



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20201111

Mental illness

One in 5 COVID-19 patients develop mental illness within 90 days: Study Anxiety, depression and insomnia were most common among recovered COVID-19 patients (The Tribune: 20201111)

<https://www.tribuneindia.com/news/health/one-in-5-covid-19-patients-develop-mental-illness-within-90-days-study-168837>

One in 5 COVID-19 patients develop mental illness within 90 days: Study
Photo for representation.

Many COVID-19 survivors are likely to be at greater risk of developing mental illness, psychiatrists said on Monday, after a large study found 20% of those infected with the coronavirus are diagnosed with a psychiatric disorder within 90 days.

Anxiety, depression and insomnia were most common among recovered COVID-19 patients in the study who developed mental health problems.

The researchers from Britain's Oxford University also found significantly higher risks of dementia, a brain impairment condition.

"People have been worried that COVID-19 survivors will be at greater risk of mental health problems, and our findings ...show this to be likely," said Paul Harrison, a professor of psychiatry at Oxford.

Doctors and scientists around the world urgently need to investigate the causes and identify new treatments for mental illness after COVID-19, Harrison said.

"(Health) services need to be ready to provide care, especially since our results are likely to be underestimates (of the number of psychiatric patients)," he added.

The study, published in The Lancet Psychiatry journal, analysed electronic health records of 69 million people in the United States, including more than 62,000 cases of COVID-19. The findings are likely to be the same for those afflicted by COVID-19 worldwide, the researchers said

In the three months following testing positive for COVID-19, 1 in 5 survivors were recorded as having a first time diagnosis of anxiety, depression or insomnia. This was about twice as likely as for other groups of patients in the same period, the researchers said.

The study also found that people with a pre-existing mental illness were 65% more likely to be diagnosed with COVID-19 than those without.

Mental health specialists not directly involved with the study said its findings add to growing evidence that COVID-19 can affect the brain and mind, increasing the risk of a range of psychiatric illnesses.

“This is likely due to a combination of the psychological stressors associated with this particular pandemic and the physical effects of the illness,” said Michael Bloomfield, a consultant psychiatrist at University College London.

Simon Wessely, regius professor of psychiatry at King’s College London, said the finding that those with mental health disorders are also at higher risk of getting COVID-19 echoed similar findings in previous infectious disease outbreaks.

“COVID-19 affects the central nervous system, and so might directly increase subsequent disorders. But this research confirms that is not the whole story, and that this risk is increased by previous ill health,” he said.

Marjorie Wallace, chief executive of the UK mental health charity SANE, said the study echoed her charity’s experience during the pandemic.

“Our helpline is dealing with an increasing number of first-time callers who are being triggered into mental health problems, as well as those who are relapsing because their fear and anxiety have become intolerable,” she said. Reuters

Sleep hormone melatonin

Sleep hormone melatonin may be a viable treatment option for COVID-19, study says

The researchers adjusted their results for age, race, smoking history and various disease comorbidities (The Tribune: 20201111)

<https://www.tribuneindia.com/news/health/sleep-hormone-melatonin-may-be-a-viable-treatment-option-for-covid-19-study-says-168790>

Sleep hormone melatonin may be a viable treatment option for COVID-19, study says
Photo for representation only. Source: iStock.

Melatonin, a hormone which regulates the sleep-wake cycle, and is commonly used as an over-the-counter sleep aid, may be a viable treatment option for COVID-19, according to a study.

The research, published in the journal PLOS Biology, used a novel artificial intelligence (AI) platform to identify possible drugs for COVID-19 repurposing.

Analysis of patient data from US-based Cleveland Clinic's COVID-19 registry also revealed that melatonin usage was associated with a nearly 30 per cent reduced likelihood of testing positive for SARS-CoV-2.

The researchers adjusted their results for age, race, smoking history and various disease comorbidities.

However, the reduced likelihood of testing positive for the virus increased from 30 to 52 per cent for African Americans when adjusted for the same variables, they said.

"It is very important to note these findings do not suggest people should start to take melatonin without consulting their physician," said Feixiong Cheng, an assistant staff at Cleveland, and lead author of the study.

