



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Wednesday 20170517

## Brain chip'

### Brain chip' may treat Alzheimer's (The Times of India; 20170517)

<http://www.thehindu.com/sci-tech/health/brain-chip-may-treat-alzheimers/article18468277.ece>

Such implants can help the brain recover after damage. | Photo Credit: Getty Images/iStock Photo

Scientists develop material that can allow cells to grow and form predictable neural circuits

Scientists, led by an Indian-origin researcher, have developed a new material that could allow brain cells to grow and form predictable circuits, an advance that may lead to the development of neural implants.

Such implants can help the brain recover after damage due to an accident, stroke or degenerative neurological diseases such as Alzheimer's and Parkinson's, researchers said.

A team from Australian National University (ANU) grew the 'brain-on-a-chip' — brain cells — on a semiconductor wafer patterned with nanowires that act as a scaffold to guide their growth.

The scaffold provides a platform to study the growth of the brain cells and how they connect with each other, said lead researcher Vini Gautam from ANU.

By using a particular nanowire geometry, researchers showed that the neurons are highly interconnected and predictably form functional circuits.

"The project will provide new insights into the development of neuro-prosthetics, which can help the brain recover after damage due to an accident, stroke or degenerative neurological diseases," Ms. Gautam said.

## Neuro-prosthetics

The study is the first to show the neuronal circuits grown on the nanowire scaffolds were functional and highly interconnected, opening the potential to apply their scaffold design for neuro-prosthetics, researchers said.

They hope to use the brain-on-a-chip to understand how neurons in the brain form computing circuits and eventually process information.

“Unlike other prosthetics like an artificial limb, neurons need to connect synaptically, which form the basis of information processing in the brain during sensory input, cognition, learning and memory,” said Vincent Daria from Australian National University.

The study was published in the journal Nano Letters.

## **Pollution**

### **Gurgaon's air worse than Delhi's most polluted areas (The Times of India; 20170517)**

<http://epaperbeta.timesofindia.com/Article.aspx?eid=31808&articlexml=Gurgaons-air-worse-than-Delhis-most-polluted-areas-17052017031028>

When cycling enthusiast Amit Bhatt moved to Gurgaon from Delhi some eight years back, he was counting on clean air and clear roads. But eight years later, Bhatt, the head of urban transport at World Resources Institute (WRI), has had to seriously cut down on cycling. That's because over the years the air in Gurgaon has become so foul it's now quite unbreathable.

TOI did an analysis of the air quality index (AQI) in various parts of Delhi and Gurgaon, and the results are shocking (see graphic). Gurgaon's average AQI for PM 2.5 has been higher than even the most polluted parts of Delhi since April 20. Experts point out that these fine pollution particles are not just from natural dust but also toxic diesel emissions from generator sets, diesel autos and cars.

Bhatt used to cycle to work almost daily but now does it once a week. “I had seen a map that showed scary PM 2.5 concentrations around NH8. It showed how the adjoining areas were affected. The pollution worries me. I have reduced cycling over time and have started depending on taxis despite knowing that they are polluting my city more,” said Bhatt. According to Bhatt, the mobility pattern in Gurgaon played a huge role in the mess. The Metro is there but without adequate last-mile connectivity options; diesel taxis and autos are adding severely to the pollution. “As against a requirement of at least 1,000 buses, there are only about 40 buses. The government has been planning to buy more buses for a long time now but hasn't bought them yet. It's a vicious cycle where people are buying more cars because there is no other transport available and there is induced traffic,” he added. About 41% of the people here commute to work by cars and two-wheelers compared with 30% in Delhi.

The PM 2.5 concentrations in Gurgaon has ranged from 226 micrograms per cubic metres to 73 micrograms per cubic metres between May 6 and May 14, which is between 3.76 and 1.21 times the safe limit.

According to an analysis by the Centre for Science and Environment (CSE), the density of cars in Gurgaon is far higher than in Delhi. In 2014, Gurgaon had 323 cars per 1,000 population compared with 88 cars per 1,000 population in Delhi. Add to this the fact that Gurgaon has vertical growth, which means there are more people per square km in Gurgaon than in Delhi. On top of that, over 1.3 lakh cars and SUVs from Delhi come to Gurgaon every day .

