

## Medtalks with Dr KK Aggarwal

**The probiotic VSL#3 and fecal microbiota transplantation could help induce remission in patients with ulcerative colitis**, according to a systematic review and meta-analysis of randomized controlled trials (Mina Fransawy Alkomos, MD, from New York City Health and Hospitals Corporation and Ain Shams University, Cairo).

**Environmental noise is among the top environmental risks to physical and mental health and well-being**, according to the World Health Organization (WHO) report "Environmental Noise Guidelines for the European Region 2018".

**Erectile dysfunction was reported by 29% of male survivors of childhood cancer** in the first large study that set out to investigate this issue. The study was published as a research letter October 4 in *JAMA Oncology*.

**The Centers for Disease Control and Prevention (CDC) withdrew its Ebola experts** from an outbreak zone in the Democratic Republic of the Congo due to security concerns, according to STAT.

**The Union Health Ministry is creating a group of expert faculty** from government colleges to provide technical assistance to the Board of Governors (BoG) that superseded the Medical Council of India (MCI), particularly in assessing colleges for registration or renewal of licences.

**A simple change in behavior could help prevent recurrent cystitis, a common urinary tract infection (UTI) in women**, according to a randomized controlled study published in *JAMA Internal Medicine* in October 2018. The study showed that drinking more water daily led to fewer episodes of recurrent cystitis and less need for antibiotics.

**Degree of calcification in the abdominal aorta is strongly associated with decline in glomerular filtration rate (GFR)**: Abdominal aorta calcification is associated with a decline in GFR, as per results of a cross-sectional analysis of baseline data from a randomized controlled clinical trial (RENEXC) is conducted to examine the association of abdominal aortic calcification (AAC) with GFR in patients with non-dialysis dependent CKD. The prevalence of AAC was found to be 73% and 47% had severe calcification (AAC score  $\geq 7$ ). The degree of calcification in the abdominal aorta was strongly

associated with a decline in GFR, a decrease in plasma albumin, an increase in plasma phosphate, an increase in pulse pressure and cardiac structural changes, such as an increase in left ventricular mass (LVM), left atrial volume (LAV) and left atrial volume index (LAVI). These findings are published Oct. 12 in the journal *Clinical Nephrology*.

According to the National Institute on Drug Abuse, "A previous substance use disorder is a risk factor for future development of substance use disorder (SUD)," but "It is also possible that someone who once had an SUD but doesn't currently have one has a balance of risk and protective genetic and environmental factors that could allow for alcohol consumption without developing an alcohol use disorder (AUD)."

**Exposure to sulfur dioxide was associated with preterm birth** as per a systematic review of 41 studies of air pollution and birth outcomes found; exposure to fine particulate matter was associated with low birth weight (LBW), preterm birth and small for gestational age (SGA) births; and exposure to particulate matter  $\leq 10 \mu\text{m}$  was associated with SGA births (*Environ Int.* 2011;37:498).

**An association between fine particulate matter (2.5  $\mu\text{m}$ ) and autism** has been demonstrated in recent epidemiological studies (*Environ Health Perspect.* 2015; 123:264).

**WHO Director-General, Dr Tedros Adhanom Ghebreyesus, has called an Emergency Committee meeting on the Ebola virus outbreak** in the Democratic Republic of the Congo (DRC), which has already claimed around 130 lives. The Emergency Committee, scheduled for Wednesday at WHO headquarters in Geneva, will decide whether the outbreak constitutes a public health emergency of international concern, and what recommendations should be made to manage the spread of the disease.

**This year, more than half of all US states have had confirmed or possible cases of acute flaccid myelitis**, the polio-like illness that can cause paralysis and mostly affects children, according to a new CNN analysis.

**Air Quality Early Warning System for Delhi was launched** by the Union Minister for Earth Sciences and Environment, Dr Harsh Vardhan in Delhi recently. Developed jointly by the scientists at Indian Institute of

Tropical Meteorology (IITM), Pune, India Meteorological Department and National Centre for Medium Range Weather Forecasting (NCMRWF), the System is designed to predict extreme air pollution events and give alerts to take necessary steps as per Graded Response Action Plan (GRAP) of the Government of India. Speaking at the launch, Dr Harsh Vardhan said that the early warning system will help in proactively forewarning, 3-4 days in advance, any large scale air pollution events, which may occur over the Delhi region.

**One drink is 12 ounces of beer, 5 ounces of wine or 1.5 ounces of hard liquor.** And it means having one drink each day of the week, not having seven drinks on Saturday night, sleeping it off Sunday, and begging off until next Saturday night.

