



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20221125

Measles

Missed shots during pandemic fuelling measles spike: Data (Hindustan Times: 20221125)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=25111aefdcfa&imageview=0>

Roughly 2.5 million infants who were supposed to be vaccinated for their first doses of the measles immunisation did not receive the shots last year, a number that explains why the country is recording a surge in the highly contagious disease and at times leads to fatalities.

According to an estimate by the World Health Organization and US Centers for Disease Control released late on Wednesday, India accounts for the second highest numbers of missed doses in 2021, with Nigeria recording the most at 3.1 million doses.

In recent weeks, at least four states have reported a sharp surge in measles infections and deaths. In Mumbai, there have been at least 13 fatalities, and 3,695 suspected infections, out of which 252 are confirmed cases. Kerala's Malappuram has reported 125 cases. The Centre has rushed teams to four states, including Maharashtra, Kerala, Jharkhand and Gujarat.

Measles has a basic reproduction number, or R-nought, of 12 to 18, which means one infected person can pass it on to 12 to 18 others, and each of those to a similar number further. P7

Measles Shot (Hindustan Times: 20221125)

<https://epaper.hindustantimes.com/Home/ShareImage?Pictureid=251128f780ee>

What you need to know about measles

In recent weeks, at least four states have seen a sudden rise in measles infections, and the spike comes at a time when Mumbai has seen 13 deaths. Here's all you need to know about the disease

What is measles?

Measles is a highly contagious viral respiratory disease that can severely sicken young children, but is normally kept under check due to large-scale vaccination. Generally regarded as an illness that largely targets children, but it can infect a person of any age. However, it is particularly dangerous for unvaccinated kids.



How does someone get infected?

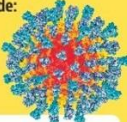
The primary method of spread of measles is airborne particles generated when an infected person coughs or sneezes. In this, it is very similar to Covid-19 (which means that masking helps fight the spread), but there are some key differences.

The biggest difference is how infectious it is: each person infected by measles ends up infecting an estimated 90% of people who come in close contact with them. This is as much as 8-10 times as that of Covid-19, or thrice as much as polio.

What are the symptoms?

Generally, the first set of symptoms appear around a week or two from the first point of infection. The symptoms include:

- High-grade fever
- Red eyes (conjunctivitis)
- Runny nose
- Coughing
- Ear infection
- Sore throat
- Red patches
- Rash
- Diarrhoea
- Pneumonia
- Encephalitis



The first symptom is generally a runny nose; while the rash appears around 4-7 days after first symptom

Four states
Around 4,000
suspected cases
277 confirmed infections
13 deaths

Children
under 5 and adults
older than 20 years of
age are more likely
to suffer from
complications

How is it treated?

If someone is infected, the first step should be to isolate them. There is no specific antiviral therapy for measles. "Medical care is supportive and to help relieve symptoms and address complications such as bacterial infections," according to US CDC.

How dangerous is an infection?

Even in healthy children, measles can cause serious illness and can even require hospitalisation. But it can be particularly dangerous for children who are unvaccinated – in the current outbreak, a majority of deaths have been among unvaccinated children.

What role does vaccination play?



Measles is easily combated with a large-scale vaccine rollout, which is usually administered as the combination measles-mumps-rubella (MMR) vaccine. However, the latest outbreak appears to be caused as the MMR vaccine coverage in the past few years has dropped due to the pandemic.

Nearly 1 to 3 of every 1,000 children who are infected with measles will die from respiratory or neurological complications

Human health

Radiation emitted from mobile towers has no ill effects on human health: Experts (The Tribune:20221125)

<https://www.tribuneindia.com/news/health/radiation-emitted-from-mobile-towers-has-no-ill-effects-on-human-health-experts-454349>

Officials said that the North East Licensed Service Area of the Department of Telecommunications has tested 1532 Base Transceiver Station from April to November this

Radiation emitted from mobile towers has no ill effects on human health: Experts

After conducting in-depth tests on 1532 mobile towers, experts on Thursday said that low powered, non-ionizing radiation emitted from the cell towers have no ill effects on human health.

Officials said that the North East Licensed Service Area (NE-LSA) of the Department of Telecommunications has tested 1532 Base Transceiver Station (BTS) from April to November

this year and all the mobile towers have been found compliant as per DoT norms on electric and magnetic fields radiation.

While addressing a webinar on electromagnetic radiations from mobile towers, Dr Tushar Kant Joshi, Advisor, Ministry of Health and Director, OEM Programme, Centre for Occupational and Environmental Health, assured that “it has been found that low powered, non-ionizing radiation emitted from cell towers have no ill effects on human health” Referring to the scientific research, Joshi said that it becomes extremely essential to address the spread of misinformation and provide an authentic view of health concerns related to mobile towers. It is also important to be informed that no scientific or medical evidence is available to corroborate the argument used against mobile towers, he pointed out.