So, it's not hard to imagine why one is likely to see many more cars in Gurgaon than in Delhi which is more spread out.

But cars are only a part of the problem. "We know there is a lot of dependence on diesel gensets in Gurgaon's apartments. But there are no clear numbers on either gensets or their emissions. But it's definitely a huge factor. Then there's the dust problem because of large-scale construction," said Anumita Roy Chowdhury, executive director at the Centre for Science and Environment (CSE).

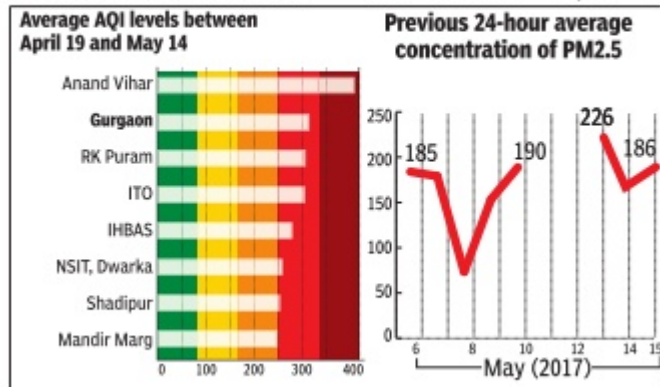
Then, many parts of Gurgaon are devoid of adequate greenery which too has a marginal impact on air quality.

To make matters worse, Gurgaon has only one pollution monitoring station -at Vikas Sadan - so no one really gets a clear picture about the whole city. A larger data base is a must to understand the problem better and take corrective action.

While several source apportionment studies have been conducted for Delhi to pinpoint emission contributions from each source, no such research has taken place in Gurgaon so far. Such a study would help in prioritising and targeting emission sources.

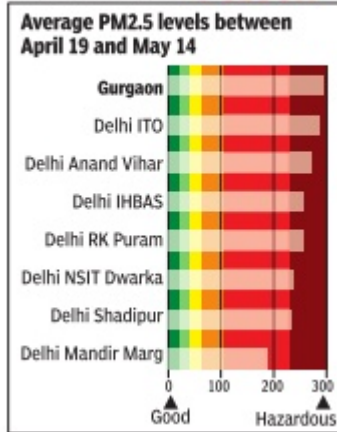
Sewa Ram, associate professor at the School of Planning and Architecture (SPA), said, "There are major road works and construction projects all over the city. We have also found that vehicles in Gurgaon have very long idling time with very low occupancy . A mix of all these issues is leading to the high pollution levels in Gurgaon."

## WHAT ARE YOU SMOKING?



24-hour safe standard: 60 micrograms per cubic metres

## BREATHING POISON



## Health Care Services

**What hospitals are doing to keep your data safe? (The Times of India; 20170517)**

<http://epaperbeta.timesofindia.com/Article.aspx?eid=31808&articlexml=What-hospitals-are-doing-to-keep-your-data-17052017004032>

The global cyberattack on Friday has exposed a potential crisis situation for hospitals moving towards digitisation of patient data. It shows how hackers can disrupt health services at massive scale by introducing malware.

In Britain, for example, doctors in many hospitals were blocked from patient files and emergency rooms were forced to divert patients on Friday due to the cyber-attack. In India, there are few instances of cyber-attack on hospitals but officials say they are not taking any chances. TOI spoke to many top hospitals in Delhi where officials said they were equipping their network with stronger features to prevent hacking.

Dr Anand Bansal, medical director, Sri Balaji Action Medical Institute, said they spend Rs 25-30 lakh on cyber security . “We have set up a separate department for cyber security . We are also investing on educating our staff to remain safe from any cyber frauds in this era of digitisation,” he said. Dr (Col) R K Sharma, medical superintendent of PSRI Hospital, said they are upgrading their hospital information system to prevent hacking.