**Is there a safe limit for alcohol in a day?** More than 100 studies show that a woman who has one drink per day, compared with a woman who does not drink, has a reduced risk of having a heart attack and the most common kind of stroke. Yet, many of these same studies also show that even a drink a day increases a woman's risk of breast cancer.

**People with diabetes appear to benefit from aspirin, but the risk of bleeding offsets some of that benefit.** For people who don't have diabetes as well as anyone who is age 70 or older - aspirin provides no heart benefit and seems to increase your odds of bleeding.

**One of the biggest exercise errors is using improper technique:** You risk back injury if you arch your back while doing planks or push-ups, and knee injury if you bend too deeply in a lunge or squat. Another mistake is doing the wrong exercise. For instance, running when you have severe back or knee arthritis puts too much pressure on the joint. Lifting too much weight, especially lifting too much too soon, if you're just starting to get back into a routine can lead to muscle tears.

**Toronto-based Myant has announced the launch of a partnership with Mayo Clinic** to bring Mayo Clinic's patented algorithms for heart monitoring and arrhythmia detection to Myant's SKIIN textile computing platform. The agreement gives Myant exclusive license to Mayo Clinic's technology for use in its textile computing or smart clothing projects, including its first generation of SKIIN smart underwear. The collaboration aims to help people at risk of developing Atrial Fibrillation (AFib), and give patients and doctors the ability to proactively monitor heart activity using clothing that detects normal or abnormal heart rhythm.

**Nocturia may be a risk factor for higher nocturnal BP:** Poor sleep quality, particularly from frequent nocturnal

urination is strongly associated with nighttime blood pressure (BP) abnormalities, as per results from the Nagahama study published in the *Journal of Hypertension* in November 2018. Systolic BP decreased 8.5% on average. The frequency of urination showed strong and independent association, with smaller nocturnal BP drop in patients with frequent nocturnal urination. Other associations with BP became nonsignificant after adjustment, including the sleep fragmentation index and 3% oxygen desaturation index. Abnormalities in circadian BP variation, particularly increase in nocturnal BP, have been reported to be risk factors for cardiovascular disease.

**Guidelines recommend against routine imaging in patients with early-stage breast cancer** who are at low risk for metastasis, two new studies have found that these guidelines are not being consistently followed. In the first study, the authors report that 30% of patients with early-stage breast cancer underwent staging imaging, despite guidelines recommending against it. The prevalence of inappropriate imaging varied from 26% to 68% among oncologists. The second study found that unnecessary scanning occurred in up to 19% of patients with stage I to II breast cancer. Both papers were presented at the ASCO Quality Care Symposium.

**Preoperative ultrasound imaging of thyroid nodules of concern for malignancy at diagnostic imaging centers rarely includes lateral neck imaging,** according to research presented here at the 2018 Annual Meeting of the American Thyroid Association (ATA). Accepted gold standard of the comprehensive evaluation of suspicious nodules is to include the lateral neck, as well as the thyroid, as critical components of any such ultrasound. This is leading to incomplete surgeries, incomplete evaluation, persistent disease and patient morbidity. It used to be that 20 years ago you would just get a thyroid ultrasound, but then it became clear that a lot of people with papillary thyroid cancer had lymph node involvement and we now know that about a third of patients who have a biopsy-proven thyroid nodule also wind up having lymph node involvement in one or more areas of the neck.

**NITI Aayog to launch guidelines for PPP in treatment of noncommunicable diseases.** The NITI Aayog and MoHFW has worked with State Govts. and representatives from the healthcare industry to develop the Model Concessionaire Agreements (MCA) to supplement efforts for the provision of prevention and treatment services for noncommunicable diseases (Cardiac Sciences, Oncology, and Pulmonary Sciences) at the district hospital particularly especially in tier 2 & 3 cities.

The Guidelines and the MCA will be announced by Dr VK Paul, Member, NITI Aayog, Shri Amitabh Kant, CEO, NITI Aayog and Smt Preeti Sudan, Secretary, Ministry of Health and Family Welfare... (PIB, NITI Aayog, Oct. 16, 2018).

**UN “stands in solidarity with cyclone-hit India and is ready to support the response”,** said United Nations Secretary-General António Guterres. He expressed sadness at the loss of lives and devastation caused by Cyclone Titli in India and said that the Organization is ready to provide assistance. According to media reports, at least 25 people have been killed, many more injured, and over 300,000 people evacuated to safer places.

**Modicare to create 10 lakh jobs, says Ayushman Bharat CEO:** The scheme is going to improve the quality of healthcare in public services and also in the private sector, Indu Bhushan, the CEO of Pradhan Mantri Jan Arogya Yojana said while addressing an event organized by industry body Assocham. “The scheme will create considerable employment opportunities ... It will create 10 lakh jobs in health and insurance sector,” Bhushan said.