Shillong based Senior Deputy Director General of the North-East LSA Ravi Goel highlighted the need for telecom services in India and pressed on the challenges faced by the stakeholders of the industry.

“We are venturing into an age of hyper-connectivity where the government is making every effort to densify telecom infrastructure and telecom towers as these are the backbone of Indian mobile communications.

“In order to magnify the efforts, it is important that the fear surrounding the theories about ill effects of EMF radiations from mobile towers are addressed factually to dispel such misconceptions,” Goel stated.

Deputy Director General of North-East LSA (Compliance) A.K.Jain said that the government has adopted one of the most stringent emission standards for mobile towers in the world. He said: “We follow norms that are 10 times stricter than what has been prescribed by ICNIRP and recommended by WHO globally. DoT continuously monitors the EMF emission levels from towers across India and ensures compliance with the stipulated emission norms throughout the country.” The experts in the awareness event also mentioned that unscrupulous companies, agencies and individuals cheat the public by promising them hefty monthly rental payments for installation of mobile towers. Such fraudsters ask the public to deposit money in their personal, companies account under various names against security deposit, application fee, registration charges, stamp duty, government tax under Telecom Act among others. Further, it was also highlighted that use of telecom services through SIM cards and signals of foreign service providers in Indian Territory violates the Indian Telegraph Act 1885 and persons involved in such types of acts are liable to punishment as per the act and other acts and rules.

An official statement said that India holds the potential to lead the telecommunications technology sector across the globe. Misconceptions among a section of the population about the health hazards of EMF radiation should not override the factual information made available through scientific research.

Eight High Courts of India have also upheld the same view and have delivered judgments that disprove all such unfounded fears and misguided activism that is posing a severe challenge to the overall growth and connectivity of the country, the statement said.

Depression

One in eight older adults developed depression for the first time during pandemic: Study (The Tribune:20221125)

<https://www.tribuneindia.com/news/health/one-in-eight-older-adults-developed-depression-for-the-first-time-during-pandemic-study-454296>

Older adults with fewer savings more likely to develop depression during the pandemic, find researchers

One in eight older adults developed depression for the first time during pandemic: Study

Photo for representational purpose only. iStock

Approximately one in eight older adults developed depression for the first time during the pandemic, according to a study conducted in Canada.

For those who had experienced depression in the past, the numbers were even worse, the study said. By the autumn of 2020 almost half (45 per cent) of this group of 20,000 older adults reported being depressed.

The researchers from University of Toronto analysed responses from the Canadian Longitudinal Study on Aging, which collected data from participants for an average of seven years, the study said.

“The high rate of first-onset depression in 2020 highlights the substantial mental health toll that the pandemic caused in a formerly mentally healthy group of older adults,” said first author Andie MacNeil, University of Toronto.

While the surge in prevalence of depression among older adults during the pandemic is well known, few studies prior to this have identified the percentage of people who experienced it for the first time or the percentage of people with a history of the disorder who experienced a relapse, the study published in the International Journal of Environmental Research and Public Health said.

“The devastation of the pandemic which upended so many aspects of daily life hit those with a history of depression particularly hard,” said co-author Sapriya Birk.

“Health professionals need to be vigilant in screening their patients who had mental health problems at an earlier time in their life,” said Birk.

The researchers identified several factors that were associated with depression among older adults during the pandemic, including inadequate income and savings, loneliness,

Covid infection

Why Covid infection in some causes fatal inflammation, study finds (The Tribune:20221125)

<https://www.tribuneindia.com/news/health/why-covid-infection-in-some-causes-fatal-inflammation-study-finds-454276>

The increase in unmetabolised ATP, according to study, produces pro-inflammatory state and triggers potentially fatal systemic inflammation known as cytokine storm

Why Covid infection in some causes fatal inflammation, study finds

Scientists have uncovered a new mechanism that could help explain why some Covid infected people develop a potentially fatal systemic inflammation, according to a study.

Researchers at the University of Sao Paulo (USP) in Brazil have found that severe COVID-19 is associated with an imbalance in an important immune system signalling pathway.

The researchers detected “dysregulation”, or a dysfunctional regulation, of the immune system mediated by adenosine triphosphate (ATP), one of the main sources of energy for cellular processes.

Severe COVID-19 patients had higher levels of ATP in their blood and lower levels of adenosine, which should increase when ATP is metabolised for energy production, the study said.

“The immune system comprises several signalling pathways that provide alerts in response to invasion by a pathogen, for example. One involves ATP, which triggers the release of inflammatory substances in defense cells to attack the invader,” said study author Maria Notomi Sato.

“The immune system also has control mechanisms to avoid excessive inflammation, but when this error in ATP metabolism occurs, it results in a huge imbalance and systemic dysfunctions in the immune response,” said Sato.

The increase in unmetabolised ATP, according to the study, produces a pro-inflammatory state and triggers a potentially fatal systemic inflammation known as a cytokine storm.