"Large-scale observational studies and randomised controlled trials are critical to validate the clinical benefit of melatonin for patients with COVID-19, but we are excited about the associations put forth in this study and the opportunity to further explore them," Cheng said.

The researchers harnessed network medicine methodologies and large-scale electronic health records from Cleveland Clinic patients to identify clinical manifestations and pathologies common between COVID-19 and other diseases.

They, specifically, measured the proximity between host genes/proteins and those well-associated with 64 other diseases across several disease categories.

In these disease categories, including malignant cancer and pulmonary diseases, closer proximity indicates a higher likelihood of pathological associations between the diseases, the researchers said.

They found, for example, that proteins associated with respiratory distress syndrome and sepsis, two main causes of death in patients with severe COVID-19, were highly connected with multiple SARS-CoV-2 proteins.

"This signals to us, then that a drug already approved to treat these respiratory conditions may have some utility in also treating COVID-19 by acting on those shared biological targets," explained Cheng.

They determined that autoimmune, pulmonary and neurological diseases showed significant network proximity to SARS-CoV-2 genes/proteins and identified 34 drugs as repurposing candidates, melatonin chief among them.

"Recent studies suggest that COVID-19 is a systematic disease impacting multiple cell types, tissues and organs, so knowledge of the complex interplays between the virus and other diseases is key to understanding COVID-19-related complications and identifying repurposable drugs," said Cheng.

"Our study provides a powerful, integrative network medicine strategy to predict disease manifestations associated with COVID-19 and facilitate the search for an effective treatment," he added. PTI

Severe COVID-19 infection

Severe COVID-19 infection rare in newborns (The Tribune: 20201111)

<https://www.tribuneindia.com/news/health/severe-covid-19-infection-rare-in-newborns-168789>

Severe COVID-19 infection rare in newborns

A new research adds to the growing body of evidence that severe COVID-19 infection appears rare in newborn babies.

The study, published in the journal The Lancet Child and Adolescent Health, traced all babies less than 29 days old with COVID-19 across the UK, who needed to be admitted into the hospital.

The analysis traced these babies with COVID-19 between the beginning of March and end of April, at the peak of the first wave of the UK Covid-19 pandemic.

"The study found 66 babies required hospital treatment for COVID-19 infection in this period. This is the equivalent of one in 1785 births or 0.06 per cent of births," said study researchers from Imperial College London in the UK.

The UK-wide analysis, led by researchers from Imperial College London and the Nuffield Department of Population Health at the University of Oxford, is the first study analysing COVID-19 infections in newborns across the whole UK.

Only 17 babies, out of the 66 newborns in the study, were suspected to have caught COVID-19 from their mother in the first seven days after birth.

Seven of these 17 babies developed COVID-19 despite being separated from their mother immediately after birth.

This supports the UK and international guidance to keep mother and baby together even when the mother is suspected or known to have COVID-19, say the team. Six babies were thought to have contracted COVID-19 while in hospital.

None of the babies in the group died from COVID-19.

When the data were analysed nearly 90 per cent of the babies had fully recovered from the infection and had been discharged from the hospital.

The study suggests a higher proportion of newborns who develop the severe disease will need intensive care or breathing support (36 per cent), compared with older children (13 per cent).

However, the study authors add that severe infection in newborn babies is still very rare.

The researchers add that, overall, this study suggests a small proportion of babies caught COVID-19 from their mother.

The researchers explain that, in light of this, if a mother tests positive for Covid-19, her baby does not need to be separated from her at birth. ---IANS

SARS-CoV-2 and HIV

Indian researchers working towards developing effective vaccine strategies against SARS-CoV-2 and HIV(The Tribune: 20201111)

<https://www.tribuneindia.com/news/health/indian-researchers-working-towards-developing-effective-vaccine-strategies-against-sars-cov-2-and-hiv-168773>

It is being developed by Varadarajans lab in collaboration with Mynvax, a startup co-founded by him and incubated at IISc, as well as several other institutes

Indian researchers working towards developing effective vaccine strategies against SARS-CoV-2 and HIV

Photo for representation only. Source: iStock.