**There are now 62 confirmed reports of acute flaccid myelitis (AFM) across 22 states in the US:** according to the CDC. AFM is an illness similar to polio. As of Sept. 20, the CDC had confirmed 38 cases in 16 states, which aren't required to report AFM cases to the CDC. AFM affects the spinal cord and can cause partial paralysis. It mostly afflicts children and young adults.

**“The outbreak strain of Salmonella was found in live chickens** and in many types of raw chicken products, indicating it might be widespread in the chicken industry,” the CDC said in a statement. CDC and public health and regulatory officials in several states are investigating a multistate outbreak of multidrug-resistant Salmonella infections linked to raw chicken products. The US Department of Agriculture's Food Safety and Inspection Service (USDA-FSIS) is monitoring the outbreak.

**The WHO predicts that, without urgent action, the spread of antibiotic-resistant bacteria will lead to a resurgence in deaths from minor injuries and previously benign infections.**

**Ongoing Ebola outbreak in Democratic Republic of Congo does not rise to the level of a Public Health Emergency of International Concern:** In a statement, the Expert Committee convened by the WHO Director-General said, “It was the view of the Committee that a Public Health Emergency of International Concern (PHEIC) should not be declared at this time.

But the Committee remains deeply concerned by the outbreak and emphasized that response activities need to be intensified and ongoing vigilance is critical. The Committee also noted the very complex security situation.”

**Biopsies of hand tissue could be an early signal of life-threatening cardiac amyloidosis,** suggest Cleveland Clinic researchers who identified amyloid deposits in 10.2% of patients undergoing carpal tunnel release surgery. The study, published online in the *Journal of American College of Cardiology*, contained wide inclusion criteria; all men in their 50s or older and all women in their 60s or older were eligible unless they had known amyloidosis or carpal tunnel syndrome considered to be from trauma or arthritis.

**“As a rule of thumb, you should be concerned when your shortness of breath is out of proportion to what you would expect for your age or activity level. And definitely take it seriously if you get short of breath when you lie down to sleep, or if you awaken at night with difficulty breathing.”** Physical exertion and panic are common reasons for shortness of breath.

**Infant mortality in the UK will be 140% higher than other European countries' by 2030,** says a new report by the Royal College of Paediatrics and Child Health, which predicts that if the rate of increase stays the same, the UK's infant mortality will be 140% higher than 15 other European countries within the next 12 years, due to a faster fall of mortality rates elsewhere in Europe. If the mortality rates in the UK starts to decrease again, at the rate seen between 2001 and 2014, it can expect an 80% higher mortality rate than other European countries by 2030 ... (CNN).

**Do not pick a mushroom that has popped up in your yard from the rainy weather** and eat it, don't do it. The Cleveland Clinic reports about a dozen cases after eating poisonous mushrooms together.

**Dr Swati Bhawe has been awarded the All India Women Empowerment Award.** Seven women doctors received this award in the inaugural function of the IMA Women Leaders' Summit held in IMA house New Delhi on 14th October.

**One should consume 2.5 servings of vegetables and 2 servings of fruits daily for a 2000-calorie diet.** They are a rich source of fiber and essential vitamins and minerals, as well as carbohydrates with a low glycemic index. Increased fruit and vegetable intake is associated with decreased risk for mortality, cardiovascular disease and some cancers.

**Recurrent vertigo is a predictor of stroke in hypertensive patients**, as per findings of a study published Oct. 10 in the *Journal of Hypertension*. In the multivariate Cox regression model, the presence of dizziness had no impact on the risk for all-cause mortality, cardiovascular mortality or stroke mortality. However, in an analysis of the different subgroups of dizziness, only vertigo had a prognostic impact. The increased risk was particularly marked on stroke death with a hazard ratio of 2.43 vs. patients without dizziness and 2.22 vs. patients with dizziness excluding vertigo. The study cautions that hypertensive patients with vertigo must be monitored because of the higher stroke mortality.

**Florida reports first pediatric flu fatality:** Several patients including one child have died from influenza as the first week of the 2018-19 flu season drew to a close, according to news and public health department reports.

**World Osteoporosis Day – “Love your Bones”** The most common osteoporotic fractures are spine (vertebral) fractures, a major cause of pain, disability and loss of quality-of-life. Up to 70% of spine fractures remain undiagnosed, leaving sufferers unprotected against the high risk of more fractures. Back pain, height-loss and stooped back are all possible signs of spine fractures.

