



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY

Thursday

20210204

## **Pregnancy**

### **Pandemic lockdown's had psychological impact on pregnant women: Study (Te Tribune: 20210204)**

<https://www.tribuneindia.com/news/health/pandemic-lockdowns-had-psychological-impact-on-pregnant-women-study-207459>

Highlights need to improve mental health care during pregnancy, especially in exceptional circumstances

Pandemic lockdown's had psychological impact on pregnant women: Study

Photo for representational purpose only.

During the lockdown in the first wave of the COVID-19 pandemic in Spain, pregnant women had higher symptoms of depression and anxiety.

The finding comes from a study published in Acta Obstetrica et Gynecologica Scandinavica, which also revealed that women with higher body mass index and lower social support were most affected.

A total of 204 women accepted to participate in the study, which involved completing questionnaires related to depression, anxiety, and social support.

The study's results "highlight the need to improve mental health care during pregnancy, especially in exceptional circumstances such as the global pandemic situation or lockdown, as these can cause added stress and increased anxiety and depression symptoms, resulting in undesirable consequences on pregnancy in the future newborn", the authors wrote. ANI

## **Sleep deprivation**

### **Sleep deprivation may exacerbate frailty's effects on mental health in older adults (Te Tribune: 20210204)**

<https://www.tribuneindia.com/news/health/sleep-deprivation-may-exacerbate-frailtys-effects-on-mental-health-in-older-adults-207455>

Researchers suggest interventions that target sleep disturbances might help alleviate negative effects of frailty on psychological wellbeing

Sleep deprivation may exacerbate frailty's effects on mental health in older adults

Photo for representational purpose only. Thinkstock

Previous studies have linked sleep deprivation and frailty with depression. A new study published in the Journal of the American Geriatrics Society that examined their combined effect suggests that short sleep intensifies the impacts of frailty on depressive symptoms.

Among 5,026 community-dwelling older adults in China, participants who were frail at the start of the study were more likely to later develop depressive symptoms.

Also, those who experienced worsening frailty throughout the study tended to develop higher levels of depression. Short sleep exacerbated these effects.

The findings suggest that interventions that target sleep disturbances –such as exercise and mindfulness-based stress reduction – might help alleviate the negative effects of frailty on psychological wellbeing.

"We hope our research findings raise people's awareness of the combined effect of frailty and sleep on older adults' mental health, and provide implications for interventions to improve sleep quality for prefrail and frail older adults," said co-author Xinyi Zhao of Peking University in Beijing. ANI

## **COVID vaccine**

### **Jharkhand health worker dies after receiving COVID vaccine (Te Tribune: 20210204)**

<https://www.tribuneindia.com/news/health/jharkhand-health-worker-dies-after-receiving-covid-vaccine-207382>

‘Yet to be confirmed whether he died due to the vaccine’

Jharkhand health worker dies after receiving COVID vaccine

Image only for representational purposes

A health worker has died 36 hours after being administered COVID vaccine in Jharkhand, officials said on Wednesday.

The health worker, identified as Mannu Pahan, was administered the Covishield vaccine at his workplace Medanta Hospital here on February 1 and he died on Tuesday night, the private medical establishment's CEO Dr Pankaj Sahni said.

Though 52-year-old Pahan did not have comorbidities, the cause of his death is being investigated, he said.

After being administered the vaccine, Pahan returned to his village in Ormanjhi near Ranchi and even came to work on February 2.

He fell ill in his village on Tuesday night and died while being taken to the hospital, Dr Ajit Prasad, nodal officer for the COVID-19 vaccination programme in the state, said.

"Post-mortem examination will be conducted on the body by a medical board at state-run Rajendra Institute of Medical Sciences to ascertain the cause of his death.

"A total of 151 health workers including Pahan had been vaccinated at Medanta Hospital on February 1. Nine others received the vaccine from the same vial from which Pahan was vaccinated and they are all fine. So, it is yet to be confirmed whether he died due to the vaccine," Prasad told PTI.

If it is found that Pahan died due to the vaccine, this will be the first such case in Jharkhand, he added.—PTI

## **Novel injection**

### **Novel injection to treat skin cancer (The Tribune: 20210204)**

<https://www.tribuneindia.com/news/health/novel-injection-to-treat-skin-cancer-207380>

In the injection-based therapy, tumours are injected with polymer-based nanoparticles carrying a chemotherapy agent

Researchers are developing a skin cancer treatment that involves injecting nanoparticles into the tumour, killing cancer cells with a two-pronged approach, as a potential alternative to surgery.

The results, published in the journal Proceedings of the National Academy of Sciences, indicates that an injection-based therapy would also mean that patients could have multiple tumours treated in a single visit.