“These days, most of the patient data is maintained digitally for quick access. But there is high possibility of this data being accessed by hackers. To prevent this, we have a team of cyber security experts. Also, laptops and tablets used by doctors are given limited access to the hospital network to prevent the risk of virus transfer or any malware,” said Niranjana Kumar, chief information officer, Sir Ganga Ram hospital.

At AIIMS, officials said, the national informatics centre, which is the government's web services organisation, has been entrusted with the task of ensuring cybersecurity . “It is a very important aspect in today's world since we are trying to integrate control of key equipment,” said Dr Deepak Agrawal, head of IT division at the institute.

According to cyber security experts, hospitals should not use vendor-supplied default passwords and other security parameters for medical devices. “Websites, applications, databases, data centres and servers, networks, desktops and other endpoints need to be monitored, assessed and defended periodically,” said Nitin Bhatnagar, an information security specialist.

An Australian web security expert, Tony Hunt, recently revealed how nearly 43,000 sensitive pathology reports, including those of HIV patients, were exposed online by a Thane-based laboratory. Hunt wrote in his blog that he stumbled upon reports containing name, age, gender and tests results of patients in an online folder, which could be easily seen and downloaded. The case was referred to the cyber cell of Mumbai for further investigation.

## SHIELD IN PLACE

THE CHALLENGE for hospitals is to keep patient data private, secure access to sensitive areas like operation theatres and ensure smooth operations

### WHAT HOSPITALS ARE DOING

**Hiring experts** All top private hospitals have cyber security experts to secure patient information and prevent hacking

**Dedicated funds** Hospitals spend anywhere between ₹20 lakh and ₹2 crore for cyber security

**Strong passwords** Access to sensitive areas and equipment is controlled with strong passwords

**Regular monitoring** In a few cases, third-party agencies specialising in cyber security are engaged to periodically monitor safeguards

## Vaccine (The Asian Age: 20170517)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=8123123>

# Social media rumour on vaccine sparks panic

## Assam students avoid vaccination drive over fears it will lead to 'infertility'

MANOJ ANAND  
GUWAHATI, MAY 16

After a rumour on social media about a vaccine that may cause infertility, hundreds of students fled or were taken away by parents from government-run schools, where state health department was reportedly going to carry out vaccination drive to check Japanese Encephalitis in Assam.

The state health department has started a vaccination drive against Japanese Encephalitis (JE) from April 30 to May 20 in Nalbari, Morigaon,

Bongaigaon and Cachar districts, among residents between the age group of 15 and 65 years.

In what was described as "RSS-Vaccine (RSS-Bezi in Assamese) in a social media campaign by some circle," the panic-stricken parents mostly in minority-dominated areas were seen pulling out their wards from schools.

Ongoing vaccination drive was not school specific, parents and students became apprehensive following the rumour that it was a drive carried out at the behest of RSS and that the vaccine will make both

males and females infertile. **▶ The panic was visible mostly in minority dominated and remote areas of the state as several parents referred to messages coming on their mobile**

The panic was visible mostly in minority dominated and remote areas of the state as several parents referred to messages coming on their mobile.

"We received a complaint from a school in Hajo that parents are taking away their children for the fear of being vaccinated. Misinformation is spreading and we have issued clarifications," deputy commissioner of Kamrup Vinod Seshan said.

Joint director health services on Tuesday clarified, "We are not carrying out any vaccination drive in the schools. It is routine vaccination being carried out at health centres."

Pointing out that this drive was carried out in other districts earlier, health department

sources said that they have resumed it in remaining four districts from April 30.

The vaccination drive against Japanese Encephalitis was necessitated as Assam recorded 3,391 positive JE cases and 779 deaths between 2010 and 2016, the highest among states in the Northeast.

According to state health department until March this year, there were 65 cases of Acute Encephalitis Syndrome (AES) including one death and six JE cases also including one death.

## **Knee osteoarthritis**

### **Knee osteoarthritis: Steroid injections offer no benefit, study suggests (Medical News today: 20170517)**

<http://www.medicalnewstoday.com/articles/317476.php>

Patients with symptomatic knee osteoarthritis do not benefit from steroid injections, concludes a new study published in JAMA.

