable: Study**

HOT FLASHES HAVE LONG BEEN RECOGNISED AS HAVING AN IMPACT ON WOMEN'S QUALITY OF LIFE AND MENTAL HEALTH, BUT MOUNTING EVIDENCE CONNECTS THEM TO AN INCREASED RISK OF CARDIOVASCULAR DISEASE.



Hot flashes can be detrimental to heart in addition to being uncomfortable(Shutterstock)



Around 70% of women are thought to have hot flashes at some point throughout the menopause transition.

Hot flashes have long been recognised as having an [impact on women's quality of life and mental health](#), but mounting evidence connects them to an increased risk of cardiovascular disease. Concerns regarding the connection between hot flashes and heart health will be highlighted in a presentation at The North American Menopause Society (NAMS) Annual Meeting in Atlanta, October 12-15.

ALSO READ: [Traditional drinks to manage hot flashes](#)

The risk increases in midlife during the [menopause transition](#), when cardiovascular disease is the leading cause of mortality in women. Evidence associating hot flashes and the risk of heart disease has been found in large epidemiologic cohort studies, clinical investigations utilising physiologic measures of vasomotor symptoms, and other studies.

In particular, women who experience [hot flashes](#) more frequently have worsening profiles of cardiovascular risk factors, including hypertension (or raised blood pressure), insulin resistance (or diabetes), dyslipidemia, and a higher chance of underlying atherosclerosis. As women age, having more frequent or persistent hot flashes has also been associated with an increased risk of cardiovascular disease-related events such as myocardial infarction and stroke.

More recent studies have connected vasomotor symptoms to markers of small artery disease in the brain as well as other measures of brain health.

The presentation, which will examine potential underlying physiological mechanisms that could connect vasomotor symptoms to cardiovascular risk as well as the clinical consequences of this work, will be led by Dr Rebecca Thurston from the University of Pittsburgh.

"Hot flashes are considered to be symptoms that can affect one's quality of life, but not always their physical condition. Increasing evidence suggests that frequent or severe hot flashes may indicate women who are at an elevated risk of cardiovascular illness at midlife and beyond, contradicting this long-held conventional wisdom, according to Dr Thurston.

According to Dr Faubion, medical director of NAMS, "this presentation will highlight the most recent thinking regarding how women with a high burden of vasomotor symptoms may particularly benefit from targeted cardiovascular reduction initiatives as they age."