



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20221116

PHCs,

Health Dept prepares a list of PHCs, which can be upgraded | To be operational by Jan 26 (The Tribune: 20221116)

<https://www.tribuneindia.com/news/punjab/500-more-aam-aadmi-clinics-soon-in-punjab-451316>

The state government is going to upgrade around 500 more rural and urban Primary Health Centres (PHC) to Aam Aadmi Clinics in the next two months. According to sources, the Health Department has prepared a list of 521 PHCs, which can be upgraded to Aam Aadmi Clinics. As per the file sent to the government, these clinics will be operationalised by January 26.

All rural blocks without gynaecologist in Patiala

As per the plan, the upcoming clinics will be opened in the already existing buildings of PHCs located in the villages and towns of the state. With new equipment and infrastructure, these buildings will be upgraded. Even the manpower in the majority of the clinics is to be managed through internal management of the Health Department. Around 85 new doctors will also be recruited from the existing pool of already selected doctors in August for the upcoming clinics.

Dr Ranjit Singh Ghotra, Director, Family Welfare, said during recent review meeting even the Union Government hailed the Aam Aadmi Clinics as well-maintained clinics, manned by an MBBS doctor and a team of paramedical staff. “Availability of various lab tests and medicines free of cost at the Aam Admi Clinics is contributing to the high patient OPD,” he said.

As per the proposal prepared by the Health Department, the maximum 44 such clinics are to be opened in Amritsar district followed by Ludhiana 47, Patiala 40, Jalandhar 37, Hoshiarpur and Gurdaspur 33 each, Bathinda 24; Sangrur 26, Fazilka 22, and Ferozepur, SAS Nagar and Muktsar 19 each.

Significantly, the Aam Aadmi Clinics opened in August this year had been a huge success. As per the government data, over 7,000 people are availing healthcare facilities every day in the 100 (65 in urban and 35 in rural) Aam Aadmi Clinics. At present these clinics offer 100 medicines and 41 basic lab testing facilities.

Healthcare sector

Nikon India enters healthcare sector with microscopy solutions (The Tribune: 20221116)

<https://www.tribuneindia.com/news/health/nikon-india-enters-healthcare-sector-with-microscopy-solutions-451256>

The company has launched its 'AXR Point' scanning confocal microscope that has the capability to provide a field of view of 25mm in one single shot

Nikon India enters healthcare sector with microscopy solutions

Photo for representational purpose only. iStock

Imaging products firm Nikon India Pvt Ltd on Tuesday announced its foray into the healthcare sector through system product microscopy business.

The company has launched its 'AXR Point' scanning confocal microscope that has the capability to provide a field of view of 25mm in one single shot thereby helping researchers to generate most accurate statistical data while imaging, Nikon India said in a statement.

The product is targeted at premier research institutes, research centres funded and established by the India government, academic educational institutions, clinical centres such as hospitals and medical research institutes to boost research and development in medicine, it added.

"We plan to install AXR system in a few research institutes in India namely IIT Bhilai, IIT Mumbai, ACTREC Mumbai to name a few," Nikon India Managing Director Sajjan Kumar said.

He said the microscopy business offers huge potential, and "we are extremely upbeat about its growth prospects...Our expected annual turnover for FY 22-23 will be around 5 per cent of Nikon's India operations and we anticipate it to grow 10 per cent plus by the end of next year."

Aerobic exercise

Aerobic exercise lowers risk of metastatic cancer, says study (The Tribune: 20221116)

<https://www.tribuneindia.com/news/health/aerobic-exercise-lowers-risk-of-metastatic-cancer-says-study-451254>

Amount of glucose (sugar) consumed by internal organs rises during intense aerobic exercise, according to researchers, which decreases the amount of energy available to the tumour

Aerobic exercise lowers risk of metastatic cancer, says study

The probability of cancer metastatic spread can be reduced by aerobic exercise by 72 per cent, according to a recent study.

The amount of glucose (sugar) consumed by internal organs rises during intense aerobic exercise, according to the researchers, which decreases the amount of energy available to the tumour.