[Inflammation of the knee]

Steroid injections may offer no benefit for patients with knee OA, researchers suggest.

Study co-author Timothy E. McAlindon, of Tufts Medical Center in Boston, MA, and colleagues found that steroid injections administered every 3 months were no better than a placebo for alleviating knee pain in patients with knee osteoarthritis (OA).

In fact, the researchers found that steroid injections actually led to a greater loss in the volume of bone cartilage over 2 years.

Based on their findings, McAlindon and colleagues recommend against the use of steroid injections for the treatment of knee OA.

OA, also referred to as degenerative joint disease, is the most common form of arthritis, affecting more than 30 million adults in the United States.

OA is caused by the breakdown of cartilage, the tissue that covers and protects the ends of bones, and it most commonly affects the joints of the knees, hips, hands, and spine. The "wear and tear" of cartilage can lead to pain, inflammation, and movement problems.

There is currently no cure for OA, but there are treatments that can help to manage symptoms of the condition.

One such treatment that may be recommended is corticosteroid injections; some studies have suggested that these injections may improve pain for patients with knee OA.

The new research, however, suggests that corticosteroid injections are of no use to patients with knee OA, and that they may even make the condition worse.

Triamcinolone led to greater loss of bone cartilage volume

The team's findings come from an analysis of 140 patients with symptomatic knee OA. All patients had inflammation of the synovial membrane, which lines the joints.

Every 12 weeks for 2 years, 70 of the patients received an injection with the corticosteroid triamcinolone, which was delivered directly to the knee joint. The remaining 70 participants received a placebo in the form of a saline solution.

Compared with patients who received the placebo, those who received triamcinolone experienced a greater loss in cartilage volume; patients who received triamcinolone saw a cartilage thickness loss of 0.21 millimeters, compared with 0.10 millimeters for the placebo group.

Furthermore, the researchers identified no significant differences in pain levels between the two groups, and patients who received triamcinolone experienced a greater number of adverse events related to treatment.

The researchers note some limitations to their study. For example, they say it is possible that corticosteroid injections may have offered short-term pain relief for patients, which could have been missed by their pain measuring methods.

Still, McAlindon and colleagues believe that their findings indicate that patients with knee OA are unlikely to benefit from corticosteroid injections. The researchers conclude:

"These findings do not support this treatment for patients with symptomatic knee osteoarthritis."

Learn how weight loss could slow joint degeneration for patients with knee OA.

Lactose intolerance linked to lower vitamin D levels

A new study suggests that people with a genetic intolerance to lactose should increase their intake of non-dairy foods rich in vitamin D, after finding that they are more likely to have low levels of the essential nutrient.

[Lactose-free foods]

## **Vitamin D**

**Researchers have associated lactose intolerance with lower levels of vitamin D. (Medical News today: 20170517)**

<http://www.medicalnewstoday.com/articles/317496.php>

Study co-author Ahmed El-Sohehy, a professor of nutrition at the University of Toronto's Faculty of Medicine in Canada, and colleagues recently reported their findings in the Journal of Nutrition.



Lactose intolerance is defined as the body's inability to effectively digest lactose, a sugar found in dairy products, including milk, butter, and cheese.

The condition occurs when the small intestine fails to produce sufficient amounts of lactase, which is the enzyme that breaks down lactose.

If a person with lactose intolerance consumes dairy products, they may experience bloating, flatulence, diarrhea, nausea, and abdominal pain. These symptoms usually arise around 30 minutes to 2 hours after lactose consumption.

It is unclear precisely how many people are living with lactose intolerance, but estimates suggest that around 65 percent of the population experience a reduced ability to digest lactose following infancy.

One cause of lactose intolerance is mutations in the LCT gene, which is the gene responsible for lactase production.

People with lactose intolerance should be aware of vitamin D intake

From an analysis of 1,495 men and women who were a part of the Toronto Nutrigenomics and Health Study, El-Sohemy and colleagues found that people who possessed LCT gene mutations had a lower intake of dairy products, compared with the general population.