“The study pointed to an imbalance in the signalling system and a dysfunction in the regulation of these components, as one more factor at the systemic level that attacks the organs of severe COVID-19 patients,” Sato said.

ATP is constantly produced by cells and is broken down in the extracellular environment by enzymes called ectonucleotidases.

“ATP turns into a danger signal when it exits cells in large amounts. When does that happen? When an exacerbated inflammatory response is activated, when cells are badly injured or when some other severe damage occurs,” said Anna Julia Pietrobon, co-study author of the article.

“In response, ATP triggers an inflammatory process that involves other cells in a chain reaction,” said Pietrobon.

For the study, the researchers measured ATP and adenosine levels in blood samples collected in 2020-21 from 88 severe COVID-19 patients. None of them had been vaccinated.

“We found cell-surface ectonucleotidases that cleave ATP to be less expressed in cells from both mild and severe COVID-19 patients, but particularly the latter. In fact, we concluded that the higher the ATP level, the more severe the disease,” Pietrobon said.

The researchers also investigated possible alterations in immune system cells.

“We found that some immune cells, especially B lymphocytes, expressed less CD39 and CD73, enzymes that break down ATP.

“Lymphocyte levels generally tend to be low in COVID-19 patients, but in our study, not only the levels of B cells in blood from severe patients were low, but these cells also expressed lower amounts of both enzymes, contributing to less ATP metabolism and hence less production of adenosine, the anti-inflammatory component that would try to regulate this response,” Pietrobon said.

Given this finding, the researchers decided to isolate the B cells present in the blood samples and provide them with ATP.

“We conducted an in vivo experiment in which we gave ATP to cells from both COVID-19 patient and healthy controls. The B cells from patients produced less adenosine than those from the healthy controls, possibly because they expressed less CD39 and CD73,” she said.

The researchers do not yet know if the alteration in ATP metabolism causes or is caused by the exacerbated inflammatory response to SARS-CoV-2. They plan to investigate this in future projects, the study said.

The link between severe COVID-19 and inflammasome activation is exacerbated and fails to shut down after the infection clears.

The inflammasome is a protein complex inside defence cells. When this cellular mechanism is activated, pro-inflammatory molecules, known as cytokines, are produced to warn the immune system that more defence cells need to be sent to the infection site.

According to the researchers who conducted the study on ATP metabolism, the build-up of ATP in conjunction with low levels of adenosine in severe patients may contribute to exacerbation of the cytokine-mediated inflammatory response.

“The inflammatory process triggered by insufficient ATP breakdown occurs because of decompensation in this pathway, which functions as a form of anti-inflammatory regulation.

“However, when this error in the ATP-adenosine metabolism occurs, the ATP build-up acts as a signal to other inflammation pathways in the immune system, culminating in inflammasome activation, for example,” Sato said.

In these cases, in which immune system regulation is dysfunctional, the excessive inflammatory response is directly linked to multiple organ failure and frequently to death.

Pre-diabetes

Why it is essential to nip pre-diabetes, a ‘reversible condition’, in the bud (Indian Express: 20221125)

<https://indianexpress.com/article/lifestyle/health/reversible-condition-pre-diabetes-post-covid-world-blood-sugar-diet-tips-exercise-8267028/>

"Pre-diabetes is when the blood-glucose range is between 100 to 125 mg/dL, while levels above 126 mg/dL indicate diabetes." Dr Paula Goel, consultant paediatrician, adolescent physician and founder, Fayth Clinic told indianexpress.com

pre diabetes What raises pre-diabetes risk, and what can you do? (Source: Pixabay)

There are at least 77 million people with diabetes in India, and an equal number are expected to be living with pre-diabetes, according to the National Center for Biotechnology Information (NCBI)'s 2021 review Epidemiology of type 2 diabetes in India. In fact, approximately 25 per cent of the people with pre-diabetes will progress to overt type 2 diabetes within 3–5 years, notes NCBI's 2019 review Global epidemiology of pre-diabetes – present and future perspectives.

Food and Nutrition

Why you must never consume fruits with milk, yoghurt (Indian Express: 20221125)

<https://indianexpress.com/article/lifestyle/health/fruits-dairy-products-milk-yoghurt-incorrect-combinations-8197625/>

"What happens when you eat lemon with milk? It starts breaking into cheese," the expert said

Avoid consuming fruits with dairy products (Source: Pixabay)

“Eat fruits alone, or leave them alone!” said Dr Dimple Jangda, an Ayurveda and gut health coach, on Instagram. Wondering why? While it is a common practice to pair your fruits with milk and yoghurt, doing so does more harm than good to your health.