The study was led by two researchers from TAU's Sackler Faculty of Medicine: Prof Carmit Levy from the Department of Human Genetics and Biochemistry and Dr Yftach Gepner from the School of Public Health and the Sylvan Adams Sports Institute. Prof. Levy emphasizes that by combining scientific knowhow from different schools at TAU, the new study has led to a very important discovery which may help prevent metastatic cancer - the leading cause of death in Israel. The paper was published in the prestigious journal Cancer Research and chosen for the cover of the November 2022 issue.

Prof Levy and Dr. Gepner: "Studies have demonstrated that physical exercise reduces the risk for some types of cancer by up to 35 per cent. This positive effect is similar to the impact of exercise on other conditions, such as heart disease and diabetes. In this study we added new insight, showing that high-intensity aerobic exercise, which derives its energy from sugar, can reduce the risk of metastatic cancer by as much as 72 percent. If so far the general message to the public has been 'be active, be healthy', now we can explain how aerobic activity can maximise the prevention of the most aggressive and metastatic types of cancer."

The study combined an animal model in which mice were trained under a strict exercise regimen, with data from healthy human volunteers examined before and after running. The human data, obtained from an epidemiological study that monitored 3,000 individuals for about 20 years, indicated 72 percent less metastatic cancer in participants who reported regular aerobic activity at high intensity, compared to those who did not engage in physical exercise.

The animal model exhibited a similar outcome, also enabling the researchers to identify its underlying mechanism. Sampling the internal organs of the physically fit animals, before and

after physical exercise, and also following the injection of cancer, they found that aerobic activity significantly reduced the development of metastatic tumors in the lymph nodes, lungs, and liver.

The researchers hypothesized that in both humans and model animals, this favorable outcome is related to the enhanced rate of glucose consumption induced by exercise.

Prof. Levy said: “Our study is the first to investigate the impact of exercise on the internal organs in which metastases usually develop, like the lungs, liver, and lymph nodes. Examining the cells of these organs we found a rise in the number of glucose receptors during high-intensity aerobic activity - increasing glucose intake and turning the organs into effective energy-consumption machines, very much like the muscles. We assume that this happens because the organs must compete for sugar resources with the muscles, known to burn large quantities of glucose during physical exercise. Consequently, if cancer develops, the fierce competition over glucose reduces the availability of energy that is critical to metastasis.

Moreover, when a person exercises regularly, this condition becomes permanent: the tissues of internal organs change and become similar to muscle tissue. We all know that sports and physical exercise are good for our health. Our study, examining the internal organs, discovered that exercise changes the whole body, so that the cancer cannot spread, and the primary tumor also shrinks in size.”

Dr Gepner added: “Our results indicate that unlike fat-burning exercise, which is relatively moderate, it is a high-intensity aerobic activity that helps in cancer prevention. If the optimal intensity range for burning fat is 65-70 per cent of the maximum pulse rate, sugar burning requires 80-85 per cent - even if only for brief intervals.

For example: a one-minute sprint followed by walking, then another sprint. In the past, such intervals were mostly typical of athletes’ training regimens, but today we also see them in other exercise routines, such as heart and lung rehabilitation.

Our results suggest that healthy individuals should also include high-intensity components in their fitness programs. We believe that future studies will enable personalised medicine for preventing specific cancers, with physicians reviewing family histories to recommend the right kind of physical activity. It must be emphasised that physical exercise, with its unique metabolic and physiological effects, exhibits a higher level of cancer prevention than any medication or medical intervention to date.”

Aam Aadmi Clinics

500 more Aam Aadmi Clinics soon in Punjab (The Tribune: 20221116)

<https://www.tribuneindia.com/news/punjab/500-more-aam-aadmi-clinics-soon-in-punjab-451316>

Health Dept prepares a list of PHCs, which can be upgraded | To be operational by Jan 26

The state government is going to upgrade around 500 more rural and urban Primary Health Centres (PHC) to Aam Aadmi Clinics in the next two months. According to sources, the Health Department has prepared a list of 521 PHCs, which can be upgraded to Aam Aadmi Clinics. As per the file sent to the government, these clinics will be operationalised by January 26.