Individuals with LCT gene mutations also had lower blood levels of vitamin D, which the team says is likely down to reduced intake of dairy products, since these are often fortified with vitamin D.

"We were not surprised that lactose intolerant people ate less dairy," says El-Sohemy, "but we were surprised that they did not compensate by supplementing or eating other foods fortified with this crucial nutrient."

Vitamin D is considered essential for the absorption of calcium in the gut, which is important for good bone health. The vitamin also aids nerve functioning and helps the body to stave off bacteria and viruses.

Interestingly, the researchers found that people with LCT gene mutations were shorter than individuals in the general population, which indicates that reduced intake of vitamin D through lack of dairy consumption may be inhibiting bone growth.

El-Sohemy and colleagues say that their findings suggest that people with lactose intolerance should consider increasing their intake of vitamin D through non-dairy food sources.

"These findings speak to the need for greater awareness for those who limit dairy because of lactose intolerance. They need to be mindful of getting enough vitamin D from other fortified foods like certain brands of orange juice, or to consider trying lactose-free dairy products."

Ahmed El-Sohemy

Another finding of the study was that individuals with just one mutated copy of LCT demonstrated an intolerance to lactose, but to lesser degree than those with two mutated copies; it was previously thought that two mutated copies of the gene were required for lactose intolerance to arise.

According to the researchers, this finding indicates that clinical definitions and genetic classifications for lactose intolerance may need to be reviewed.

Learn how sunscreen may lead to vitamin D deficiency.

## **Stomach cancer**

### **Whole tomato extract may prevent, treat stomach cancer (Medical News today: 20170517)**

<http://www.medicalnewstoday.com/articles/317470.php>

Numerous studies have suggested that tomatoes have anti-cancer properties. A new study provides further evidence of this, after finding that whole tomato extract has the potential to treat and even prevent stomach cancer.

[San Marzano tomatoes]

Researchers have found that whole tomato extract has the potential to combat stomach cancer.

Researchers from the United States and Italy found that whole extracts from two varieties of tomato - San Marzano and Corbarino - blocked the growth of stomach cancer cells and dampened their malignant characteristics.

Study co-author Prof. Antonio Giordano, director of the Sbarro Institute for Molecular Medicine at Temple University in Philadelphia, PA, and colleagues recently reported their findings in the Journal of Cellular Physiology.

According to the American Cancer Society, there will be around 28,000 cases of stomach cancer diagnosed in the U.S. Also referred to as gastric cancer, stomach cancer is most common among older adults; around 60 percent of adults diagnosed with the disease are aged 65 or older.

Previous studies have suggested that compounds found in tomatoes - such as lycopene, a carotenoid that gives tomatoes their red color - may help to fight cancer.

However, Prof. Giordano and colleagues note that few studies have investigated the anti-cancer effects of whole tomatoes - a research gap they set out to address with their new study.

Growth of stomach cancer cells halted with whole tomato extracts

To reach their findings, the researchers tested the effects of whole extracts from San Marzano and Corbarino tomatoes on stomach cancer cell lines.

They found that each extract not only halted the growth of gastric cancer cells, but they also interfered with cell migration - whereby cancer cells begin to move away from the primary tumor to invade surrounding tissues - and led to cancer cell death.

Furthermore, the researchers found that the anti-cancer effects of the tomato extracts were not down to one particular compound.

"Their anti-tumoral effect seem not related to specific components, such as lycopene, but rather suggest that tomatoes should be considered in their entirety," says study co-author Daniela Barone, of the Oncology Research Center of Mercogliano in Italy.

According to the researchers, their findings indicate that whole tomato extracts may be useful for the prevention and treatment of stomach cancer.

"Our results prompt further assessment of the potential use of specific nutrients not only in the cancer prevention setting but also as a supportive strategy along with conventional therapies."

Prof. Antonio iordano

The team notes that certain varieties of tomatoes may have different effects on cancer cells, something which future studies should investigate.

Learn how the consumption of alcohol and processed meat may raise the risk of stomach cancer.

