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## Medicine Update

### **CDC SOUNDS ALERT FOR MEASLES**

The Centers for Disease Control and Prevention (CDC) has cautioned about measles making a comeback in the US following reports of 23 confirmed cases between December 1, 2023 and January 23, 2024. Majority of these cases were among children and adolescents who had not been vaccinated for measles. CDC has advised clinicians across the country to be on the lookout for patients with fever, rash and symptoms that are consistent with measles such as cough, runny nose or conjunctivitis, including those with a recent history of travel to measles affected parts of the world... (Source: CDC. Jan. 25, 2024).

### **ICMR INVITES SUGGESTIONS FOR REVISED NATIONAL ESSENTIAL DIAGNOSTICS LIST**

The Indian Council of Medical Research (ICMR) has invited comments and suggestions in the revised National Essential Diagnostics List (NEDL), which has been placed in public domain till the end of February. The list includes the minimum number of tests that should be available at different levels of health care facilities. The first NEDL was released in 2019 making India the first country to do so.... (Source: PTI. Jan. 17, 2024).

### **FIRST TREATMENT FOR EOSINOPHILIC ESOPHAGITIS IN YOUNGER CHILDREN GETS FDA NOD**

Dupilumab, a monoclonal antibody, has been FDA (Food and Drug Administration) approved for the treatment of eosinophilic esophagitis in children aged

1 to 11 years and weighing  $\geq 15$  kg. In 2022, dupilumab had been approved for use in older children aged  $\geq 12$  years and weighing  $\geq 40$  kg... (Source: Medscape. Jan. 25, 2024).

### **A WEARABLE BELT DEVICE FOR POSTMENOPAUSAL WOMEN WITH OSTEOPENIA**

Osteoboost, a device-based treatment that has been approved by the US FDA for postmenopausal women with osteopenia. It is the first nonpharmacological treatment available only on prescription for this specific group of individuals. Osteoboost is a wearable belt device that is worn on the hips, and it has a vibration pack on the back. This device delivers targeted calibrated mild vibrations to the hips and lumbar spine, which can help preserve bone strength and density... (Source: Medscape. Jan. 25, 2024).

### **PREDICTING A MORNING MIGRAINE ATTACK**

Individuals with poor perceived sleep quality are 22% more likely to experience a headache the next morning. Similarly, lower than usual quality of sleep and lower than usual energy level the previous day were also associated with 18% and 16% increased chances of a headache the next morning, but not in the afternoon or evening. On the other hand, greater average levels of stress and substantially higher energy than usual the day before were associated with a 17% increased chance of headache in the following afternoon or evening... (Source: Neurology. Jan. 24, 2024).

### **ATOPIC DERMATITIS AND RISK OF INCIDENT ASTHMA**

Children with mild atopic dermatitis (AD) are twice more likely to develop incident asthma than children without AD with hazard ratio (HR) of 1.82. The risk increased over threefold among children with moderate and severe AD with HRs of 3.24 and 3.7, respectively. Children with AD and asthma were also at higher risk of asthma exacerbations and asthma-related hospitalizations compared with asthmatic children without AD... (Source: *J Allergy Clin Immunol Pract.* Nov. 14, 2023).

### **LONG-STANDING MIGRAINE LINKED TO CROHN'S DISEASE**

A study from South Korea has linked migraine to elevated risk of inflammatory bowel disease. A steep rise in the risk of inflammatory bowel disease, especially for Crohn's disease was observed after 5 years of follow-up in migraine patients. The risk of ulcerative colitis was more common in men than women... (Source: *Scientific Reports.* Jan. 12, 2024).

### **CANCER, A NEW RISK FACTOR FOR CARDIOVASCULAR DISEASE**

A retrospective study presented at the 2023 American Heart Association (AHA) Congress has suggested cancer as a new risk factor for cardiovascular disease. After adjusting for traditional risk factors such as diabetes, smoking, hypertension, obesity, family history, a history of cancer was found to be significantly predictive of major cardiovascular events with HR of 1.66... (Source: *Medscape.* Jan. 25, 2023).

### **INCREASED INCIDENCE OF BPH IN GOUT PATIENTS**

A Korean study suggests that men with gout are more likely to be diagnosed with benign prostatic hyperplasia (BPH). The incidence of BPH was 23.4% in gout patients versus 20.7% controls. Young adults, below 60 years of age, had higher probability than those older than 60 years. This association was independent of lifestyle factors and comorbid conditions... (Source: *Diagnostics.* Dec. 26, 2023).

### **CABO VERDE BECOMES THE 3RD AFRICAN COUNTRY TO BE MALARIA-FREE**

Cabo Verde, a country in West Africa has been declared malaria-free by the World Health Organization (WHO). It is the third country to be so certified in the WHO Africa region. A total of 43 countries and 1 territory are now free of malaria... (Source: *WHO.* Jan. 12, 2024).

### **RISK FACTORS FOR YOUNG-ONSET DEMENTIA**

A study involving 3,56,052 participants from the UK Biobank, with an average age of 54.6 years, without dementia has identified some risk factors other than the established factors that increase the risk of young-onset dementia. These include: vitamin D deficiency, raised C-reactive protein (CRP) levels and social isolation. Other factors such as orthostatic hypotension, lower socioeconomic status and having two apolipoprotein E  $\epsilon$ 4 alleles were also associated with greater risk... (Source: *JAMA Neurol.* Dec. 26, 2023).

### **STUDY LINKS SMOKING TO HAIR LOSS IN MEN**

Likelihood of androgenetic alopecia or male-pattern hair loss is increased by 82% of men who smoke compared to never smokers. Those who smoked a minimum of 10 cigarettes a day were 96% more likely to experience hair loss. Disease progression was also 27% higher in ever smokers versus never smokers... (Source: *J Cosmet Dermatol.* Jan. 4, 2024).

### **DMARDs: A POTENTIAL TREATMENT FOR AUTOIMMUNE THYROID DISEASE?**

Adults who have been diagnosed with rheumatoid arthritis may have a decreased risk for developing autoimmune thyroid disease. This risk is even lower for those who are receiving disease-modifying antirheumatic drugs (DMARDs), particularly in those receiving biologic DMARDs... (Source: *J Intern Med.* Nov. 22, 2023).

### **WHO LISTS NOMA AS A NEGLECTED TROPICAL DISEASE**

Cancrumoris or noma, is now listed by the WHO as a neglected tropical disease. It frequently occurs in malnourished children, aged 2 to 6 years, with a background of extreme poverty. Also known as gangrenous stomatitis, this fatal disease begins as an inflammation of the gums, which spreads to involve and destroy the facial tissues and bones, if left untreated... (Source: *WHO.* Dec. 15, 2023).

### **CARDIAC BENEFITS OF EARLY BREAKFAST**

Eating the first meal of the day after 9 am (vs. earlier than 8 am) is associated with an increased risk for cardiovascular disease, especially in women. A similar risk was observed if the last meal of the day was after 9 pm (vs. before 8 pm). Every 1 hour increase in nocturnal fasting was associated with a 7% lower risk for cerebrovascular disease... (Source: *Nat Commun.* Dec. 14, 2023).