

News and Views

Investing in NCD Control Generates Major Financial and Health Gains, Says WHO

A new World Health Organization (WHO) report “Saving lives, spending less: a strategic response to noncommunicable diseases (NCDs)” has shown that the world’s poorest countries can gain US\$350 billion by 2030 by scaling up investments in preventing and treating chronic diseases, like heart disease and cancer, that cost an additional US\$1.27 per person annually. Such actions would save more than 8 million lives over the same period.

The report also reveals for the first time, the financing needs and returns on investment of WHO’s cost-effective and feasible “best buy” policies to protect people from NCDs, the world’s leading causes of ill health and death. It shows that for every US\$1 invested in scaling up actions to address NCDs in low- and lower-middle-income countries (LLMICs), there will be a return to society of at least US\$7 in increased employment, productivity and longer life.

If all countries use these interventions, the world would move significantly closer to achieving Sustainable Development Goal (SDG) 3.4 to reduce premature death from NCDs by one-third by 2030. Among the most cost-effective “best buy” interventions are increasing taxes on tobacco and alcohol, reducing salt intake through the reformulation of food products, administering drug therapy and counseling for people who have had a heart attack or stroke, vaccinating girls aged 9-13 years against human papillomavirus and screening women aged 30-49 years for cervical cancer... (WHO, May 16, 2018)

Resistance Exercise Reduces Symptoms of Depression

A meta-analysis of 33 clinical trials published online May 9, 2018 in *JAMA Psychiatry* has shown that resistance exercise training significantly reduces the symptoms of depression regardless of the duration, frequency of the sessions and amount of exercise.

US FDA Approves Daratumumab + VMP for Newly Diagnosed Multiple Myeloma Patients

The US Food and Drug Administration (US FDA) has approved the use of daratumumab in combination

with bortezomib, melphalan and prednisone (VMP) for the treatment of patients with newly diagnosed multiple myeloma who are ineligible for autologous stem cell transplant (ASCT).

Shorter Treatment Duration of Trastuzumab for HER2-positive Breast Cancer as Effective as Standard Duration

Taking trastuzumab for 6 months was noninferior to the current standard of 12 months in women with HER2-positive, early-stage breast cancer. The disease-free survival rate at 4 years was 89.4% with 6 months of therapy and 89.8% with 12 months of therapy. Cardiac side effects were fewer with shorter duration as only 4% of women in the 6-month arm stopped trastuzumab early because of cardiac problems, compared with 8% in the 12-month arm. These results were presented at the 2018 American Society of Clinical Oncology (ASCO) Annual Meeting in Chicago.

Disruptions in Circadian Rhythms Increase Risk for Bipolar Disorder and Depression

Poor sleep and disruptions in circadian rhythm are associated with a higher risk for bipolar disorder and major depressive disorder, according to a study published May 15, 2018 in *The Lancet Psychiatry*. Circadian rhythm disruption was also linked to a higher risk for greater mood instability, more loneliness, lower health satisfaction and happiness and higher neuroticism.

A Better Diet may Prevent Brain Shrinkage in Older Adults

People who eat a diet rich in vegetables, fruits, nuts and fish may have bigger brains, according to a study published online May 16, 2018 in *Neurology*. Those who consumed a better diet had an average of 2 mL more total brain volume as compared to those who did not. Having a brain volume that is 3.6 mL smaller is equivalent to 1 year of aging.

The First Non-opioid Treatment for Management of Opioid Withdrawal Symptoms in Adults

The US FDA has approved lofexidine hydrochloride for the mitigation of withdrawal symptoms to facilitate abrupt discontinuation of opioids in adults. While lofexidine hydrochloride may lessen the severity of

withdrawal symptoms, it may not completely prevent them and is only approved for treatment for up to 14 days. Lofexidine hydrochloride is not a treatment for opioid use disorder (OUD), but can be used as part of a broader, long-term treatment plan for managing OUD.

A New Rapid Test for Rabies

The Centers for Disease Control and Prevention (CDC) has developed a new rabies test 'LN34 test' designed for use in animals, which can more easily and precisely diagnose rabies infection, according to a study published May 16, 2018 in *PLoS One*. In the pilot study, it produced no false negatives, fewer false positive and fewer inconclusive results. The test may help doctors and patients to make better informed decisions about who needs treatment for rabies.

First FDA-approved Preventive Treatment for Migraine

The US FDA has approved erenumab-aoe for the preventive treatment of migraine in adults. Given as once-monthly self-injections, it is the first FDA-approved preventive migraine treatment in a new class of drugs that work by blocking the activity of calcitonin gene-related peptide, a molecule that is involved in migraine attacks.