Indian Institute of Science claimed on Tuesday that researchers led by Raghavan Varadarajan, Professor at IISc's Molecular Biophysics Unit, are working towards developing effective vaccine strategies against two viruses: SARS-CoV-2 and HIV.

In two studies published in the past week, they reported the design of a 'heat-tolerant' COVID-19 vaccine candidate and a rapid method to identify specific regions on the HIV envelopeprotein that are targeted by antibodies, which can help design effective vaccines, an IISc press release said.

The studies were published in the Journal of Biological Chemistry and the Proceedings of the National Academy of Sciences respectively, according to Bengaluru-based IISc.

The COVID-19 vaccine candidate contains a part of the spike protein of the novel coronavirus called the Receptor Binding Domain (RBD)—the region that helps the virus stick to the hosts cell.

It is being developed by Varadarajans lab in collaboration with Mynvax, a startup co-founded by him and incubated at IISc, as well as several other institutes.

"When tested in guinea pig models, the vaccine candidate triggered a strong immune response", the statement said.

"Surprisingly, it also remained stable for a month at 37C, and freeze-dried versions could tolerate temperatures as high as 100C.

Such 'warm' vaccines can be stored and transported without expensive cooling equipment to remote areas for mass vaccination - most vaccines need to be stored between 2-8C or even cooler temperatures to avoid losing their potency", it said.

Compared to newer types such as mRNA vaccines, making a protein-based vaccine like this can also be scaled up easily in India where manufacturers have been making similar vaccines for decades, IISc said.

There is another difference between the vaccine candidate being developed by Varadarajans team and many other COVID-19 vaccines in the works: it only uses a specific part of the RBD, a string of 200 amino acids, instead of the entire spike protein.

The team inserted genes coding for this part via a carrier DNA molecule called a plasmid, into mammalian cells, which then churned out copies of the RBD section.

They found that the RBD formulation was just as good as the full spike protein in triggering an immune response in guinea pigs, but much more stable at high temperatures for extended periods - the full spike protein quickly lost its activity at temperatures above 50C, according to the statement.

"Now we have to get funds to take this forward to clinical development, says Varadarajan.

This would include safety and toxicity studies in rats along with process development and GMP manufacture of a clinical trial batch, before they are tested in humans.

"Those studies can cost about Rs 10 crore. Unless the government funds us, we might not be able to take it forward", he added.

The second study focused on HIV, the virus that causes AIDS, a disease for which there is no vaccine despite decades of research.

The team, which included researchers from multiple institutes, sought to pinpoint which parts of the HIVs envelope protein are targeted by neutralising antibodies - the ones that actually block virus entry into cells, not just flag it for other immune cells to find.

According to the authors, vaccines based on these regions might induce a better immune response. To map such regions, researchers use methods like X-ray crystallography and cryo-electron microscopy, but these are time-consuming, complicated and expensive.

Therefore, Varadarajan and his team explored alternative approaches, and eventually arrived at a simpler, yet effective solution.

First, they mutated the virus so that an amino acid called cysteine would pop up in several places on the envelope protein. They then added a chemical label that would stick to these cysteine molecules, and finally, treated the virus with neutralising antibodies.

If the antibodies could not bind to crucial sites on the virus because they were blocked by the cysteine label, the virus could survive and cause infection.

Those sites were then identified by sequencing the genes of the surviving mutant viruses.

"This is a rapid way of figuring out where antibodies are binding and is useful for vaccine design," says Varadarajan.

It could also help in simultaneously testing how different peoples sera samples—the portions of their blood containing antibodies—react to the same vaccine candidate or virus, he says.

"In principle, researchers could adapt this methodology to any virus, including SARS-CoV-2", he said. PTI

1. Health Care Services (The Asian Age: 20201111)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15218312>

■ Top court asks HC to hear the matter pending before it on Nov. 12

SC refuses to lift stay on 80% ICU beds for corona patients

PARMOD KUMAR
NEW DELHI, NOV. 10

The Supreme Court, on Tuesday, declined to lift Delhi high court's stay on Kejriwal government's decision asking 33 private hospitals to reserve 80 per cent ICU beds for Covid patients as the top court asked the high court to hear the matter pending before it on November 12.