Rural blocks- PHCs

All rural blocks without gynaecologist in Patiala (The Tribune: 20221116)

<https://www.tribuneindia.com/news/health/chemicals-in-consumer-products-may-cause-common-tumours-in-women-study-451220>

As per the plan, the upcoming clinics will be opened in the already existing buildings of PHCs located in the villages and towns of the state. With new equipment and infrastructure, these buildings will be upgraded. Even the manpower in the majority of the clinics is to be managed through internal management of the Health Department. Around 85 new doctors will also be recruited from the existing pool of already selected doctors in August for the upcoming clinics.

Dr Ranjit Singh Ghotra, Director, Family Welfare, said during recent review meeting even the Union Government hailed the Aam Aadmi Clinics as well-maintained clinics, manned by an MBBS doctor and a team of paramedical staff. “Availability of various lab tests and medicines free of cost at the Aam Admi Clinics is contributing to the high patient OPD,” he said.

As per the proposal prepared by the Health Department, the maximum 44 such clinics are to be opened in Amritsar district followed by Ludhiana 47, Patiala 40, Jalandhar 37, Hoshiarpur and Gurdaspur 33 each, Bathinda 24; Sangrur 26, Fazilka 22, and Ferozepur, SAS Nagar and Muktsar 19 each.

Significantly, the Aam Aadmi Clinics opened in August this year had been a huge success. As per the government data, over 7,000 people are availing healthcare facilities every day in the 100 (65 in urban and 35 in rural) Aam Aadmi Clinics. At present these clinics offer 100 medicines and 41 basic lab testing facilities.

Epilepsy

As Fatima Sana Shaikh brings epilepsy to social media, can gene therapy help? (Indian Express: 20221116)

<https://indianexpress.com/article/lifestyle/health-specials/fatima-sana-shaikh-epilepsy-gene-therapy-8270287/>

‘The procedure takes place with the help of viral or non-viral vectors which deliver DNA or RNA in order to target the brain areas causing the seizures. It is done to prevent any development of epilepsy and to reduce or limit the frequency and/or severity of seizures,’ says Atul Prasad, Principal Director and HOD, Neurology, BLK Max Super Speciality Hospital

Actor Fatima Sana Sheikh has revealed she is suffering from epilepsy. (File)

When Fatima Sana Shaikh talked about her battle with epilepsy, she perhaps normalised the conversation around what is actually a very common health condition. However, given the taboos around it, considering it manifests as sudden seizures and spasms, common people liken it to curse or possession by supernatural forces. They fear it without understanding it and worry about passing it on to the next generation. Of course, very few bother to know that research over the years has resulted in drugs and therapies that have helped in managing the disease and improving the condition of patients. Earlier this year, research from the School of Medicine showed how a newly-developed gene therapy can treat Dravet syndrome, a severe form of epilepsy, and potentially prolong survival for people with the condition.

Music therapy

How music therapy, especially piano lessons, can help stroke survivors recover? (Indian Express: 20221116)

<https://indianexpress.com/article/lifestyle/health-specials/how-music-therapy-especially-piano-lessons-can-help-stroke-survivors-recover-8270043/>

After a stroke, a part of the brain gets affected and eventually functions that were controlled or regulated by that part slow down or stop. When you listen to music, its rhythm and beats try to re-train or rewire the brain. But the study needs more objective criteria, say experts

Researchers found significant improvements in patients, care-givers and staff after they learnt piano, drums and violin and interacted with musicians. (Representational image/File)

When the audience clapped at Steinmetz Hall in the Dr Phillips Centre for Performing Arts in Orlando, Florida, they weren't aware that five of the percussion ensemble on stage were stroke survivors. Yet they didn't slip a beat on their cabasas, drums and djembe. What the audience also didn't know was that the performance was part of a music therapy session, music being proven to activate various centres of the brain.

As one of the participants said, "My emotional well-being is through the roof because of this." And he drew succour from the fact that there were others like him in the group, who felt energised by association as fellow survivors of what could have potentially killed them.

Type 1 diabetic

How this Type 1 diabetic lost an eye, learnt from mistakes, says carb counting is a math? (Indian Express: 20221116)

<https://indianexpress.com/article/lifestyle/health-specials/world-diabetes-day-type-1-diabetes-daily-math-exercise-life-coach-who-lost-eye-8266921/>

Gourav was diagnosed with Type 1 diabetes at 15. And while he was particular about his injections, he slipped on carb counts and meal loads as a busy hotel executive. Now, having lost an eye, he guides others about a multi-disciplinary approach towards managing his condition.