Lemon coffee

Can you lose weight with lemon coffee and hot water? Try them singly instead (Indian Express: 20221125)

<https://indianexpress.com/article/lifestyle/health-specials/weight-loss-lemon-coffee-hot-water-8288883/>

There is no evidence to suggest that you lose weight with this combination. Understand their individual nutritive benefits and focus on physical activity, says Dr Eileen Canday, Head of Department of Nutrition & Dietetics, Sir HN Reliance Foundation Hospital and Research Centre

Child marriage

Child marriage rears its ugly head in Rajasthan (The Hindu:20221125)

<https://www.thehindu.com/news/national/child-marriage-rears-its-ugly-head-in-rajasthan/article66180810.ece>

India has made substantial progress in reducing the incidence of child marriage over the years, but the economic hardship induced by the COVID-19 pandemic is likely to roll back the gains made so far. In the desert State, where the social malaise is culturally endemic, the recent alleged sale of girls on stamp paper to settle debts shows how the girl child is vulnerable in families that see them as a means to tide over their financial woes

Building a brighter future: Pooja Banjara, who has enrolled herself in a local school, sits with her grandmother and relatives outside their house at Nimdi village in Alwar district.

Building a brighter future: Pooja Banjara, who has enrolled herself in a local school, sits with her grandmother and relatives outside their house at Nimdi village in Alwar district. | Photo Credit: Krishnan V.V.

On a sunny November afternoon in Banjaras, a tribal hamlet in Rajasthan's Alwar district, 17-year-old Pooja Banjara sports a smile when asked what she aspires to be in life. Seated on a cot laid out on the mud porch of her brick house, she picks up her cell phone and reveals her WhatsApp profile picture, in which an actor is dressed up as a policewoman. It is not a far-fetched ambition for the resident of Nimdi village who has overcome tremendous social pressure to fend off marriage thrice: at the age of nine, 12 and 17.

“I was just around nine years old when my family fixed my marriage for the first time,” says Pooja, who then had just enrolled herself in a local school run by an NGO. She confided in her teacher and the marriage was called off at the last moment. Her 12-year-old sister had no such luck as she was considered “old enough” to be married.

COVID-19: 347 new cases across country

COVID-19: 347 new cases across country, active cases down to 5,516(The Hindu:20221125)

<https://www.thehindu.com/news/national/covid-19-347-new-cases-across-country-active-cases-down-to-5516/article66182186.ece>

Health workers take nasal swabs from the police personnel for COVID-19 test. File

Health workers take nasal swabs from the police personnel for COVID-19 test. File | Photo Credit: Nagara Gopal

India saw a single-day rise of 347 coronavirus infections, taking the virus tally to 4,46,70,830, while the active cases further declined to 5,516, according to the Union Health Ministry data updated on Friday.

The death toll has climbed to 5,30,604 with one death each reported from Delhi, Gujarat, and Karnataka in the last 24 hours, the data updated at 8 a.m. stated.

High blood pressure

From your heart to your brain, ways high blood pressure affects different organs in your body (The Hindu:20221125)

01/6How high blood pressure impact different organs in the body

Cardiovascular diseases are one of the leading causes of death in and around the world. Among the biggest risk factors is high blood pressure, which is when the force of blood flowing through the blood vessels is consistently and extremely high. If left unmanaged and untreated, high blood pressure can have a dangerous effect on not just your heart, but also your entire body, negatively impacting the quality of life.

Also read: How to know if you have a common cold or something more serious

02/6How does hypertension affect your circulatory system?

How does hypertension affect your circulatory system?

Our circulatory system consists of four major components including the heart, arteries, veins and blood.

High blood pressure can impact your circulatory system by damaging the arteries, making them less elastic, decreasing the flow of blood and oxygen to the heart and pushing the blood vessels to work harder and inefficiently. This therefore causes damage to the tissue or organ, in turn leading to heart disease.

03/6 Implications on the brain

Implications on the brain

High blood pressure causes reduced blood flow and oxygen to various parts of the body including the brain. This may cause memory and thinking problems. The same damage that high blood pressure causes to blood vessels and arteries in the heart can happen to the arteries in the brain. When there is a greater blockage in the arteries connected to the brain, it can lead to a stroke. That said, if a part of the brain cannot get enough blood or oxygen, the cells may start to perish, leading to neurological symptoms including headache, nausea, visual disturbances and seizures.

04/6 Damage to the kidneys

Damage to the kidneys

Kidneys have a significant role to play. It removes wastes, acid and extra fluid from the body, hence maintaining the right balance of water, salts, and minerals such as sodium, calcium, phosphorus, and potassium in your blood.

In many ways, high blood pressure can damage the larger blood vessels leading to your kidneys and the smaller vessels inside your kidneys. Eventually, if your high blood pressure is left untreated and uncontrolled, it may prevent the kidneys from doing their job efficiently, leading to kidney disease.

05/6 Impact on the eyes

High blood pressure can also damage the tiny blood vessels that supply blood to the eyes. This can cause retinopathy, which is the damage to the blood vessels in the light-sensitive tissue at the back of the eye (retina). It can lead to bleeding in the eye, blurred vision and complete loss of vision. Blockage of blood flow to the eyes due to high blood pressure can also cause optic nerve damage, again leading to bleeding within the eye or vision loss.