One in 3 Swimming-related Disease Outbreaks Occur at Hotels

According to a report published May 17, 2018 in CDC's *Morbidity and Mortality Weekly Report*, one-third of treated recreational water-borne disease outbreaks such as diarrhea, respiratory illnesses and skin rashes during 2000 through 2014 occurred in hotel pools or hot tubs. The most common pathogens involved are *Cryptosporidium*, *Pseudomonas* and *Legionella*.

AHA Recommends Eating Two Servings of Fish Per Week

A new scientific advisory reaffirms the American Heart Association's recommendation to eat fish, especially those rich in omega-3 fatty acids twice a week to help reduce the risk of heart failure, coronary heart disease, cardiac arrest and stroke (ischemic). The advisory is published May 17, 2018 in the journal *Circulation*. Emphasis should be placed on eating oily fish like salmon, mackerel, herring, lake trout, sardines or albacore tuna, which are all high in omega-3 fatty acids.

Clopidogrel and Aspirin Combination Therapy may Prevent Stroke

Results from a trial published May 17, 2018 in the *New England Journal of Medicine* show that compared to aspirin alone, combining aspirin and clopidogrel following a small stroke or experiencing minor stroke symptoms decreases risk of a new stroke, heart attack or other ischemic event within 90 days. However, combination therapy was associated with a greater risk of hemorrhage.

High-intensity Exercise does not Prevent Cognitive Impairment in Patients with Dementia

A moderate- to high-intensity aerobic and strength exercise training program does not slow cognitive impairment in patients with mild-to-moderate dementia even as it improves physical fitness, according to the findings of the Dementia And Physical Activity (DAPA) trial published online May 16, 2018 in the *BMJ*.

WHO "Triple Billion" Targets

After 1 year in office, WHO Director-General, Dr Tedros Adhanom Ghebreyesus opened the 71st World Health Assembly in Geneva with an ambitious agenda for change that aims to save 29 million lives by 2023. Ministers of Health and other delegates from WHO's 194 Member States met to discuss a range of issues, including the 13th General Program of Work, which is WHO's 5-year strategic plan to help countries meet the health targets of the SDGs.

"This is a pivotal health Assembly. On the occasion of WHO's 70th Anniversary, we are celebrating 7 decades of public health progress that have added 25 years to global life expectancy, saved millions of children's lives, and made huge inroads into eradicating deadly diseases such as smallpox and, soon, polio," said Dr Tedros. "But the latest edition of the World Health Statistics, shows just how far we still have to go. Too many people are still dying of preventable diseases, too many people are being pushed into poverty to pay for healthcare out of their own pockets and too many people are unable to get the health services they need. This is unacceptable," he added.

The WHO General Program of Work, designed to address these challenges and accelerate progress towards the SDGs, is the result of 12 months of intensive discussion with countries, experts and partners, and centers on the "triple billion" targets:

- 1 billion more people benefiting from universal health coverage

- 1 billion more people better protected from health emergencies
- 1 billion more people enjoying better health and well-being.

(WHO, May 18, 2018)

Most Heavy Smokers are not Screened for Lung Cancer Despite Recommendations

The United States Preventive Services Task Force (USPSTF) and ASCO recommend screening current or former heavy smokers for lung cancer. However, a new analysis of 1,800 lung cancer screening sites across the US has found that only 1.9% of more than 7 million current and former heavy smokers were screened for lung cancer in 2016. These findings were presented at the 2018 ASCO Annual Meeting in Chicago.

US FDA Approves Sodium Zirconium Cyclosilicate for Hyperkalemia

The US FDA has approved sodium zirconium cyclosilicate, a highly-selective, oral potassium-removing agent for adults with hyperkalemia. The drug has been shown to reduce potassium levels in patients with chronic kidney disease, heart failure, diabetes and those taking renin-angiotensin-aldosterone system (RAAS) inhibitors.

ACOG Recommends Individualized Approach to Postpartum Pain Management

A new guideline released by the American College of Obstetricians and Gynecologists (ACOG) recommends an individualized 'stepwise' approach to postpartum pain management that would first employ non-opioid therapies such as acetaminophen or nonsteroidal anti-inflammatory drugs (NSAIDs) in addition to nonpharmacologic approaches.