## **World Hypertension Day**

**World Hypertension Day: Know your Blood Pressure (New Kerala: 20170517)**

<http://www.newkerala.com/news/fullnews-244197.html>

World Hypertension Day, observed on the 17th of May every year, calls out for increasing awareness about this silent killer and help people realise that hypertension or high blood pressure is a preventable and controllable condition.

The theme for the year 2017 is 'Know Your Blood Pressure.'

According to the World Health Organization (WHO), hypertension, also known as high or raised blood pressure (BP), is a condition in which the blood vessels have persistently raised pressure, putting them under increased stress. BP is created by the force of blood pushing against the walls of blood vessels (arteries) as it is pumped by the heart. The higher the pressure, the harder the heart has to pump.

Over a billion people all over the world suffer from hypertension and it is predicted to increase by 60 percent to 1.56 billion in 2025. It kills 8 million people every year worldwide and is a leading risk factor for cardiovascular diseases, diabetes, foetal and maternal death in pregnancy, dementia and renal failure.

Two thirds of those with hypertension live in economically developing countries, including India. It is directly responsible for 57 percent of all stroke deaths and 24 percent of all coronary heart disease deaths in India. Sedentary lifestyles, growing urbanization, tobacco use and fast food culture are some primary causes for high blood pressure. It is called the silent killer as it presents very little symptoms.

Dr Tapan Ghose, director, Cardiology, Fortis Ft. Lt. Rajan Dhall Hospital, Vasant Kunj, New Delhi, gives some valuable information below to recognize and manage hypertension effectively:

Having excess salt places strain on the arteries which carry blood, as a result of which, the tiny muscles in the artery walls become stronger and thicker. This makes the space inside the arteries smaller, raising blood pressure. The arteries gradually become so narrow that they clog up and the organs of the body receiving the blood become starved of oxygen and vital nutrients.

Prevention:

- # Learning to manage stress through regular exercise, yoga, meditation;
- # Limiting intake of sodium by reducing the amount of salt;
- # Having a healthy diet, avoiding food with high saturated fats;
- # Maintaining a healthy weight;
- # Being physically active;
- # Avoiding tobacco use and reducing alcohol intake;
- # Regularly checking blood pressure;
- # Maintaining a healthy weight as per age and body type.

Workplace wellness programmes to tackle hypertension:

- # Using the stairs instead of the lift, elevator;
- # Carrying home-cooked food instead of ordering take-out;

# Getting up frequently from work stations and walking around every hour;

# Staying calm under pressure and finding ways to manage workplace stress by taking a walk, deep breathing or talking it out with a colleague.

Share it ! : World Hypertension Day: Know your Blood Pressure!

## **Dengue**

### **Commitment at all levels is essential for prevention of Dengue: Nadda(New Kerala: 20170517)**

<http://www.newkerala.com/news/fullnews-244121.html>

Union Minister of Health and Family Welfare J. P. Nadda on Tuesday said commitment at all levels is essential for prevention and control of Dengue, adding that by putting the hands together, dengue can be prevented.

Nadda stated this in a function jointly organized by All India Institute of Medical Sciences (AIIMS), New Delhi, and National Vector Borne Disease Control Programme (NVBDCP) to mark the National Dengue Day, here today.

Dr. Soumya Swaminathanam, Secretary, Department of Health Research (DHR), Dr. Jagdish Prasad, Director General of Health Services and Dr. Swarup Sarkar, Director, Communicable Diseases, WHO-SEARO were also present at the occasion.

Reiterating the commitment of Prime Minister Narendra Modi towards making India clean, Nadda said that amongst various steps/strategies which need to be put in place for this problem, the main focus should be on controlling the vector itself.

"For this purpose, cleanliness is the most important thing. National Dengue Day is an occasion to spread awareness about its prevention and control. It is the responsibility of all of us and within our communities to insist that we don't create an environment for the dengue to breed," Nadda added.

Speaking at the function, Nadda stated that 'Dengue free India', is a vision which can be fulfilled by increased community ownership to prevent dengue related morbidity and mortality in India.