The court noted that the adjournment of the hearing by the division bench was on the request by the Delhi government.

Noting the statement by senior counsel Maninder Singh, appearing for respondent Association of Health Care Providers (India), that they have no objection to any date that the top court may decide for hearing by the high court, Justice Bhushan in the order said, "In view of the above, we are of the view that looking to the facts of the case and the request made by learned counsel for the parties, we request the concerned

24,000 calls for ambulance since fresh surge in Delhi Covid cases

AGE CORRESPONDENT
NEW DELHI, NOV. 10

With Delhi witnessing a fresh surge in cases of Covid, nearly 24,000 calls have been made by people to access Delhi government-run ambulance services during emergency situations in the last two weeks in the city, according to official data.

Besides, the centralised Control Room set up by

bench for taking up the LPA on 12.11.2020."

The court insisted on the Delhi government approaching the HC, even as additional solicitor general Sanjay Jain, appearing for the government, told the court that the matter before the single judge is listed for hearing on November 18 and urged the court to lift for one week the high court's stay on

the Delhi government has received over 5,000 calls to seek coronavirus-related information.

On October 26, the city recorded 54 deaths pushing the toll to 6,312. The next day, 4,853 fresh cases and 44 fatalities were reported. From October 28 onwards, the surge has been huge and over 5,000 daily cases were recorded per day from October 28-November 1.

Delhi government's decision to reserve 80 per cent ICU beds for Covid patients. Mr Jain told the court that the number of cases were rising by the day and had crossed the 7,000 mark two days ago and people belonging to the middle class prefer private hospitals. Mr Jain said that they were facing difficulty as a number of people from the adjoining states too land up

in Delhi for treatment.

He said that under the prevailing circumstances, Delhi needs 6,000 ICU beds against 3,500 beds currently available and if the decision to reserve 80 per cent ICU beds in 33 hospitals is implemented, another 400 to 500 additional beds would be available.

The government, in its plea, had said the contention by the private hospitals—that in admitting Covid patients in ICU in such a large number would adversely impact the non-Covid patients—was simply to camouflage their commercial interest as they can't charge more money from the Covid patients than that is fixed by the government.

The Delhi government had further stated that the high court failed to consider that it had only directed 33 private nursing homes and hospitals to reserve 80 per cent beds in ICU for Covid patients whereas there are around 1,170 private nursing homes and hospitals across the city.

COVID-19 vaccine

Dose of optimism: On India and COVID-19 vaccine (The Hindu: 20201111)

<https://www.thehindu.com/opinion/editorial/dose-of-optimism-the-hindu-editorial-on-india-and-covid-19-vaccine/article33069236.ece>

India must improve its cold chain infrastructure to avail benefits of new vaccines

Multinational drug company Pfizer has announced promising results from its ongoing phase-3 trial of a potential COVID-19 vaccine. However, these early results, of the vaccine candidate being "90% protective" in the trial's volunteers — nearly 40,000 are enrolled — is the only important detail that is public. Pfizer, which is using a vaccine candidate by German firm BioNTech, had disclosed in September that for a vaccine to be judged 60% effective, 164 volunteers would have to contract COVID-19. This includes both the vaccine and placebo groups. The claim of 90% is based on a sample of 94 volunteers but it is not known how many

belonged to either group. It is also unclear if those who were eventually infected, manifested mild or moderate severity of disease. Though the results, according to Pfizer, were announced by an expert independent committee, they have not yet been announced by the standard procedure of a peer-reviewed journal. In short, there is still time to be reliably sure that the results actually hold up in a wider population.