Heart Attacks are More Common in Winters Than in Summers

A study presented May 18, 2018 at the Asian Pacific Society of Cardiology (APSC) Congress 2018 has found that the number of heart attacks fluctuated with the seasons, with more attacks occurring in winter compared to summer. Heart attacks increased dramatically when the temperature dropped below 15°C.

Cerebral Microbleeds are Indicative of Risk of Intracranial Hemorrhage in AF Patients on Anticoagulation

In patients with atrial fibrillation (AF), who are on anticoagulation after recent ischemic stroke or

transient ischemic attack, cerebral microbleed presence is independently associated with symptomatic intracranial hemorrhage risk and could be used to inform anticoagulation decisions, according to results of the Clinical Relevance of Microbleeds in Stroke (CROMIS-2) observational trial published online May 16, 2018 in *The Lancet Neurology*.

Environment Ministry's "Green Good Deeds" Initiative Gets Global Recognition

Green Good Deeds, the societal movement launched by Environment, Forest and Climate Change Minister Dr Harsh Vardhan to protect environment and promote good living has found acceptance by the global community. "The BRICS Ministerial on Environment has agreed to include "Green Good Deeds" in its official agenda in the next Ministerial in Brazil and another meeting in Russia," said Dr Harsh Vardhan.

Earlier, in his opening remarks at the Ministerial, Dr Harsh Vardhan had urged the grouping to jointly work for developing a movement around "Green Good Deeds". The Minister had launched a nationwide social movement to protect the environment and promote healthy living in January 2018. The Ministry of Environment, Forest and Climate Change had drawn up a list of over 500 Green Good Deeds and asked people to alter their behavior to Green Good Behavior to fulfil their Green Social Responsibility. These small positive actions to be performed by individuals or organizations to strengthen the cause of environmental protection, were put on a mobile application named "Dr Harsh Vardhan App"... (*Press Information Bureau, Ministry of Environment, Forest and Climate Change, May 19, 2018*)

FDA Cautions About Risk of Neural Tube Birth Defects with Dolutegravir

In a drug safety communication, the US FDA has cautioned about the potential risk of neural tube birth defects with dolutegravir used to treat human immunodeficiency virus (HIV) in women, who received the drug at the time of becoming pregnant or early in the first trimester. The FDA has advised healthcare professionals to get a pregnancy test before starting dolutegravir and inform women of childbearing age about the potential risk of neural tube defects with this drug.

Study Identifies Risk Factors for Decreased Survival in Metastatic Thyroid Carcinoma

A study presented at the annual meeting of the American Association of Clinical Endocrinologists (AACE) in

Boston has identified risk factors associated with decreased rate of cancer-specific survival in patients with well-differentiated metastatic thyroid carcinoma namely, multiple metastatic locations, older age upon diagnosis, other metastases on follow-up, incomplete/unknown tumor resection, bone metastases on follow-up and higher MACIS scores (measurement of distant Metastasis, patient Age, Completeness of resection, local Invasion and tumor Size).

AKI During Hospitalization Linked with Higher Risk of Heart Failure Post-discharge

A new study published in the *Clinical Journal of the American Society of Nephrology (CJASN)* reveals that acute kidney injury (AKI) is linked with a 44% higher risk of cardiovascular events, especially heart failure, in patients even after they are discharged from the hospital.

Cognitive Training Reduces Severity of Freezing of Gait in Patients with Parkinson's Disease

A randomized controlled trial published May 18, 2018 in *npj Parkinson's Disease* has shown that cognitive training can reduce severity of freezing of gait in patients with Parkinson's disease while on dopaminergic medication. Cognitive training also improved cognitive processing speed and reduced daytime sleepiness.

Eliminating Job Stress can Prevent Future Onset of Mental Disorders

High job demands, low job control and high job stress were found to be associated with greater probability of onset of common mental disorders in midlife. The study published online May 10, 2018 in *Lancet Psychiatry* suggests job stress as a modifiable work-related risk factor and that eliminating it can prevent 14% of new cases of depression, anxiety, and other common mental disorders.

Acupuncture and Cognitive Behavioral Therapy Improve Insomnia in Cancer Survivors

A Patient-Centered Outcomes Research Institute (PCORI)-supported randomized clinical trial of cancer survivors presented at the 2018 ASCO Annual Meeting in Chicago has shown that 8 weeks of either acupuncture or cognitive behavioral therapy for insomnia (CBT-I) decreased the severity of insomnia among cancer survivors, though improvements were greatest among patients receiving cognitive behavioral therapy.