"Community efforts in right direction can minimize the disease burden in the country. Simple measures can be taken for keeping the surroundings clean and free of Aedes mosquitoes. Success of the Dengue control programme is related to community participation and ownership," Nadda elaborated.

Nadda urged RWAs to take out sometime every week to keep their colonies free of dengue mosquitoes and informed that the Ministry will hold workshops with the newly elected MCD Corporators for orienting them on preventive measures for dengue.

Also present at the event were Navdeep Rinwa, Joint Secretary, and other senior officers of the Health Ministry, doctors and students from AIIMS, representatives from RWAs, MCD workers and members of various NGOs and CSOs.

## **Bronchial Asthma**

### **Bronchial Asthma: Diagnosis, Management and Treatment (New Kerala: 20170517)**

<http://www.newkerala.com/news/fullnews-244038.html>

Bronchial asthma is a chronic disease of the airways, characterized by intermittent airway narrowing which is completely reversible either spontaneously or with medications.

Asthma is one of the commonest respiratory problems worldwide. The incidence is on a steady rise courtesy urbanization and industrialization. The prevalence of asthma varies from 1-18 percent in different countries across the world and it is estimated to prevail in around two percent of Indians.

The true incidence of asthma among Indians is highly underestimated. Asthma adds to significant morbidity and the estimated cost of asthma treatment per year for the year 2015 has been calculated at about 139.45 billion Indian rupees.

Allergic Asthma is the most common type and it usually starts in childhood, however no age is immune. This form is usually associated with allergic rhinitis, skin allergy and eye allergy. Increasing epidemic of obesity is associated with poorly controlled asthma and is one of non allergic varieties. Occupational asthma which is related to work place is a well known entity since ages.

Asthma is usually a hereditary disease and runs in a family, that doesn't preclude the possibility of developing it de novo. Some occupations like teachers, drivers etc. are prone to develop asthma. Children who are fed with formula feeds rather than breast-milk are prone to develop wheezy illness early in childhood.

Asthma triggers include infections (viral and bacterial), pet dander, strong fumes, acid reflux, drugs like aspirin and few pain killers, dust mite (indoor allergen), fungal molds, tobacco smoke including second hand smoke, perfumes/deodorants, outdoor air pollution, cold air, exercise and even emotions.

The usual symptoms of asthma are cough, sputum production, wheezing, chest tightness and difficulty in breathing.

The symptoms are usually intermittent and sometimes get resolved spontaneously.

There might be seasonal variation also. These symptoms usually start immediately or few hours after getting exposure to the triggers. The severity of symptoms varies in each attack and sometimes it can be life threatening.

Dr Sandeep H S, consultant pulmonologist at BGS Gleneagles Global Hospitals, Bengaluru has listed the symptoms, diagnosis and treatment of the same.

When to suspect asthma?

- Repeated attacks of cough and cold.
- Cough that doesn't go away easily.
- Symptoms on performing / exposure to triggers.
- Seasonal variation.
- Family history.

The most important thing to be noted in all cases of bronchial asthma is although the symptoms are intermittent, the underlying disease process will be continuing and the frequency of symptoms as well as the severity of attacks will increase if it is not controlled with appropriate treatment.

Treatment of asthma has been revolutionized since the introduction of inhaled steroids. The inhaled steroids form the cornerstone of therapy for asthma. Temporary relief from symptoms can be achieved with short acting airway dilators which are also in inhaler form. Inhalational treatment has many advantages over systemic therapy, the most important one being the dosage of drugs. The drugs can be delivered to the site of action and this helps to reduce systemic side effects. Various studies have shown that the systemic side effects of inhaled steroids are very minimal and in fact the complications of not taking the treatment are much more than that of inhaled steroids.

Myths:

- Asthma spreads from one person to other.
- Asthma is completely curable.
- Asthma cannot be controlled.
- Inhalers are addictive.
- Steroids are harmful and should be avoided.

Facts:

- Asthma can be completely controlled.
- Asthmatics can perform all the activities just like any non asthmatic individual.
- Inhalers are the best mode of drug delivery.
- Inhaled Steroids are the most important disease modifying drugs.
- One needs to continue the treatment irrespective of symptoms.