Type 1 diabetes is a condition in which one's immune system destroys insulin-making cells, called beta cells, in the pancreas. Insulin is a hormone which is automatically generated and counters the amount of excessive glucose produced during digestion.

Thirty-four year old Gourav is the best lifestyle coach that one could ask for, customising everything from what you should eat, when and why, besides suggesting a daily routine that works around your worklife. He should know. A Type 1 diabetic, who unfortunately wasn't diagnosed early enough and who lost an eye because he didn't take it as seriously as he should have, he knows the common mistakes we make. "There should be diabetes education and a multi-disciplinary approach to disease management. This is something that most Indians ignore. In the end it is too late," says he.

Flaxseeds

How 1 tsp of roasted flaxseeds in a fistful of nuts daily can lower cholesterol? (Indian Express: 20221116)

<https://indianexpress.com/article/lifestyle/health-specials/roasted-flaxseeds-fistful-nuts-lower-cholesterol-8262772/>

Flaxseeds are rich in Omega 3 and Omega 6 fatty acids, soluble fibres, lignum and protein, all of which can bust cholesterol. This has been proved in multiple studies, says Dr Dipti Khatuja, head nutritionist at Fortis Memorial Research Institute, Gurgaon.

Air pollution policy

Health as the focus of air pollution policy (The Hindu: 20221116)

<https://www.thehindu.com/opinion/op-ed/making-health-the-focus-of-air-pollution-policy/article66140242.ece>

Health must be turned into a feature and eventually a function of air pollution policy

The worsening winter air quality in north India has yet again brought into public focus the harmful effects of air pollution on our health. The effects of exposure to bad air are felt in every organ of the body, and most deeply by the vulnerable in society — children, the elderly, pregnant women, and those with pre-existing health conditions. In India, in 2019, 17.8% of all deaths and 11.5% of respiratory, cardiovascular and other related diseases are attributable to high exposure to pollution (The Lancet). This public health emergency has resulted in calls for health to be made central to air pollution policymaking.

The primacy of protecting public health — the raison d'être of environmental legislation — is clearly laid out in the statement of objects and reasons of India's key environmental laws. Yet, if we examine the constitution of our environmental regulators, expert groups and decision-making entities that define and translate those laws into air pollution policy, health expertise is glaring in its absence. Driven by a combination of the isolated nature of policymaking and an insufficient understanding of health among policymakers, air pollution policy is created and implemented in a vacuum. There is little cognisance of the effect it has on society.

World Population

World Population reaches 8 billion mark today; India will surpass China in 2023, says U.N. (The Hindu: 20221116)

https://www.thehindu.com/news/international/humanity-hits-the-eight-billion-mark/article66139348.ece?cx_testId=12&cx_testVariant=cx_1&cx_artPos=3&cx_experienceId=EX1EB10HOM58#cxrecs_s

A baby born somewhere on November 15 will be the world's eighth billionth person, according to a projection by the United Nations

A baby born somewhere on Tuesday will be the world's eighth billionth person, according to a projection by the United Nations.

"The milestone is an occasion to celebrate diversity and advancements while considering humanity's shared responsibility for the planet," U.N. Secretary-General Antonio Guterres said in a statement.

Climate catastrophe

A call to action to avoid climate catastrophe (The Hindu: 20221116)

<https://www.thehindu.com/sci-tech/energy-and-environment/a-call-for-action-to-avoid-climate-catastrophe/article66138482.ece>

The Hindu is publishing this editorial along with The Guardian and several other media outlets across the globe as an urgent call to action on climate change.

A child holds a placard at the Fridays for Future march during the UN Climate Change Conference (COP26), in Glasgow, Scotland. File photo

A child holds a placard at the Fridays for Future march during the UN Climate Change Conference (COP26), in Glasgow, Scotland. File photo | Photo Credit: Reuters

Climate change is a global problem that requires cooperation between all nations. That's why today more than 30 newspapers and media organisations in more than 20 countries have taken a common view about what needs to be done. Time is running out. Rather than getting out of fossil fuels and into clean energy, many wealthy nations are reinvesting in oil and gas, failing to cut emissions fast enough and haggling over the aid they are prepared to send to poor countries. All this while the planet hurtles towards the point of no return - where climate chaos becomes irreversible.