06/6 It's effect on the reproductive system

According to Mayo Clinic, men with high blood pressure are even more likely to experience erectile dysfunction. That's because limited blood flow caused by high blood pressure can block blood from flowing to the penis, explains the health body. Similar to men, women may also experience sexual dysfunction as a result of high blood pressure. This is because of reduced blood flow to the vagina, leading to decrease in sexual desire or arousal, vaginal dryness, or difficulty achieving orgasm, the Mayo Clinic says.

COVID infections

Nearly three years after the pandemic, China is seeing a resurgence of COVID infections (The Times of India:20221125)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/from-your-heart-to-your-brain-ways-high-blood-pressure-affects-different-organs-in-your-body-note-the-symptoms/photostory/95741947.cms?picid=95741961>

"China reported record high COVID-19 infections on Thursday, with cities nationwide imposing localised lockdowns, mass testing and other curbs that are fuelling frustration and darkening the outlook for the world's second largest economy," Reuters reported.

The streets of Chaoyang, the capital's most populous district, have been increasingly empty this week, the media reported.

The China government has been following the zero-COVID policy, which is a signature policy of President Xi Jinping. The government says the policy is inevitable to save lives and prevent the medical system from being overwhelmed when there is a rise in COVID cases.

On Wednesday, China reported a total of 31,444 cases; this includes asymptomatic cases as per the country's National Health Commission. These numbers of COVID cases are more than the highest COVID cases recorded last time on April 13 following which Shanghai was shut down for months; during this time the locals struggled to get basic amenities like buying food and accessing medical care facilities.

While several nations have worked on various ways to tackle the spread of the coronavirus, China has implemented zero COVID policy to handle this infection.

Zero-COVID policy is an aggressive approach implemented by the current government towards curbing the spread of the disease by putting maximum restriction on healthcare facilities, lockdown, contact tracing and testing.

As per this strategy, cities can impose strictest lockdowns even if only a small number of cases are reported. The government says the motive behind this policy is to make sure that there are no new infections and the virus is removed completely before the nation resumes its social and economic affairs in a normal manner.

04/7How is this affecting normal life?

How is this affecting normal life?

After almost three years of continuous lockdowns and restrictions, public discontent has increased in China.

Locals have told the media about the frustration of waiting for testing and the requirement for a "health code" to access public places. As per locals, there is a green health code which is valid for a few hours and in case the test does not come back on time the code gets invalid.

"The unrelenting policy has caused fatigue and resentment among swathes of the population as the pandemic nears its third year, sparking sporadic protests and hitting productivity in the world's second-largest economy," Reuters reported.

05/7Tough restrictions vs. growing dissent

Tough restrictions vs. growing dissent

While the China government is leaving no stone unturned to limit the spread of COVID, this is not being accepted by the citizens.

This week, there was a clash between riot police and workers when the authorities decided to lock down the world's biggest iPhone assembly factory, in the city of Zhengzhou following an outbreak. Several videos in this connection were massively circulated on social media.

Last week, residents in the southern manufacturing hub of Guangzhou protested against an extended lockdown. The protestors tore down barriers.

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

06/7Vaccination status

Vaccination status

While the overall coronavirus vaccination rate in China is more than 92%, with most people having received at least one dose, the main concern is that only fewer older citizens, especially those over the age of 80 have been vaccinated against the infection.

Also, the number of COVID cases in China is comparatively less than the entire population of the country.

विटामिन बी 12 और डी

विटामिन बी 12 और डी की कमी से दिखते हैं ये लक्षण, कहीं आपको तो नहीं? (Hindustan:20221125)

<https://www.livehindustan.com/lifestyle/health/story-know-symptoms-of-vitamin-b-12-and-d-deficiency-7402390.html>

हेल्थ से जुड़ी कई समस्याओं को हम सामान्य समझकर इनोअर कर देते हैं। यहां हिंदुस्तान के रीडर्स के कुछ सवाल हैं जिनके जवाब डॉक्टर अनिल जिंदल ने दिए हैं। आप भी देखें कि ऐसी दिक्कत आपको तो नहीं।

होम राज्य क्रिकेट चुनाव फोटो वीडियो न्यूज़ ब्रीफ देश मनोरंजन विदेश बिजनेस करियर

सवाल मेरी उम्र 24 वर्ष है। हाथ-पैर की मांसपेशियों में बहुत एंठन रहती है। ऐसा तब ज्यादा होता है, जब मैं थोड़ा पैदल चलता हूं या देर से खाना खाता हूं। हाथ-पैर में झनझनाहट भी रहती है। मुझे क्या करना चाहिए?