General precautions:

- Put pillows, mattresses, and box springs inside allergen-proof, zippered covers
- Wash all bedding in hot water about once a week.
- Non-carpeted flooring is best.
- If you have to do your own sweeping, wear a mask while you work.
- Regularly change filters on heaters and air conditioners
- Replace heavy, lined curtains or drapes with washable window coverings
- Dust often and everywhere, including lampshades and windowsills, with a damp cloth
- Store toys and books in closed bookshelves, drawers, or closets
- Clean bathrooms regularly with products that kill and prevent mold
- Keep indoor plants out of bedrooms.
- Visit your doctor periodically and follow his advice.

**Tobacco (Dainik Jagaran: 20170517)**

[http://epaper.jagran.com/ePaperArticle/17-may-2017-edition-National-page\\_14-7803-20585-262.h](http://epaper.jagran.com/ePaperArticle/17-may-2017-edition-National-page_14-7803-20585-262.h)



# तंबाकू नियंत्रण पर 22 देश भारत के साथ

धर्मन्द् मिश्रा, नोएडा

तंबाकू उत्पादों के सेवन से होने वाले कैंसर को रोकने तथा बीमारी को बढ़ाने वाले ऐसे उत्पादों के बढ़ते सेवन पर अंकुश लगाने के लिए भारत को 22 देशों का साथ मिला है। तंबाकू उत्पादों के निर्माण और विपणन तथा उस पर प्रभावी निगरानी के लिए दक्षिण एशिया, दक्षिण अफ्रीका और दक्षिण अमेरिका ने त्रिपक्षीय सहयोग पर रजामंदी जाहिर की है।

नोएडा स्थित 'विश्व स्वास्थ्य संगठन-फ्रेमवर्क कन्वेंशन ऑफ टोबैको कंट्रोल-वर्ल्ड नॉलेज हब ऑन स्मोकलेस टोबैको' (डब्ल्यूएचओ-एफसीटीसी-वर्ल्ड नालेज हब) तंबाकू पर नियंत्रण पाने के लिए इन सभी देशों का सहयोग करेगा।

हाल ही में उरुग्वे में हुए 22 देशों के विशेष सम्मेलन में यह सहमति बनी है। इस दौरान भारत ने तंबाकू उत्पादों के रेगुलेशन व नियंत्रण पर बेहतरीन प्रस्तुति दी। इसमें चबाने वाले तंबाकू पर फोकस करते हुए बताया गया कि किस प्रकार दुनिया तंबाकू उत्पादों पर नियंत्रण पा सकती है व इसका नियमन करते समय किन-किन बातों का ध्यान रखना चाहिए। सभी देशों ने इस सम्मेलन

उरुग्वे में भारत ने विभिन्न देशों के सामने दिया तंबाकू नियंत्रण का प्रस्तुतीकरण

सभी देश नोएडा के वर्ल्ड नॉलेज हब से टोबैको प्रोडक्ट रेगुलेशन पर लेंगे सहयोग



में डब्ल्यूएचओ-एफसीटीसी के प्रस्तावों को अपने-अपने देश में पूरी तरह लागू करने व तंबाकू नियंत्रण में त्रिपक्षीय सहयोग पर खर उतरने का भरोसा दिया। इस व्यवसाय में शामिल ब्रोकरों की पहचान करने, तंबाकू उत्पादों के नियंत्रण का लक्ष्य हासिल करने व सतत विकास को बढ़ावा देने पर भी सहमति बनाई गई।

वर्ल्ड नालेज हब (नोएडा) सभी देशों को

चबाने वाले तंबाकू से जुड़ी समस्त जानकारियों को साझा करने, इस दिशा में हो रहे नए शोध व नए तथ्यों को सामने लाने के साथ-साथ अन्य संभव सहयोग करेगा। डब्ल्यूएचओ-एफसीटीसी के दिशा-निर्देशों के अनुसार तैयार दस्तावेज भी सभी देशों को उपलब्ध करवा जाएगा, ताकि तंबाकू नियंत्रण में सभी देशों को आसानी हो सके।