Since the Cop26 UN climate summit in Glasgow 12 months ago, countries have only promised to do one fiftieth of what is needed to stay on track to keep temperatures within 1.5°C of pre-industrial levels. No continent has avoided extreme weather disasters this year — from floods in Pakistan to heatwaves in Europe, and from forest fires in Australia to hurricanes in the US. Given that these came about from elevated temperatures of about 1.1C, the world can expect far worse to come.

Heart Attacks

Has COVID impacted our hearts? Top cardiologists explain their observations (The Times of India:20221116)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/has-covid-impacted-your-heart-top-cardiologists-explain-their-observations/articleshow/95547791.cms>

These days most discussions revolve around the plausible reasons behind the unfortunate and untimely demise of celebrities due to heart attacks post pandemic. Stand up comedian Raju Srivastav collapsed while running on the treadmill. TV actor Siddhaanth Vir Surryavanshi succumbed to heart failure while doing bench press in the gym. Sidharth Shukla, Puneeth

Rajkumar, Raj Kaushal, Deepesh Bhan are some of the other fitter celebrities we lost to heart (and brain) related complexities. This brings us to the biggest question if COVID has in unknown ways messed up our heart. Has it left lingering effects that have compromised our heart function? We spoke to cardiologists to understand the complexities...

Dr Bikram Kesharee Mohanty, Sr Consultant Cardio - thoracic & vascular surgeon (adult & pediatric), visiting consultant to National Heart Institute, New Delhi shares that sudden deaths due to heart attack is a known entity irrespective of pre or post-COVID period, though COVID is known to cause heart attack, however not as a late sequel in my practice. Dr Rakesh Rai Sapra, Director and Senior Consultant-Cardiology, Marengo QRG Hospital, Faridabad adds, "Sudden deaths due to heart attack is a known complication and were common even before COVID. The celebrity deaths have surely brought more attention to it and also it has highlighted the fact that spurts of unaccustomed physical activity is dangerous. The physical activity for prevention of heart disease should be done on a regular (almost daily) basis and its intensity should be gradually increased as the body's tolerance and stamina improves."

Has COVID impacted the heart?

With the COVID tide receding, is there any visible extent of damage that we are seeing in general? Dr Vaibhav Mishra, Director - Cardiac Surgery, Max Super Speciality Hospital, Patparganj answers, "The real extent of damage is somewhat evident already. It is something we don't want to hear but post COVID we are definitely seeing a rise in cardiac cases mainly coronary artery disease leading to adverse cardiac events especially in the younger population. These effects are more pronounced in the younger population, and mostly seen in people who have had severe delta virus infections."

Dr. Manish Bansal, Director, Clinical and Preventive Cardiology, Medanta, Gurugram adds, "People who were acutely healthy were even presented with health conditions post COVID. Following COVID, many people with no prior history of heart disease showcase symptoms such as chest pain, palpitation, and breathing difficulty which are related to myocarditis and pericarditis. Furthermore, COVID involves blood vessels, causing inflammation in them and has a potential to form blood clots resulting in major heart problems such as a heart attack, stroke. So some of the heart attacks that we witness without any apparent reasons could be because of COVID."

"While it is too early to comment about the exact cause, but as seen with severe delta COVID pneumonia which was associated with hypercoagulability of blood and dysfunction of lining of blood vessels leading to blockage of small arteries of lung, similar mechanism can be postulated for increase in coronary adverse effects," adds Dr Mishra.

The common conditions that can occur after COVID are myocarditis, which causes inflammation in the heart muscle, and pericarditis causes inflammation of the outer layer, swelling and irritation of the thin, sac-like tissue around the heart. Both these conditions were commonly seen in the patients post COVID and as a response to COVID vaccination as well. We have seen patients who have presented with symptoms of myocarditis or pericarditis. However patients should continue to receive vaccination because the benefits of vaccines outweigh the risks associated with this illness."