Differences in Parent-identified Behavior may Lead to Falsely Negative ASD Diagnosis

A study published in the June 2018 issue of *Pediatrics* of infants aged 18 months found multiple differences in parent-identified behavior between infants who did not receive a later diagnosis of autism spectrum disorder (ASD), versus those who did. These differences included delays in social interaction, communication and motor ability - all features associated with autism spectrum disorder.

Reducing Risk Factors for Heart Disease Reduces Frailty in Older Adults

According to a study published in *Journal of Gerontology: Medical Sciences*, even small reductions in risk factors for heart disease reduce frailty, as well as dementia, chronic pain and other disabling conditions of old age such as incontinence, falls, fractures.

Obesity Exacerbates Symptoms in Patients with Lupus

Being obese and/or overweight was associated with aggravation of disease activity in patients with lupus along with worsening of symptoms of pain and fatigue and depression. The study published May 10, 2018 in *Arthritis Care & Research* suggests that lifestyle interventions to reduce body weight may reduce the severity of symptoms.

Study Shows Low-risk of CV Events with Alendronate Treatment in Patients with Hip Fracture

Alendronate significantly reduces the risk of cardiovascular events (incident myocardial infarction, stroke) and mortality in patients treated with the bisphosphonate following a hip fracture, suggests a study published online May 9, 2018 in the *Journal of Bone and Mineral Research*.

Nodule in Upper Part of Thyroid Gland More Likely to be Malignant

Nodules located in the upper pole of the thyroid gland may carry a greater risk for malignancy than those in the lower pole, according to new research presented May 19, 2018 at the AACE 2018 Annual Scientific and Clinical Congress in Boston.

AAP Recommends Inactivated Influenza Vaccine Over Nasal Spray Flu Vaccine for the Flu Season

The American Academy of Pediatrics (AAP) will advise families to choose the inactivated influenza vaccine (IIV) when they vaccinate their children this fall. The

decision was made by the AAP Board of Directors after reviewing data on the effectiveness of the flu shot compared with the nasal spray flu vaccine, which has not worked as well in recent flu seasons. AAP will publish its formal policy statement on flu prevention and treatment in September.

Women with Pregnancy-related Diabetes may be at Risk for Chronic Kidney Disease

Gestational diabetes may predispose women to early-stage kidney damage, a precursor to chronic kidney disease, according to a study published May 21, 2018 in *Diabetes Care*. Women who had gestational diabetes were more likely to have a high glomerular filtration rate.

A New Drug for Chronic Liver Disease Patients with Thrombocytopenia Undergoing a Medical Procedure

The US FDA has approved avatrombopag tablets to treat low blood platelet count (thrombocytopenia) in adults with chronic liver disease who are scheduled to undergo a medical or dental procedure. This is the first drug approved by the FDA for this use.

CPAP Reduces Heart Rate in Patients with Prediabetes and Obstructive Sleep Apnea

A study presented at the American Thoracic Society annual meeting in San Diego has shown that all-night continuous-positive airway pressure (CPAP) treatment reduces 24-hour resting heart rate in patients with prediabetes and obstructive sleep apnea thereby reducing their cardiovascular risk.

Sustained Virological Response Reduces Extrahepatic Mortality in Patients with Hepatitis C Infection

Extrahepatic manifestations of chronic hepatitis C virus (HCV) infection improve or resolve after patients achieve sustained virological response (SVR), resulting in a 56% reduction in extrahepatic mortality as reported in a study published online April 27, 2018 in the journal *Gut*.

Microvascular Changes in Retina on OCT Angiography Suggestive of Early Alzheimer's Disease

Microvascular changes in the retina detected by using noninvasive optical coherence tomography (OCT) angiography align well with imaging and biomarker evidence of preclinical Alzheimer's disease, suggests a new study presented April 23, 2018 at the American Academy of Neurology (AAN) 2018 Annual Meeting in Los Angeles. These patients had a significantly increased size of the foveal avascular zone.

At Global Health Forum, UN Officials Call for Strong, People-focused Health Systems

Everyone, everywhere must have equal access to quality healthcare, said top United Nations officials urging greater focus on comprehensive health and well-being. In a video message to the opening of the 71st Session of the World Health Assembly in Geneva, Secretary-General António Guterres reiterated that the enjoyment of the highest attainable standard of health is a fundamental human right.

The World Health Assembly is the highest decision-making body of the WHO. It determines the agency's policies, supervises financial policies, and reviews and approves the proposed program budget.

Ensuring that everyone, everywhere has access to quality healthcare and services, is also vital for the achievement of the SDGs, stressed the UN chief. In particular, SDG 3, has specific targets to ensure healthy lives and promote well-being at all stages in life. In addition, health improvements feature prominently in many of the other ambitious Goals.