**“Better Data, Better Lives”:** This is the theme for the World Statistics Day, which emphasizes the critical role of high-quality official statistical information in analysis and informed policy decision-making in support of sustainable development. It also reflects the importance of sustainable national statistical capacity to produce reliable and timely statistics and indicators measuring a country’s progress.

**Gabapentin tops pregabalin for pain reduction in patients with chronic sciatica**, results of a head-to-head comparison show. But at least one expert has concerns about this conclusion (*JAMA Neurology*, Oct. 15).

**Call to overturn ban on e-cigarettes in Thailand:** The Ends Cigarette Smoke Thailand group, or ECST, has filed a request to the director of Law and Litigation Department in the Office of the Ombudsman Thailand, asking for the ban on e-cigarettes to be reconsidered. The devices were banned on December 12, 2014, by the Ministry of Commerce, which also banned shisha tobacco. According to the Office of the Consumer Protection Board, the sale of e-cigarettes is prohibited. Vendors and smokers can be fined 5,00,000 baht and put in jail for 5 years, while producers or importers could be fined 1 million baht and jailed for up to 10 years...

The ESCT believes that making e-cigarettes legal would bring benefits to both sides as the government would receive more tax and dropping the ban would improve Thailand’s image after tourists were fined for smoking e-cigarettes, drawing criticism from many quarters. On the slightly positive side, legalizing e-cigarettes would allow the tens of millions of people who smoke cigarettes to use something less harmful, according to research (*Asia Times*).

**A single intravenous (IV) dose of 0.5 mg/kg has a rapid and robust antidepressant effect** according to a dose-ranging study of ketamine as adjunctive therapy for treatment-resistant depression (*Molecular Psychiatry*, Oct. 3).

**Many women who have served in the Armed Forces in the US have experienced sexual assault**, and those victims of assault are more likely to be infertile, a cross-sectional study of infertility in veterans shows (*American Society for Reproductive Medicine 2018 Scientific Congress in Denver*).

**A 2-month weight loss regimen using meal substitutes followed by long-term weight maintenance** through diet and exercise may be an optimal approach to preventing type 2 diabetes through lifestyle, new data suggest. Main results from the Prevention of Diabetes Through Lifestyle Intervention and Population Studies in Europe and Around the World (PREVIEW) study were presented October 5 here at the European Association for the Study of Diabetes (EASD) 2018 Annual Meeting.

**“Now any victim, at any age, can complain the sexual abuse faced by him/her as a child”**, says Smt. Maneka Sanjay Gandhi, Minister of Women and Child Development. The Ministry of Women and Child Development, Govt. of India had recently consulted Ministry of Law in view of the overriding provisions of the Protection of Children from Sexual Offences (POCSO) Act, over other criminal laws and provisions of mandatory reporting of such offences. The Ministry of Law after examining the provisions of POCSO Act vis-à-vis provisions of CrPC has advised that there appears no period of limitation mentioned in Section 19 in regard to reporting of the offences under the POCSO Act, 2012. The POCSO Act does not provide for any period of limitation for reporting the child sexual offences.

**A shift toward more plant-based diets can help save the planet:** A study published Oct. 10, 2018 in the journal *Nature*, found that as a result of population growth and the continued consumption of Western diets high in red meats and processed foods, the environmental

pressures of the food system could increase by up to 90% by 2050, “exceeding key planetary boundaries that define a safe operating space for humanity beyond which Earth’s vital ecosystems could become unstable,” according to study author Marco Springmann of the Oxford Martin Programme on the Future of Food at the University of Oxford. Sustaining a healthier planet will require halving the amount of food loss and waste, and improving farming practices and technologies. But it will also require a shift toward more plant-based diets, according to Springmann.

#### You need a joint replacement if (Harvard)

- You can no longer complete routine daily tasks without help.
- You have significant pain, like pain that keeps you awake at night despite the use of medications, pain that keeps you from being able to walk or bend over, pain that isn’t relieved by rest, or pain that isn’t helped by nonsurgical approaches.
- Your doctor says that less-complicated surgical procedures are unlikely to help.
- You have osteoarthritis and feel the disease is wearing you down physically, emotionally and mentally.
- You are suffering severe side effects from the medications for your painful knee or hip.
- Tests show advanced arthritis or significant joint damage.

**Nobel Prizes that changed medicine forever: Ivan Pavlov (1904):** “In recognition of his work on the physiology of digestion, through which knowledge on vital aspects of the subject has been transformed and enlarged.”

Ivan Pavlov, a Russian physiologist, expanded our knowledge of digestion and identified the role of nervous system in the secretion of gastric juices and their ability to affect movement in the intestinal canal. A master surgeon, he believed that surgery on conscious animals was key to greater physiologic understanding of organ system. His research on digestive systems of dogs won Pavlov the Nobel Prize, although he is most often remembered for his experiments in classical conditioning (*Medscape*).