Stress-linked heart ailments

Dr. Bansal explains, “ Heart attacks have recently become more prevalent. This has to do a lot with COVID as the disease resulted in job losses, hardships, financial difficulties, and other types of problems, all of which have caused increased stress in people, linked to an increase in the risk of heart attacks due to a blood pressure spike. It is difficult to say whether stress is directly causing more deaths or if COVID is to blame. However, heart attacks and some fatalities increased after COVID. However, people are becoming more aware of it as a result of the deaths of popular physically fit celebrities. In addition, people should begin to understand the importance of a healthy lifestyle and getting checked on a regular basis.”

Common heart issues seen post COVID

Dr Rakesh Rai Sapra explains the heart issues that have been seen post COVID:

- a) Illnesses due to increased blood clotting tendencies like deep venous thrombosis, arterial thrombosis, heart attack and cerebral strokes.
- b) Weakening of heart muscle due to inflammation of heart which is called myocarditis which leads to features of heart failure
- c) Increased tendencies to abnormal heart rhythms called arrhythmias. This could be abnormal slowing of heart beat or abnormal type of fast heart beats. This could again be a new abnormality or exacerbation of pre existing abnormality.

Dr Mishra adds, “A very common finding in patients recovered from severe COVID is Tachycardia, which is abnormally high heart rate, more than 100 beats per minute. Such consistently high heart rate can damage the heart as the heart works harder than it should for days and months.

There is a still lot of be discovered about COVID, it is a relatively new and as time passes by we will have even more understanding about the disease and management, having said that based on current knowledge we do feel that a protracted course of blood thinners, Antiplatelets/Anticoagulants may accord benefit.

Any person having persistent high heart rate and unusual shortness of breath post COVID beyond 3-6 months should seek medical attention and not ignore this.”

Dr Dipu TS, Associate Professor, Division of Infectious Diseases, Amrita Hospital, Kochi advises people to avoid heavy exercises with limiting to slow walking in post COVID recovery phase or until 2-3 weeks after symptom resolution. Athletes are advised to avoid heavy cardiovascular training for up to 3 months post COVID and to be followed up with a specialist and to get the concurrence of the doctor if they want to return to training earlier. A little precaution always helps when we are in uncharted territory.

Anxiety

Are anxiety attacks common after COVID-19? Here's all you need to know (The Times of India:20221116)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/are-anxiety-attacks-common-after-covid-19-heres-all-you-need-to-know/photostory/95532900.cms?picid=95532919>

The COVID-19 epidemic has been ongoing for the past two years and counting, and it has had a tremendous impact on the public's physical and mental health. In a study published in the International Journal of Mental Health and Addiction, numerous mental health conditions, such as depression, sleep disorders, and Anxiety, have become widespread issues worldwide in the aftermath of COVID-19.

02/6 What should be done when experiencing anxiety?

Suppose you have recently recovered from COVID-19 but are still experiencing Anxiety symptoms, in that case, it is vital to remember that you are not alone, and that help is available to overcome these difficult times. Ask help from your family and friends. Don't lose hope and see a mental health expert.

03/6 Lockdown and its lingering effects

Another factor that has contributed to a considerable increase in the prevalence of Anxiety is the effects that lockdown has presented in people's daily lives. For instance, studies show that social isolation, a key risk factor for many mental health concerns, has considerably grown during the previous COVID-19 impacted years.

04/6 Risk of anxiety after recovering from COVID-19

“Simply put, COVID-19 and the lifestyle impact that the pandemic caused, including social isolation, has increased an individual's risk of Anxiety and other mental health concerns. A common symptom of post-COVID19 anxiety is that after recovering from COVID-19, many individuals report experiencing symptoms of Anxiety resembling those of pre-existing anxiety disorders. This directly signals towards COVID's impact on a person's mental health,” says Priyanka Jagasia, Counseling Psychologist, Fortis Hiranandani Hospital Vashi.

05/6 What are the alarming symptoms?

Further, other types of anxiety can manifest as severe symptoms in specific settings. For instance, a rapid heartbeat, shortness of breath, sweat, and thoughts of impending doom might appear suddenly in those with panic disorder, a common anxiety disorder.