Tedros Adhanom Ghebreyesus, WHO's Director-General, also addressed the Assembly, emphasizing the importance of universal health coverage, as illustrated by the Ebola outbreak in the DRC. Dr Tedros also highlighted critical upcoming events focussed on global health, including two high-level meetings; on NCDs and on tuberculosis at the upcoming session of the UN General Assembly which begins in September... (UN, May 21, 2018)

Low PTH and Calcium Levels Increase Risk of Hypoparathyroidism Post-thyroidectomy

Low parathyroid hormone (PTH) levels and low calcium levels are associated with increased risk (~30%) of hypoparathyroidism after thyroidectomy, reported a study presented at the AACE Annual Meeting in Boston.

Achieving A1c, LDL-C and BP Targets Reduces Complications in Type 2 Diabetes

Achieving triple treatment targets of HbA1c <7%, LDL-C <100 mg/dL and blood pressure (BP) <140/90 mmHg reduces the risk for macrovascular complications, mortality, and microvascular complications in patients with type 2 diabetes, according to a study published May 21, 2018 in *Diabetes Research and Clinical Practice*. Compared to A1c and BP, achieving LDL-C goal was more likely to reduce risks.

Denosumab is FDA-approved for Steroid-induced Osteoporosis

The US Food and Drug Administration (FDA) has approved denosumab for the treatment of glucocorticoid-induced osteoporosis in men and women at high risk of fracture defined by history of osteoporotic fracture, multiple risk factors for fracture, or patients who have failed or are intolerant to other available osteoporosis therapy.

Discharge from a Crowded Hospital Ward Increases Re-hospitalization Risk

In a new research presented May 20, 2018 at the American Thoracic Society 2018 International Conference in San Diego, discharge from a crowded hospital ward was found to be associated with increased odds of re-hospitalization within a month.

Left Ventricular Assist System Recall Labeled as Class I Recall

A Left Ventricular Assist System was recalled due to a potential malfunction that may lead to graft occlusion leading to serious adverse events such as blood clots and death. The US FDA has identified this recall as Class I, the most serious type of recall, because of the risk for serious injury or death.

TIA Patients at Sustained Risk of Recurrent Stroke

A follow-up study of patients who had a transient ischemic attack (TIA) or minor stroke has shown a sustained risk of cardiovascular events over a period of 5 years, with half of the events occurring between second and fifth years. The study published May 16, 2018 in the *New England Journal of Medicine* recommends secondary prevention measures to prevent stroke recurrence.

Researchers Identify a New Type of Vertigo that can be Treated

A new type of vertigo where treatment may be effective has been reported May 23, 2018 online in the journal *Neurology*. Called recurrent spontaneous vertigo with head-shaking nystagmus, the condition has no known cause. Those who were found to have the new type of vertigo were more likely to have severe motion sickness than those with other types of vertigo.

AAP Policy Statement on Life Support Training for Children Including Adults

A policy statement from the American Academy of Pediatrics (AAP) published online May 23, 2018 advocates life support training of children, parents, caregivers, school personnel and the public. The AAP recommends that pediatricians hone their

own skills and stay up to date on cardiopulmonary resuscitation (CPR) and life-support skills. The academy also recommends:

- Supporting age-appropriate life support training for children as part of the school curriculum in schools, beginning in the primary grades.
- Providing life support training to all school personnel, parents, caregivers and the public.
- Placing an automated external defibrillator (AED) for adults and children in every school in the community and near every school athletic facility - and training staff and children on how to use them.
- Advocating for funding and legislation to promote the training.

Social Isolation Increases Risk of Adverse Outcomes in Heart Failure Patients

New research published May 23, 2018 in the *Journal of the American Heart Association* reports that compared to more socially connected patients with heart failure, those who felt socially isolated were at 3.7 times or greater increased risk of death, 1.7 times increased risk of hospitalization and 1.6 times higher risk of emergency department visits.

Poor sleep Quality Linked to Less Physical Activity in Patients with Knee Osteoarthritis

Analysis of data from the Osteoarthritis Initiative shows that poor sleep quality is associated with less physical activity in persons with knee osteoarthritis or those who are at risk for developing it. These findings are published May 22, 2018 in the journal *Arthritis Care & Research*. The study suggests that this association may be mediated by depression or low energy levels.