Pfizer's announcement may not have an immediate impact for India. Unlike 'Covishield' by the Serum Institute or 'Covaxin' by Bharat Biotech Ltd., there are no large phase-3 trials of the vaccine in India. While there were early discussions with Pfizer, there is as yet no confirmation on whether India can be assured of early access to even a fraction of the vaccine output in the event it is readied. The vaccine candidate is based on an m-RNA technology, which eschews the use of an infectious particle, such as a portion of the virus, and uses a piece of RNA that is then made into an antigen by the body's own machinery. This reduces the odds of untoward reactions. It also does not need to be cultured in chicken eggs or other mammalian cells, allowing it be made faster and more inexpensively. Though it is at the frontier of novel vaccine production methods, there are still no commercially available m-RNA based vaccines. They also reportedly need to be refrigerated to nearly minus 70°C and India, with its limited cold chain infrastructure, lacks efficient vaccine storage capacity. However, irrespective of whether and when the Pfizer vaccine is available, there is reason for optimism. For one, it shows that scientists' basic strategy — of developing a vaccine to target the spike protein of the virus — is correct and given that this is an approach most vaccine developers are following, the chances of several encouraging results are high. Given that another firm, Moderna, also employs an m-RNA based approach, it is likely that the new vaccine platform may prove to be a breakthrough approach in developing future vaccines. India must keep a close watch on such platform-technology and develop expertise. It must also not lose an opportunity to improve its cold chain infrastructure which currently is developed only for rudimentary vaccines.

Severe Covid-19 infection

Severe Covid-19 infection rare in newborns: Study (The Hindu: 20201111)

<https://www.newkerala.com/news/2020/196468.htm>

A new research adds to the growing body of evidence that severe Covid-19 infection appears rare in newborn babies.

The study, published in the journal *The Lancet Child and Adolescent Health*, traced all babies less than 29 days old with Covid-19 across the UK, who needed to be admitted into the hospital.

The analysis traced these babies with Covid-19 between the beginning of March and end of April, at the peak of the first wave of the UK Covid-19 pandemic.

"The study found 66 babies required hospital treatment for Covid-19 infection in this period. This is the equivalent of one in 1785 births or 0.06 per cent of births," said study researchers from Imperial College London in the UK.

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Seven of these 17 babies developed Covid-19 despite being separated from their mother immediately after birth.

This supports the UK and international guidance to keep mother and baby together even when the mother is suspected or known to have COVID-19, say the team. Six babies were thought to have contracted COVID-19 while in hospital.

None of the babies in the group died from Covid-19.

When the data were analysed nearly 90 per cent of the babies had fully recovered from the infection and had been discharged from the hospital.

The study suggests a higher proportion of newborns who develop the severe disease will need intensive care or breathing support (36 per cent), compared with older children (13 per cent).

However, the study authors add that severe infection in newborn babies is still very rare.

The researchers add that, overall, this study suggests a small proportion of babies caught Covid-19 from their mother.

The researchers explain that, in light of this, if a mother tests positive for Covid-19, her baby does not need to be separated from her at birth.

Heart health

Study suggests losing fat mass, but not lean mass, key for heart health in obese patients with type 2 diabetes(New Kerala:: 20201111)

<https://www.newkerala.com/news/2020/196419.htm>

: Reducing the level of body fat and waist size are linked to a lower risk of heart failure in patients with type 2 diabetes, a study led by UT Southwestern researchers indicates. The findings, reported today in *Circulation*, suggest that all weight loss isn't equal when it comes to mitigating the risk of heart disease.

The burden of diabetes is increasing, with an estimated 700 million adults worldwide predicted to have this disease by 2045. The vast majority of cases are type 2 diabetes, characterized by insulin resistance, an inability for cells to respond to insulin. Type 2 diabetes doubles the risk of cardiovascular events such as heart failure and heart attacks.

Being overweight and obese are strong risk factors for both type 2 diabetes and heart disease, and patients are often counselled to lose weight to reduce the likelihood of developing both conditions. However, not all weight loss is the same, explains Ambarish Pandey, M.D., senior author of the study and assistant professor of internal medicine at UTSW.

"We have long counselled patients to lower their body-mass index into the 'healthy' range. But that doesn't tell us whether a patient has lost 'fat mass' or 'lean mass,' or where the weight came off," Pandey says. "We didn't know how each of these factors might affect patients' risk of heart disease."