06/6 Can COVID-led Anxiety be managed?

Although anxiety can have a significant negative impact on your mental health and quality of life, it is almost always manageable, especially when treatment is sought early. If you have been affected by post-COVID-19 Anxiety, various treatments can help you feel better and regain control, including relaxation exercises and medications approved by a specialist.

Prostate cancer sign

Prostate cancer sign: Man diagnosed after THIS strange symptom strikes while walking dog (The Times of India:20221116)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/prostate-cancer-sign-man-diagnosed-after-this-strange-symptom-strikes-while-walking-dog/photostory/95531091.cms?picid=95531122>

The prostate is a part of the male reproductive system – which includes the penis, prostate, seminal vesicles, and testicles. Prostate cancer is a disease in which cells in the prostate grow out of control. Getting regular check ups can help in early detection of cancer.

Doug Bliss, 74, shared his unusual symptom of prostate cancer, identifying which could help him seek the right treatment in time.

The bus driver from East Anglia, England was out walking his dog. “Whilst walking, I thought to myself, I need to go to the toilet, but then I just couldn’t hold myself. It was strange to me as I’ve been fairly fit my whole life, and I’ve never had to go to the hospital before,” Express UK quoted Doug.

He contacted his doctor the next morning and explained his symptoms. He was then referred to the urology department at the local hospital.

READMORE

02/6Diagnosis of prostate cancer

At the hospital, Doug had a Prostate-Specific Antigen (PSA) test. His score came back at thirteen.

PSA scores that are higher than 10 have over 50 percent chance of being a positive indication of prostate cancer.

Following his PSA test, Doug had an MRI scan and a transrectal biopsy. Following his biopsy, he was diagnosed with prostate cancer.

03/6Multiple treatment options available

Doug's cancer hadn't spread outside of the prostate and it was a fairly small tumour. The hospital first recommended that he go on active surveillance, in which they monitor the slow-growing localised prostate cancer, instead of treating it right away.

Few weeks later, the oncology team discussed and explained the available treatment options with Doug – radiotherapy, chemotherapy, surgery or brachytherapy.

“I opted for brachytherapy because I felt it was the least intrusive out of all the treatments, and I was adamant that I didn't want my prostate removed. It was also important to me to have the ability to go back to normal life quickly,” Doug explained his treatment option.

In the LDR (Low Dose Rate) brachytherapy procedure, small radiotherapy seeds, about the size of a grain of rice, are inserted around the cancerous cells to eliminate them over a period of a few months.

Read more: Omicron BQ.1, BQ.1.1 cases rising: Key points on symptoms, risks and prevention [READMORE](#)

04/6 Recovery post brachytherapy

Doug shared that he was soon able to go to work and had minimal side effects after his brachytherapy procedure, such as having trouble going to the toilet.

According to Express UK, he was also taking Tamsulosin, and needed a catheter fitted for around fifteen months. “It wasn't necessarily the operation that caused it, it was the drugs afterwards.”

Doug also had regular six months check-ups at the Royal London Hospital. He shared, “I still have yearly PSA tests, and my last score was very low at 0.4, which I'm pleased with.”

[READMORE](#)

05/6 Other signs of prostate cancer

According to the US CDC, it is important to immediately consult your doctor if you experience any of the following symptoms:

-Difficulty starting urination

- Weak or interrupted flow of urine
- Urinating often, especially at night
- Trouble emptying the bladder completely
- Pain or burning sensation during urination
- Blood in the urine or semen
- Pain in the back, hips, or pelvis
- Painful ejaculation

Note that these symptoms may not necessarily be caused by prostate cancer and could also be signs of some other condition. It is best to consult your doctor for diagnosis.

Read more: [Can toilet seats give you a UTI? A doctor decodes](#)[READMORE](#)

06/6Importance of catching signs early

Early identification of symptoms of prostate cancer can improve the patient's outcomes of overall survival.

Apart from being aware of the signs, which may or may not show, getting tested regularly is also important. The PSA test can aid early detection of prostate cancer. In fact, it is better to rely on regular testing than waiting for the urinary symptoms to show up. This is because the symptoms might show up when the cancer has gotten too worse.