Naloxone Found to be Most Effective Drug for Opioid-induced Constipation

Naloxone followed by naldemedine were found to be the most effective treatments for opioid-induced constipation, according to a systematic review and network meta-analysis published in the journal *Gut*. Naloxone was also the safest of all drugs investigated.

ACOG Publishes Guidelines for Care of Women with Eating Disorders

A new Committee Opinion from the American College of Obstetricians and Gynecologists (ACOG) - "Gynecologic care for adolescents and young women

with eating disorder” - includes guidance for Ob-Gyns in identification and treatment of eating disorders in adolescents or young women. As per the statement, adult and adolescent females with eating disorders may present with gynecologic concerns or symptoms, including irregular menses, amenorrhea, pelvic pain, atrophic vaginitis, and breast atrophy.

Nepal Becomes the First Country in South-East Asia to Eliminate Trachoma

The WHO has validated Nepal for having eliminated trachoma as a public health problem - a milestone, as the country becomes the first in WHO's South-East Asia Region to defeat the world's leading infectious cause of blindness ... (WHO, May 21, 2018).

4th International Yoga Day Celebrations Main Event to be Organized in Dehradun

Mass yoga demonstration, the main event of 4th International Yoga Day celebrations (IDY-2018) on 21st June this year will be held at Dehradun in Uttarakhand... (Ayush, PIB, May 28, 2018).

Higher Male-to-female Hormone Ratio Increases Risk of Heart Disease in Postmenopausal Women

A higher blood level of a male hormone (testosterone) and a higher ratio of the male- to female-type (estrogen) of hormones in postmenopausal women is associated with a higher risk of heart disease later in life, according to research published May 30, 2018 in the *Journal of the American College of Cardiology*.

A New Treatment Option for Moderately to Severely Active Ulcerative Colitis

The US FDA has expanded the approval of tofacitinib to include adults with moderately to severely active ulcerative colitis. Tofacitinib is the first oral medication approved for chronic use in this indication. Other FDA-approved treatments for the chronic treatment of moderately to severely active ulcerative colitis must be administered through an intravenous infusion or subcutaneous injection.

ACS Recommends Screening for Colorectal Cancer to Start from Age 45

New updated guidelines from the American Cancer Society (ACS) published online May 30, 2018 in *CA: A Cancer Journal for Clinicians* recommend that screening

for colorectal cancer should begin at a younger age than 50 years, which is currently recommended.

Daily Intellectual Activities Reduce Risk of Dementia

Findings of a longitudinal, observational study of older Chinese adults followed for 7 years published online May 30, 2018 in *JAMA Psychiatry* show that actively engaging in daily intellectual activities such as reading or playing cards reduces the risk of dementia.

New Guidelines on Management of Diabetes in the Very Frail Elderly

New guidelines on management of diabetes in the elderly according to their frailty status have been published in April 2018 issue of *Diabetic Medicine*. For the first time, these guidelines include recommendations on how to and when to stop diabetes treatments in particularly frail adults.

Obesity is a Risk Factor for Heart Disease Even in Metabolically Healthy Women

Obese but metabolically healthy women are still at higher risk for heart disease compared to metabolically healthy women of normal weight, according to findings of a 30-year follow-up from a prospective cohort study of more than 90,000 women published May 30, 2018 in *The Lancet Diabetes & Endocrinology*. Most metabolically healthy women converted metabolically unhealthy despite normal body weight.

FDA Approves First Artificial Iris

The US FDA has approved the first stand-alone prosthetic iris in the United States, a surgically implanted device to treat adults and children whose iris is completely missing or damaged due to a congenital aniridia or other damage to the eye. Congenital aniridia is a rare genetic disorder in which the iris is completely or partially absent.

Insufficient Vitamin D Linked to Miscarriage Among Women with Prior Pregnancy Loss

Among women planning to conceive after a pregnancy loss, those who had sufficient levels of vitamin D were more likely to become pregnant and have a live birth, compared to women with insufficient levels of the vitamin, according to an analysis published online May 30, 2018 in *The Lancet Diabetes & Endocrinology*.





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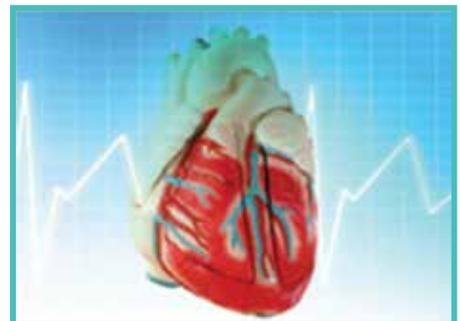
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