Fat mass accounts for fat in different parts of the body while lean mass is mostly muscle.

Understanding the relationship between heart disease and body composition has proven especially challenging, Pandey explains, because there hasn't been an easy and inexpensive way to evaluate body composition. The gold standard of determining the fat mass and lean mass is to measure it directly with tools like dual-energy X-ray absorptiometry (DXA), a scan that's cumbersome, expensive and exposes patients to radiation.

To help answer how different types of weight loss can affect cardiovascular disease, Pandey and his colleagues used data from the Look AHEAD (Action for Health in Diabetes) trial, which investigated the effects of either an intensive lifestyle intervention focused on weight loss and physical activity or diabetes support and education in more than 5,000 overweight or obese adults with type 2 diabetes. The study collected information on the volunteers' weight, body composition, and waist circumference at the baseline and again one and four years later. It also tracked the incidence of heart failure in this group over a 12-year period.

The Look AHEAD Trial determined body composition with DXA. But Pandey and his colleagues used a new equation that incorporates age, sex, race/ethnicity, height, body weight, and waist circumference to estimate fat and lean mass-producing results that closely matched those from DXA scans.

Among the 5,103 participants in the Look AHEAD Trial, 257 developed heart failure over the follow-up period. Pandey and his colleagues found that the more these volunteers lowered their fat mass and waist circumference, the lower were their chances of developing heart failure. Just a 10 per cent reduction in a fat mass led to a 22 per cent lower risk of heart failure with preserved ejection fraction and a 24 per cent lower risk of heart failure with reduced ejection fraction, two subtypes of this condition. A decline in waist circumference significantly lowered the risk of heart failure with preserved injection fraction but not heart failure with reduced ejection fraction. However, a decline in lean mass didn't change the risk of heart failure at all.

These findings provide important insights, says Kershaw Patel, M.D., study author and former UTSW cardiology fellow who is now a cardiologist at Houston Methodist Hospital. "We showed that reductions in specific, not all, body composition parameters are linked to heart failure," Patel says.

More studies are needed to determine if reducing fat and retaining or increasing muscle may be more effective at decreasing the risk of heart failure, research that's facilitated with the new equation to estimate body composition, Pandey adds. In the meantime, he says, patients may

benefit from incorporating strategies toward this goal - such as resistance training - into their weight loss efforts.

"Our study suggests that simply losing weight is not enough," Pandey says. "We may need to prioritize fat loss to truly reduce the risk of heart failure."

Respiratory issues and pollution

Respiratory issues and pollution: Here's what homeopathy suggests (New Kerala:: 20201111)

<https://www.newkerala.com/news/2020/196376.htm>

With thick smog blankets engulfing the air across most of the country, times can be especially hard for people with asthma or other respiratory issues. While many turn to mainstream medicine, homeopathic advice and treatments help as well.

According to Dr Kushal Banerjee, a Delhi-based Consultant Homeopath, there's substantial evidence linking air pollution and respiratory illnesses including bronchial asthma, other chronic obstructive pulmonary diseases (COPD) and a long list of conditions. Exposure to outdoor air pollution can cause lung cancer. Children affected by air pollution may also suffer from abnormal development of their lungs, putting them at a high risk for many respiratory conditions.

"Air pollution, particularly small particulate matter can penetrate deep into lung tissue and trigger repeated inflammatory reactions and a cascade of other changes leading to lung injury. Prolonged exposure to air pollution can permanently affect the lungs ability to expand, efficiently exchange gases and push oxygenated blood to the heart. Structural changes in the tissues can open up abnormal cellular mechanisms which can lead to cancers and other conditions," he says.

Suggesting that homeopathy can address most respiratory issues arising from air pollution, he adds "In addition to providing relief in the short term for acute episodes of bronchial asthma, bronchitis, rhinitis and various other issues, homeopathy is very well suited at addressing the tendency and preventing these episodes from occurring. Patients are often surprised at how quickly homeopathic medicines are able to control asthmatic episodes and bad bouts of cough. Prolonged homeopathic treatment can bring the frequency and intensity of these illnesses. In many cases, even homeopathic medicines are withdrawn when the patients report no recurrence of episodes of their problem."