विज्ञापन

जवाब अगर आप शाकाहारी हैं तो एक बार विटामिन डी-3, विटामिन बी 12 और कैल्शियम की जांच करा लें। इसके अलावा नींद का ध्यान रखें। कभी-कभी लंबे समय तक नींद पूरी न होने से भी ऐसा होता है। कुछ समय नियमित धूप में बिताएं। आपकी उम्र में मांसपेशियों में अकड़न की समस्या आमतौर पर विटामिन की कमी से होती है। अगर परिवार में बीपी और शुगर का इतिहास है तो ब्लड प्रेशर और शुगर की जांच भी जरूर करा लें।

सवाल मेरे बेटे की उम्र 12 साल है। वह जब भी स्कूल से घर वापस आता है तो पैरों में दर्द और थकान की शिकायत करता है। हमें क्या करना चाहिए?

जवाब बढ़ते बच्चे कई बार ऐसी शिकायत करते हैं। बच्चे को पौष्टिक भोजन खाने को दें। इसके अलावा मोबाइल कम करने को कहें। मोबाइल ज्यादा देखने के कारण बच्चे बाहर नहीं खेलते। शारीरिक गतिविधियों में भाग लेना, बच्चों की मांसपेशियों को मजबूती देता है। अगर ये सब ठीक है तो एक बार सीरम कैल्शियम, विटामिन डी, बी 12 व आयरन की जांच करवा लें।
ऐप पर पढ़ें

11/25/22, 2:16 PM know symptoms of vitamin b 12 and d deficiency - विटामिन बी 12 और डी की कमी से दिखते हैं ये लक्षण, कहीं आपको तो नहीं? हीं

<https://www.livehindustan.com/lifestyle/health/story-know-symptoms-of-vitamin-b-12-and-d-deficiency-7402390.html> 3/6

सवाल मेरी उम्र 29 साल है। पिछले महीने से मैं कुछ बदलाव महसूस कर रहा हूं। मुझे प्यास बहुत लगती है। बहुत पानी पी रहा हूं तो बार-बार पेशाब जाना पड़ता है और मांसपेशियों में दर्द महसूस होता है। खासकर, सुबह के समय शरीर में भारीपन लगता है।

क्या कारण हो सकता है?

जवाब यह एक जरूरी सवाल है। सबसेपहले अपना खान-पान सही करें। टाइम पर खाना नहीं खाना या फिर जंक फूड, चटपटी और मसालेदार चीजें ज्यादा खानेके कारण भी येलक्षण सामनेआ सकतेहैं। समय पर सोनेकी कोशिश करें। अगर जीवन शैली में बदलाव करनेके बाद भी समस्या बनी रहती हैतो एक बार शुगर की जांच करवा लें।

सवाल मेरेबच्चेकी उम्र 14 साल है। उसके पैर के पंजों और हथेलियों मेंपसीना खूब आता है। गर्मियों मेंऐसा ज्यादा होता है।

केवल हथेली और पंजेमेंबहुत पसीना आ रहा होता है। क्या करना चाहिए? क्या यह कोई बड़ी समस्या है?

ऐप पर पढ़ें

11/25/22, 2:16 PM know symptoms of vitamin b 12 and d deficiency - विटामिन बी 12 और डी की कमी से दिखते हैं ये लक्षण, कहीं आपको तो नहीं?हीं

<https://www.livehindustan.com/lifestyle/health/story-know-symptoms-of-vitamin-b-12-and-d-deficiency-7402390.html> 4/6

जवाब जो लक्षण आप बता रहेहैं, फिलहाल उसको देखतेहुए यह बड़ी समस्या नहीं लग रही है। बच्चों मेंबहुत बार ऐसा तनाव के

कारण भी होता है। बच्चेसेजानिए कि उसेकोई चीज परेशान तो नहीं कर रही। सही खान-पान और नियमित व्यायाम और

खेलकूद के लिए प्रेरित करें। समस्या अगर बनी हुई हैतो एक बार थायरॉइड की जांच करा

Kidney Failure

Kidney Failure कर सकता है बढ़ा हुआ Blood Sugar, डायबिटीज के मरीजों की किडनियों को मजबूत बनाएंगे 5 उपाय(Hindustan:20221125)

<https://navbharattimes.indiatimes.com/lifestyle/health/high-blood-sugar-level-can-damage-kidney-diabetics-follow-these-5-tips-to-make-kidney-strong-and-healthy/articleshow/95760502.cms?story=3>

किडनी का काम विषाक्त पदार्थों और अपशिष्ट को हटाकर शरीर के अंदर संतुलन बनाए रखना है। यही वजह है कि डायबिटीज के रोगियों को कुछ आदतों का पालन करना बहुत महत्वपूर्ण है।

high blood sugar level can damage kidney diabetics follow these 5 tips to make kidney strong and healthy

Kidney Failure कर सकता है बढ़ा हुआ Blood Sugar, डायबिटीज के मरीजों की किडनियों को मजबूत बनाएंगे 5 उपाय