**Harm Reduction:** People who use drugs are offered only two choices: Get sober or die. Safe injection—that’s the message behind the Church of Safe Injection. The “church” is a harm reduction initiative in Portland, Maine—with plans for offshoots in other cities.

Cleveland Clinic researchers have found that **better cardiorespiratory fitness leads to longer life**, with no limit to the benefit of aerobic fitness.

**First time in the world, rhythm ECG screening attempt for 25,000 people:** Heart Care Foundation of India and SanketLife-World’s only Pocket 12-lead ECG device will mass screen visitors to the MTNL Perfect Health Mela from 23-27th October at Talkatora Stadium in Delhi. The idea is to detect the prevalence of atrial fibrillation (AF) in the society, which if not detected timely can cause paralysis. An ECG can help detect the arrhythmia at an early stage.

**Agatsa, a start-up based in India, has developed a totally made-in-India product, “SanketLife” a pocket-sized lead-less ECG device,** which can measure ECG and stress/HRV levels by using just a thumb-touch. With the help of an algorithm, SanketLife can detect arrhythmia or irregular heart beat or AF at early stage apart from doing a full 12-lead ECG. With SanketLife, a quick ECG can be taken even in a sitting position. The ECG reports are immediately displayed on a mobile screen and can be shared with anyone across the globe using WhatsApp, email or even SMS.

**Fertility rates have declined in the US** and women are giving birth for the first time later and later, according to the CDC. The results came after researchers from the National Center for Health Statistics analyzed birth data compiled by the National Vital Statistics System from 2007 to 2017.

**If you have problems sleeping through the night, you may be at risk for AF,** an irregular heart rate that may cause heart palpitations and is a leading cause of stroke. A study published online by *HeartRhythm* reviewed four studies and found a link between AF and poor sleep.

**Some people’s microbiota resists colonization with probiotics,** but others’ microbiomes change in response to probiotics, and sometimes in different ways at different points along the gastrointestinal tract.

**Physical activity is inversely associated with all hypertension phenotypes in children:** Physical activity is inversely associated with all hypertension phenotypes in children, says the Healthy Growth Study. Increased physical activity was found to be associated with 33–54% lower risk of all hypertension phenotypes. Sedentary behavior was associated with 11-13% higher risk for isolated systolic hypertension (ISH) and systolic and diastolic hypertension (SDH) in boys. Increased moderate-to-vigorous physical activity was associated with 41-65% lower risk of all phenotypes in girls and

ISH and SDH in boys. According to the study, cut-off points of 12,378 steps/day, 47.3 min/day of MVPA and 2.9 h/day sedentary behaviors identify children at increased risk of hypertension (*J Am Soc Hypertens*, Oct. 2018).

**US launches reducing food waste initiative:**

The US Department of Agriculture (USDA), the US Environmental Protection Agency (EPA), and the US Food and Drug Administration (FDA) today announced the signing of a joint agency formal agreement under the *Winning on Reducing Food Waste* initiative. The agreement is aimed at improving coordination and communication across federal agencies attempting to better educate Americans on the impacts and importance of reducing food loss and waste. In the US, food waste is estimated at between 30 and 40% of the food supply. Wasted food is the single largest category of material placed in municipal landfills and represents nourishment that could have helped feed families in need. Additionally, water, energy and labor used to produce wasted food could have been employed for other purposes.

**Concerns remain about bisphenol A (BPA) safety, despite FDA declaration:**

A growing body of research indicates BPA levels in food containers present a public health risk. Despite this evidence, the US FDA continues to assert that BPA is safe for use in food packaging, based on an initial report conducted as part of the Consortium Linking Academic and Regulatory Insights on BPA Toxicity (CLARITY-BPA). The CDC estimates that more than 96% of Americans have BPA in their bodies. The chemical is found in a variety of food containers, including polycarbonate plastic water bottles and can linings.

**Children, who develop inflammatory bowel disease, are at an increased risk of death,**

both in childhood and later in life, according to the journal *Gastroenterology*. Inflammatory bowel disease (IBD) is the ongoing inflammation of all or part of the digestive tract.

**Back pain relief:**

A 2013 meta-analysis of 10 randomized controlled trials found “strong evidence for short-term effectiveness and moderate evidence for long-term effectiveness of yoga for chronic low-back pain.” In fact, since 2007, the American Society of Pain guidelines have urged physicians to consider recommending yoga to patients with long-term pain in the lower back.