As per Dr Jawahar Shah, Managing Director, Speciality Clinic, homeopathy has 423 different medicines for treatment of Bronchial Asthma which work on very precised indications, improves the immunity and decreases the sensitivity to allergens. Discussing some key practical behavioural changes to incorporate in lifestyle, he suggests regular pranayam, not going for walks on the roads, inhaling steam, and gargling with salt-turmeric-water. He advises

that if symptoms do not seem to ease within 6-8 hours, one should contact their family physician.

Dr Banerjee adds

The last eight months or so have inculcated in us, the habit of wearing masks. Many of these masks, particular those categorised as N95 are known to protect the wearer from inhaling most particulate matter which make up the pollutants in the air. Avoiding the outdoors during days of extremely low air quality and avoiding vigorous exertion (particularly outdoors) during increased air pollution is helpful.

Lead a healthy and disciplined life. This includes consuming a well-balanced nutritious diet consisting of ample portions of green vegetables and fruits. Fixing mealtimes and going to bed early is also important. These activities keep your body relaxed and running smoothly. As a result, the immune system is not stressed and primed to effectively protect you against irritants to the body.

Most importantly, try to reduce your own contribution to air pollution. Walk where you can, do not allow or condone burning of trash or leaves near you, celebrate festivals responsibly, plant trees and avoid cutting them. There so many more common sense options which can go a long way in curbing air pollution.

Loneliness

Loneliness a leading cause of depression in older adults (New Kerala:: 20201111)

<https://www.newkerala.com/news/2020/196271.htm>

Loneliness is responsible for 18% of depression among people over 50 in England, according to a new study led by University College London researchers.

The findings, published in The Lancet Psychiatry, suggest that almost one in five depression cases among older adults could be prevented if loneliness were eliminated.

The researchers found that people's subjective experiences of loneliness contributed to depression up to 12 years later, independent of more objective measures of social isolation.

Senior author Dr Gemma Lewis (UCL Psychiatry) said "We found that whether people considered themselves to be lonely was a bigger risk factor for depression than how many social contacts and support they had. The findings suggest that it's not just spending time with other people that matters, but having meaningful relationships and companionship."

The researchers reviewed data from 4,211 participants of the English Longitudinal Study of Ageing, aged 52 and over, who had answered questions at regular intervals over a 12-year

period about their experiences of loneliness, social engagement and social support, as well as depressive symptoms.

To measure loneliness, participants were asked three questions about lacking companionship, feeling left out, and feeling isolated, and their answers combined into a loneliness score on a seven-point scale.

Each one-point increase on the loneliness scale corresponded to a doubling of the odds of depression (based on a clinical threshold of depressive symptoms rather than a diagnosis). The researchers accounted for depression and loneliness levels at the start of the study to reduce the possibility that depression was responsible for the increasing feelings of loneliness that were reported.

The researchers found that depressive symptoms increased over time among people with greater loneliness, suggesting that loneliness was leading to future depression.

As part of their analysis, the researchers investigated the proportion of depression that was due to loneliness and found that 18% of depression cases could be attributed to loneliness (as measured one year earlier).

First author Siu Long Lee, who led the study as part of an MSc degree in UCL Psychiatry, said "Health professionals working with older people who report being lonely should know that they are at risk of depression. Interventions such as social prescribing, social skills training, and psychological therapies that target negative feelings of loneliness, may be important for the mental health of lonely older adults."

Dr Lewis added "Our study has important public health implications, as it suggests that community-based approaches designed to reduce loneliness could reduce depression rates. Building relationships, meaningful connections and a sense of belongingness may be more important than just increasing how much time people spend with others."

Robin Hewings, Director of Campaigns, Policy and Research at the Campaign to End Loneliness said "This important study adds to our understanding of the very serious impacts of loneliness on our mental and physical health. The author's findings that nearly one in five cases of depression in older people could potentially be prevented if loneliness were eliminated only adds to the case for comprehensive action across society. In our day-to-day lives that can mean reaching out to those around us.