डायबिटीज (Diabetes) एक तेजी से फैलती और लाइलाज बीमारी है। इसे कंट्रोल नहीं करने पर आपको कई गंभीर स्वास्थ्य समस्याएं हो सकती हैं। मेयो क्लिनिक के अनुसार, डायबिटीज एक ऐसी बीमारी है जिसमें मरीज का ब्लड शुगर (Blood Sugar) तेजी से बढ़ता है। इससे किडनियों में रक्त वाहिकाओं को नुकसान पहुंचता है और उनका कामकाज प्रभावित हो सकता है।

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

अगर ऐसा हुआ तो किडनियों के शरीर से अपशिष्ट उत्पादों और अतिरिक्त तरल पदार्थ को निकालने की क्षमता बुरी तरह प्रभावित हो सकती है। समय पर इसका इलाज नहीं किया गया तो किडनी फेल होने का भी जोखिम बढ़ सकता है।

किडनी मानव शरीर के सबसे महत्वपूर्ण अंगों में से एक है, जो रक्त से विषाक्त पदार्थों और अपशिष्ट को हटाकर शरीर के अंदर संतुलन बनाए रखने के लिए जिम्मेदार है। यही वजह है कि डायबिटीज के रोगियों में किडनी की बीमारी के जोखिम से निपटने के लिए कुछ आदतों का पालन करना बहुत महत्वपूर्ण है। कुछ आसाम कामों के जरिए डायबिटीज के मरीज किडनियों को दुरुस्त रख सकते हैं और उनके कामकाज को बढ़ावा दे सकते हैं।

ब्लड शुगर कंट्रोल रखें

ब्लड शुगर को कंट्रोल में रखने से किडनी की बीमारी के जोखिम को कम किया जा सकता है। हेल्दी डाइट, एक्सरसाइज और दवाओं के जरिए ब्लड शुगर को कंट्रोल करना चाहिए।

ब्लड प्रेशर पर पाएं काबू

कई डायबिटीज रोगी हाई ब्लड प्रेशर से पीड़ित रहते हैं जिससे किडनी की बीमारी का खतरा बढ़ जाता है। बीपी कंट्रोल करके डायबिटीज रोगियों में किडनी खराब होने के जोखिम को कम किया जा सकता है। बीपी को 130/80 से कम रखने का प्रयास करें।

तंबाकू से दूर रहें

किसी भी रूप में तंबाकू का सेवन न केवल हृदय रोग के खतरे को बढ़ाता है बल्कि किडनी की बीमारी का कारण भी बनता है। हर कीमत पर इससे बचने की जोरदार सिफारिश की जाती है।

स्वस्थ जीवनशैली भी है जरूरी

नियमित व्यायाम, कम नमक का सेवन और सही बॉडी मास इंडेक्स के साथ वजन किडनी की बीमारियों के जोखिम को कम करने में मदद मिल सकती है। अगर आपको किडनी की बीमारी है तो कम प्रोटीन का सेवन करें और जंक फूड से दूर रहें।

दवाओं का रखें खास ध्यान

Potassium

पोटैशियम से भरपूर ये फल बेबी के लिए बन सकता है जहर, ये लक्षण दिख रहे हैं तो तुरंत भागें डॉक्टर के पास(Hindustan:20221125)

<https://navbharattimes.indiatimes.com/lifestyle/family/symptoms-of-allergy-from-bananas-in-babies/articleshow/95759444.cms?story=6>

आप छह महीने की उम्र से ही अपने बच्चों को मैश किया हुआ केला खिला सकती हैं। यदि बच्चे में केला खाने के बाद असामान्य लक्षण दिखाई दें तो इसका मतलब हो सकता है कि आपके बच्चे को केले से एलर्जी है। केला खिलाने के बाद आप बच्चे में इसकी एलर्जी के कुछ लक्षणों को देख सकती हैं।

symptoms of allergy from bananas in babies

पोटैशियम से भरपूर ये फल बेबी के लिए बन सकता है जहर, ये लक्षण दिख रहे हैं तो तुरंत भागें डॉक्टर के पास

केले को सुपरफूड कहा जाता है क्योंकि इसमें इतने पोषक तत्व होते हैं कि बच्चों की न्यूट्रिशियन की काफी जरूरतों की पूर्ति हो सकती है। जब बच्चा सॉलिड डाइट लेना शुरू करता है, तभी से उसे केला खिलाना शुरू कर दिया जाता है। हालांकि, कुछ बच्चों को केले से एलर्जी होती है। जब आप बेबी को पहली बार केला खिलाती हैं, तभी इस फल से एलर्जी होने के लक्षण सामने आ सकते हैं। इसके लक्षण स्किन रैशेज, गैस्ट्रिक प्रॉब्लम या श्वसन मार्ग से संबंधित परेशानी के रूप में दिख सकते हैं।

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

अगर आप भी अपने बच्चे को केला खिलाती हैं, तो यहां जान सकती हैं कि बेबी को इस फ्रूट से एलर्जी होने पर आपको किस तरह के लक्षण दिखते हैं और लक्षण दिखने पर आपको क्या करना चाहिए और कब पीडियाट्रिशियन को दिखाना चाहिए।