**In a first, WHO calls global meet to tackle pollution:**

Alarmed at the rising levels of pollution causing growing burden of diseases and deaths, WHO has called health and environment ministers of all countries including

India, global leaders and experts from academia and scientific community for the first time to devise a strategy to combat pollution and its impact on health. The high-level three-day meeting, slated from October 30 to November 1 in Geneva, is likely to determine ambitious targets for countries, mainly those where morbidity and mortality is higher.

**People with back pain who did two 90-minute sessions of yoga a week for 24 weeks experienced a 56% reduction in pain,**

as reported in the journal *Spine*. They also had less disability and depression than people with back pain who received standard care, such as pain medication. The results also suggested a trend toward the use of less pain medication in those who did yoga. When the researchers followed up with the participants 6 months after the study, 68% of the people in the yoga group were still practicing yoga an average of 3 days a week for an average of 33 minutes per session.

**In a 2015 study, women with rheumatoid arthritis reported improvements in their physical health,**

walking ability, pain levels, energy and mood, and had significantly fewer swollen and tender joints, after doing two hour-long yoga classes a week for eight weeks.

**Ovarian cancer is the most common cause of cancer death from gynecologic tumors in the United States.**

Worldwide, about 1,00,000 women die of the disease every year.

**Antibiotic-resistant infections kill around 7,00,000 people annually around the world.**

Antimicrobials and antibiotics are increasingly misused and overused by the global population.

**Massachusetts Institute of Technology (MIT) chemical engineers have found a way to encapsulate probiotics**

in a way that they can be delivered along with antibiotics. As a result, this innovative procedure kills multiple strains of bacteria.

**Federal health officials said this past week that 62 cases of AFM have been confirmed in 2018 in US**

and 65 more possible cases are being investigated. Experts at the US CDC say they still don't know what causes the syndrome.

**Zika Update: Eight new patients were diagnosed with Zika virus in Jaipur**

recently taking the total number of Zika patients in the pink city to 117. Out 117, 98 patients have recovered. Most of the Zika virus cases have been found in Shastri Nagar, Vidhyadhar Nagar, Sindhi Camp and New Sanganer Road. At least 10 of the cases were diagnosed at the Rajput Hostel, which was quarantined and students were held in confinement... (*India Today*).

**Nobel Prizes that changed medicine forever – William Einthoven (1924):** “For his discovery of the mechanism of the electrocardiogram.” Through the advances he made in ECG technology, specifically his invention of the spring galvanometer, William Einthoven provided clinicians with the first reliable means to depict the heart and its functions and illnesses. His instrument recorded five electric potentials of the heart in waves, which Einthoven named P, Q, R, S and T.

**Being unfit should be considered as strong a risk factor as hypertension, diabetes and smoking,** if not stronger than all of them, according to a retrospective study of 1,22,000 people from Cleveland Clinic reported in *JAMA Network Open*. The study suggests that pure workaholics - many of whom are the type of people who never find the time to exercise - are creating worse conditions for themselves than some of the worst health habits and most common fatal conditions known to humankind.

**The UN has launched a strategy to deal with workplace mental health issues and ways to maintain well-being of its staff** by dealing with the stigma attached to it. UN staff struggling with anxiety, depression, post-traumatic stress disorder or other circumstances have reported feeling isolated and ashamed, with no-one to turn to for help, said UN Secretary-General Antonio Guterres. “The UN can and must do better in supporting its staff, and it starts with the new strategy we are setting in motion,” said Guterres. Noting that reducing stigma is the top priority, he said the staff would not feel prepared to seek help or disclose their feelings until stigma was overcome. “The strategy also underscores the need to care for each other, and to reach out to colleagues who may be in distress,” he added.

**Poor oral health is associated with higher BP:** Poor oral health may interfere with BP control in people diagnosed with hypertension. People with high BP taking medication for their condition are more likely to benefit from the therapy if they have good oral health, according to new research published October 22, 2018 in the journal *Hypertension*. People with periodontal disease were 20% less likely to reach healthy BP ranges, compared with patients in good oral health. Systolic BP in treated patients with severe periodontitis was, on average, 3 mmHg higher than those with good oral health. Individuals with healthier gums have lower BP and responded better to BP-lowering medications.

**“Harit Diwali-Swasth Diwali” campaign** was launched pan-India by Ministry of Environment on

Oct. 22 keeping in view the detrimental effects of the firecrackers and also the importance of the Diwali festival. This campaign is merged with “Green Good Deed” movement launched last year, in which children were advised to celebrate Diwali in an environment-friendly manner by gifting plant sapling to their relatives and friends along with sweets, undertake cleaning of houses, neighborhoods, schools, collect old books and unused notebooks gift to needy children, donate old warm clothing, blankets to night-shelters and other homeless people. The children were encouraged to light up their houses and their schools with candles and diyas.