"At the same time, it's vitally important that we implement the Government's ground-breaking loneliness strategy and ensure that services to combat loneliness have the funding they need."

Coronavirus

Coronavirus News Update: दिल्ली में कोरोना मरीजों के बढ़ते ही अधिकतर आइसीयू बेड भरे (Dainik Gagan: 20201111)

<https://www.jagran.com/delhi/new-delhi-city-ncr-icu-beds-are-filled-in-most-hospitals-as-coronavirus-patients-increase-in-delhi-21051865.html>

राजधानी दिल्ली में वायु प्रदूषण में बढ़ोतरी होने से तेजी से कोरोना वायरस संक्रमण के मामलों में भी वृद्धि हो रही है। एक ओर जहां कोरोना के मरीजों में इजाफा हुआ है, तो वहीं दिल्ली के अस्पतालों में उपलब्ध बेड की कमी होने लगी है। दरअसल, कोरोना मरीजों के इलाज के लिए उपलब्ध अधिकतर वेंटिलेटर वाले आइसीयू बेड व बिना वेंटिलेटर वाले आइसीयू बेड अब भरने की स्थिति में हैं। दिल्ली सरकार के कोरोना ऐप के अनुसार, वेंटिलेटर वाले आइसीयू बेड 87 फीसद और बिना वेंटिलेटर वाले आइसीयू बेड 83 फीसद तक भर चुके हैं। ऐसे में आने वाले समय में कोरोना वायरस संक्रमित मरीजों के लिए दिक्कतें भी आ सकती हैं।

आपको बता दें कि दिल्ली के विभिन्न अस्पतालों में कोरोना मरीजों के लिए वेंटिलेटर वाले आइसीयू बेड 1270 हैं। इनमें से 1107 बेड भर गए हैं, जबकि सिर्फ 163 बेड ही खाली हैं। वहीं, बिना वेंटिलेटर वाले कुल बेड 2066 हैं। इनमें से 1714 बेड भर चुके हैं, जबकि 352 बेड खाली हैं।

वहीं, अगर कोरोना मरीजों के लिए आरक्षित सामान्य बेड की बात करें, तो दिल्ली में इनकी संख्या कुल 16511 है। इनमें से 8496 बेड भरे हैं, जबकि 8015 बेड खाली हैं।

बताया जा रहा है कि अस्पतालों में बेड भरने का मुख्य कारण प्रदूषण का स्तर खराब स्थिति में पहुंचने के कारण कोरोना के मामलों का बढ़ना और सांस, दमा और अस्थमा के मरीजों का अस्पतालों में भर्ती होना शामिल है। उल्लेखनीय है कि पिछले करीब एक सप्ताह से दिल्ली में वायु गुणवत्ता सूचकांक (एक्यूआइ) 700 तक पहुंच गया है, वहीं एनसीआर के कई इलाकों में यह 900 को भी पार कर गया है। प्रदूषण के कारण दिल्ली में लोगों की स्वास्थ्य संबंधी समस्याएं लगातार बढ़ रही हैं।

कौन बनेगा करोड़पति की प्रतियोगी नाजिया नसीम और अमिताभ बच्चन की फाइनल फोटो।

KBC 2020, Nazia Nasim: पढ़िये- कैसे मां का सपना पूरा करने के लिए नाजिया ने जीते 1 करोड़ रुपये यह भी पढ़ें

यह भी जानकारी सामने आ रही है कि आने वाले समय में वायु प्रदूषण के साथ कोरोना वायरस संक्रमित मरीजों की संख्या भी बढ़ेगी।

Coronavirus: निश्चित रहें पूरी तरह सुरक्षित है आपका अखबार, पढ़ें- विशेषज्ञों की राय व देखें- वीडियो

इंडियन टी20 लीग

डाउनलोड करें जागरण एप और न्यूज़ जगत की सभी खबरों के साथ पायें जॉब अलर्ट, जोक्स, शायरी, रेडियो और अन्य सर्विस