क्यों होती है केले से एलर्जी

कभी-कभी, वासो एक्टिव अमाइन भी एलर्जी को ट्रिगर करते हैं। ये हिस्टामाइन के समान पदार्थ हैं जो केले में प्राकृतिक रूप से पाए जाते हैं। जब यह पदार्थ आपके बच्चे के शरीर में प्रवेश करता है, तो यह एलर्जी का कारण बन सकता है। यदि आपके बच्चे की मेटाबॉलिज्म प्रणाली में एंजाइम ऑक्सीकरण क्षमता की कमी है तो उसे शायद केले से एलर्जी हो सकती है।

हाइपरसेंसिटिव

यदि आपके शिशु की प्रतिरक्षा प्रणाली अति संवेदनशील है, तो उसे केले से एलर्जी हो सकती है क्योंकि उसका शरीर अलग तरह से प्रतिक्रिया करेगा। यह मुख्य रूप से इसलिए होता है क्योंकि आपके बच्चे की प्रतिरक्षा प्रणाली में केले में पाए जाने वाले प्रोटीन (एंजाइम) के प्रति सेंसिटिविटी होती जिसे चिटिनेज कहा जाता है।

खिलाते ही देखें

जब आप बेबी को पहली बार केला खिलाती हैं, तो तीन दिन तक उसमें इसकी एलर्जी के लक्षणों को देखें। पहली बार खिलाने के बाद तीन दिन इंजार करें और अगर एलर्जी का कोई लक्षण नहीं दिखता है, तो आप बेबी को केला खिला सकती हैं।

फोटो साभार : TOI

स्किन पर लक्षण

शिशुओं में केले की एलर्जी होने पर स्किन पर कुछ लक्षण दिख सकते हैं। अपने शिशु को मैश किया हुआ केला खिलाने के तुरंत बाद उसकी त्वचा पर निम्नलिखित लक्षणों पर ध्यान दें :

हीव्स

लाल रैशेज

खुजली

जीभ पर सूजन

चेहरे की सूजन

मुंह की सूजन

फोटो साभार : TOI

गैस्ट्रोइंटेस्टाइनल ट्रैक्ट प्रॉब्लम्स

बच्चे को केला खाने के कुछ घंटों के भीतर एक या अधिक लक्षणों का अनुभव हो सकता है जैसे कि पेट दर्द, जी मिचलाना, उल्टी, दस्त, गैस।

फोटो साभार : TOI

श्वसन पथ से जुड़े लक्षण

अगर आपके शिशु को केले से एलर्जी है, तो उसे सांस लेने में दिक्कत हो सकती है। इसके अलावा सीने में जकड़न, घरघराहट, बंद नाक, खांसी, बहती नाक, बेहोशी भी हो सकती है।

यदि आपको केला खिलाते समय उपरोक्त में से कोई एक या दो एलर्जी के लक्षण दिखाई दें, तो तुरंत दूध पिलाना बंद कर दें और एक बार अपने डॉक्टर की सलाह लें।

ncbi में प्रकाशित एक रिपोर्ट के अनुसार में प्रकाशित एक रिपोर्ट के अनुसार एक पांखू महीने के बच्चे को सेब, केला और संतरा युक्त फल प्यूरी खाने के 20 मिनट बाद पित्ती के तीन एपिसोड का सामना करना पड़ा।

फोटो साभार : TOI

डॉक्टर कैसे टेस्ट करेंगे

मेडिकल हिस्ट्री, स्किन प्रिक टेस्ट, टोटल एलजीई एस्टिमेशन, एपिडर्मल प्रिक टेस्टिंग से डॉक्टर बच्चों में केले की एलर्जी का पता लगाते हैं।

आपके लिए

गुजरात

दिल धड़कता गुजरात के लिए... लेकिन वोट डालते हैं मध्य प्रदेश में, अनोखे साजनपुर गांव की क्या है हकीकत

पर्सनल केयर

सेहत के लिए फायदेमंद हो सकती हैं ये 5 Green Tea, वजन घटाने में मानी जाती हैं मददगार

हेल्थ

मेदांता डॉक्टर से जानिए नॉन-एल्कोहलिक फैटी लिवर डिजीज के लक्षण, बचने के उपाय

पटना

स्टेशन तक सुरंग बना रेल इंजन ही चुरा ले गए, दंग कर देगी बिहार के शातिर गैंग की करतूत

हेल्थ

6 साल पहले Vertigo की चपेट में आ गए थे Ayushman Khurana, जाने क्या है ये बीमारी

Xiaomi ब्लैक फ्राइडे सेल अविश्वसनीय सुविधाओं के साथ रेड्मी स्मार्टफोन पर भारी छूट प्रदान करता है, शीर्ष बिकने वाले मोबाइलों का पता लगाएं और स्मार्टफोन तकनीक के साथ अद्यतित रहें।