**‘Never give up’: UN chief’s message for 2018 UN Day,** which falls on 24 October, Secretary-General António Guterres is urging the men and women of the UN, and those they serve, to “never give up” tackling the world’s many challenges. He said that, despite the odds and obstacles, and growing inequality: “We don’t give up because we know by reducing inequality we increase hope and opportunity and peace around the world... On United Nations Day, let us reaffirm our commitment. To repair broken trust. To heal our planet. To leave no one behind. To uphold dignity for one and all, as united nations.”

**A higher frequency of eating organic food was associated with a reduced risk for cancer,** according to results from a large population-based observational study published online Oct. 22 in *JAMA Internal Medicine*.

**The American Heart Association (AHA) is celebrating social entrepreneurs by empowering them to identify innovative health solutions** to improve health and well-being in their communities. Through a rigorous 6-to-8-week curriculum funded by the AHA, entrepreneurs gained real-life knowledge in market positioning, brand development, fundraising and other functions to enhance their business models and demonstrate the viability of their projects.

**Severe motion sickness and cybersickness** - a type of motion sickness that stems from exposure to virtual reality - may be considered the same clinical condition, according to the *Journal of Applied Physiology*.

**Eating vegetable nitrates, found mainly in green leafy vegetables and beetroot, could prevent macular degeneration,** a common cause of vision loss in people over age 50. People who ate between 100 and 142 mg of vegetable nitrates each day had a 35% lower risk of developing early age-related macular degeneration (AMD) than people who ate <69 mg of vegetable

nitrate each day. Spinach has approximately 20 mg of nitrate per 100 g, while beetroot has nearly 15 mg of nitrate per 100 g (*J Acad Nutr Diet*).

**Nobel Prizes that changed medicine forever: Alexander Fleming, Ernst Chain & Howard Florey (1945):** “For the discovery of penicillin and its curative effect in various infectious diseases” the discovery of penicillin was transformational and is perhaps the most well known scientific feat to be rewarded by the Nobel Prize in Physiology or Medicine. Fleming’s research on what became known as penicillin provided the foundation for treating bacterial infections. Chain and Florey developed a more stable and purer form of penicillin, which could be used as a reliable pharmaceutical product.

**ADA launches Diabetes Food Hub, a new digital recipe platform for people with diabetes:** The American Diabetes Association (ADA) has launched Diabetes Food Hub, a new digital cooking and recipe destination to help people living with diabetes and their families eat healthfully. Including a collection of tasty recipes approved by ADA’s nutrition experts. It provides simple solutions to daily meal planning challenges for people with diabetes. Diabetes Food Hub provides recipes with easy-to-read nutrition guidance, tips for healthy eating, and meal prep inspiration from ADA diabetes experts to help put healthy living within reach for all people.

**10 behaviors for healthy weight loss (Harvard Health)**

1. Know where you are starting.
2. Home in on your goal and make a plan.
3. Identify barriers to your goals and ways to overcome them.
4. Identify current habits that lead to unhealthy eating.
5. Control your portions.
6. Identify hunger and satiety cues (Try to stop eating BEFORE getting full (it takes about 20 minutes for your brain to register “stop eating” signals from your stomach). Foods that can help you feel fuller include high-fiber foods such as vegetables, whole grains, beans and legumes; protein (fish, poultry, eggs) and water).
7. Focus on the positive changes.
8. Go with the 80/20 rule. Stay on track 80% of the time, but leave some room for a few indulgences.
9. Focus on overall health.
10. Eat slowly and mindfully.

**Lead accumulation in shin bone may be associated with resistant high BP**

Cumulative lead burden, as measured by cortical bone in the tibia (shin bone), may be an unrecognized risk factor for drug resistant hypertension, according to new research published Oct. 24 2018 in the *Journal of the American Heart Association*. The risk of resistant hypertension was higher in men with elevated accumulations of lead in the shin bone. Exposure to lead may be due to aging infrastructure such as water pipes.

**Adenovirus outbreak: Health officials continue to investigate after seven people died and at least 11 others have been infected with an adenovirus** at the Wanaque Center for Nursing and Rehabilitation in Haskell, New Jersey, the New Jersey Department of Health said Wednesday. “They range in age from toddlers to young adults,” New Jersey Department of Health Commissioner Dr Shereef Elnahal told reporters Wednesday. “The vast majority are under the age of 18. Some have been hospitalized, and some are being cared for at this facility.” The outbreak appears to be confined to the facility’s respiratory unit, he added... (CNN)

**FDA approves baloxavir to treat acute uncomplicated influenza:** Xofluza (baloxavir marboxil) has been approved by the US FDA for the treatment of acute uncomplicated influenza (flu) in patients 12 years of age and older who have been symptomatic for no more than 48 hours.

**Information available with another public authority is not a ground to deny information:** In the matter titled as “Public information Officer versus V. Chaudhary”, W.P.(C) 2025/2014, vide judgment dated 08.10.2018 the Hon’ble High Court of Delhi has held that whether authentic information is available with another public authority is not a ground to deny the information sought from a public authority.

*“19. In terms of the RTI Act, all information as available with the public authority is required to be provided to the citizen unless it is exempt from disclosure under Section 8 of the RTI Act or otherwise pertains to the organizations that are excluded from the purview of the RTI Act. Thus, the question whether authentic information is available with another public authority is not a ground to deny the information as sought from a public authority. In this case, the petitioner had sought the status of the properties against which complaints had been sent to MCD. It was his suggestion (although couched as a query) that even though police authorities inform MCD regarding unauthorized construction, they do not take steps to stop the same by accepting illegal gratification.*



20. The petitioner had duly informed the respondent that a total number of 5313 forms had been sent to the concerned Municipal Corporation. However, the balance information was denied on the ground that it cannot be provided under Section 11 of the Act.

21. It is apparent from the above that the petitioner did have the information as sought by the respondent. However, the same was denied to the respondent by referring Section 11 of the RTI Act. A plain reading of Section 11 of the RTI Act indicates that the same does not proscribe furnishing of information. In terms of Section 11(1) of the RTI Act, in cases where the public information officers (PIOs) intend to disclose the information, which relates to or has been supplied by a third party and has been treated as confidential by a third party, it would be necessary for the concerned PIO to give a written notice to the third party. The concerned third party has a right to make a submission either in writing or orally and the concerned PIO is required to keep the same in view while taking a decision regarding disclosure of such information. Thus, Section 11 of the RTI Act cannot be read as a provision proscribing disclosure of information; it is a provision to enable disclosure of third party information subject to certain safeguards. In this view, the decision of the CPIO denying the information by referring Section 11 of the RTI Act is wholly unsustainable.

22. The contention of the petitioner that the information as sought by the respondent was third party information, is also unpersuasive. The information as sought by the respondent pertains to unauthorized construction noticed by the police authorities, and in respect of which information had been forwarded to the concerned Municipal Corporation. Such information has neither been provided by any third party nor has been treated as confidential. Undisputedly, the information may relate to third parties inasmuch as it relates to the property of those third parties. However, the information as to unauthorized construction observed by the police authorities cannot be construed as one, which is to be kept confidential in terms of Section 11 of the RTI Act. Subject information that is sought by the respondent is gathered by the police authorities in discharge of their functions and this Court finds no infirmity with the decision of the CIC in directing that the same be provided to the respondent."

**Teen driver safety: 8 danger zones (CDC)**

1. Driver inexperience
2. Driving with teen passengers
3. Night-time driving

4. Not using seat belts
5. Distracted driving
6. Drowsy driving
7. Reckless driving
8. Impaired driving.

**Cleveland Clinic top 10 medical innovations for 2019**

1. Alternative therapy for pain: Fighting the opioid crisis.
2. The advent of artificial intelligence in healthcare.
3. Expanded window for acute stroke intervention.
4. Advances in immunotherapy for cancer treatment.
5. Patient-specific products achieved with 3D printing, which provide patients the most advanced care, while minimizing the risk of complications at the same time.
6. Virtual and mixed reality for medical education provide simulation training that may enhance traditional medical schooling.
7. Visor for prehospital stroke diagnosis to speed up diagnosis and the time to treatment.
8. Innovation in robotic surgery leading to more precise and effective surgeries with improved surgical outcomes.
9. Mitral and tricuspid valve percutaneous replacement and repair.
10. RNA-based therapies.

**Harm reduction: No Bharat Stage (BS) IV vehicle shall be sold in India from April 1, 2020**, says Supreme Court of India. Recently, a three judge bench headed by Justice Madan B Lokur made it clear that only BS VI compliant vehicle shall be sold in the country from April 1st, 2020. The bench said the need of the hour was to move to a cleaner fuel. The apex court was deciding whether grace period should be given to automobile manufacturers for the sale of BS-VI noncompliant vehicles after April 1, 2020.

The Bharat stage emission standards are standards instituted by the government to regulate output of air pollutants from motor vehicles. The BS-VI emission norm would come into force from April 1, 2020 across the country. The BS IV norms have been enforced across the country since April 2017. In 2016, the Centre had announced that the country would skip the BS-V norms altogether and adopt BS-VI norms by 2020... (PTI, Oct 23, 2018).

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