According to the researchers, for the treatment, tumours are injected with polymer-based nanoparticles carrying a chemotherapy agent.

Key to the treatment's success is that the nanoparticles are bioadhesive -- that is, they bind to the tumours and remain attached long enough to kill a significant number of the cancer cells, the researchers said.

"When you inject our nanoparticles into a tumour, it turns out that they've retained within that tumour very well," said co-author Mark Saltzman from the Yale University.

"They accumulate and bind to the tumour matrix, so one single injection lasts for a very long time -- the particles stay there and slowly release the compounds. You need that to get rid of the lesion," Saltzman added.

For comparison, the same drug was injected freely into tumours of control models without the nanoparticles.

## **Stress**

### **How stress impacts skin (The Tribune: 20210204)**

<https://www.tribuneindia.com/news/health/how-stress-impacts-skin-207371>

Staying at-home has resulted in a lot of stress for people -- of being stuck indoors for week on end; the uncertainty has taken a toll on people's mental well-being.

Stress cannot be hidden; it shows on your face. The first tell-tale signs reflect on your face as pale skin and mild eruptions on the surface.

Stress causes hormonal imbalance, which leads to acne, rashes, hair thinning and fall, and various other skin break-outs. It is imperative that people follow good skin care routine while they're indoors. Staying inside does not necessarily mean you can forego or overlook skin and hair care. These are prone to more damage owing to stress. One should follow a strict, if not elaborate, skincare routine, which involves cleansing, toning and moisturising.

Geetanjali Shetty, Consultant Dermatologist and Cosmetologist on behalf of Cetaphil India shares most important of all, keep yourself hydrated with water and lots of liquid! Side effects of Stress -- Oily Skin & Acne Acne and oily skin are the most common side effects of stress. When our body is stressed it releases cortisol which is our fight or flight hormone. The cortisol (stress hormone) weakens the skin's immune system, leading to oxidative (free radicals) stress, which manifests itself as wrinkles, lines and lack lustre skin. It also increases inflammation in the body and conditions like eczema, rosacea and psoriasis can flare up.

Prevention

For skin, stress is quite evident in various forms like redness of skin, acne, etc. If there are skin breakouts and eruptions -- it is better to avoid exfoliation and stick to cleansing your face thrice daily. Similarly, those with skin on the drier side should aim to wash their face only twice a day with a foaming cleanser. Should your skin need a little boost, indulging in Vitamin C to help combat the loss.

If you know you're about to enter a stressful period, try to make time for the activities that will help you feel calm and rested -- your skin will thank you.

#### Home Remedies to fight acne

It is highly imperative to discover what one is getting exposed to and when. Stick to your skincare routine - cleansing, exfoliating, and moisturising, and keep a sunscreen handy for the times that you may have to make a quick dash to the grocers. Even if you're not wearing makeup, your face still gathers sweat, sebum and dirt build up throughout the day.

Lastly, it's important that to stay away from fried and spicy food. Vitamin E is a superfood for your skin -- you can apply it topically or you can chose to consume it through vitamin E rich foods like almonds, corn oil, cod-liver oil, hazelnuts, lobster, peanut butter, safflower oil, salmon steak, and sunflower seeds. The most essential thing to bear in mind is to keep yourself hydrated -- drink lots of water, juices and liquids.

#### **WHO (The Asian Age: 20210204)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15387658>

# WHO team visits Wuhan lab at centre of speculation

**Wuhan, Feb. 3:** World Health Organisation investigators on Wednesday visited a research centre in the Chinese city of Wuhan that has been the subject of speculation about the origins of the Coronavirus, with one member saying they'd intended to meet key staff and press them on critical issues. The WHO team's visit to the Wuhan Institute of Virology was a highlight of their mission to gather data and search for clues as to where the virus originated and how it spread. "We're looking forward to meeting with all the key people here and asking all the important questions that need to be asked," zoologist and team member Peter Daszak said, according to footage run by Japanese broadcaster *TBS*.

Reporters followed the team to the high security facility, but as with past visits, there was little direct access to team members, who have given scant details of their discussions and visits thus far. Uninformed and plainclothes security guards stood watch along the facility's gated front entrance, but there was no sign of the

protective suits team members had donned Tuesday during a visit to an animal disease research center. It wasn't clear what protective gear was worn inside the institute.

The team left after around three hours without speaking to waiting journalists. Following two weeks in quarantine, the WHO team that includes experts in veterinary medicine, virology, food safety and epidemiology from 10 nations has over the past six days visited hospitals, research institutes and a traditional wet market linked to many of the first cases.

Their visit followed months of negotiations as China seeks to retain tight control over information about the outbreak and the investigation into its origins, in what some have seen as an attempt to avoid blame for any missteps in its early response.

One of China's top virus research labs, the Wuhan Institute of Virology built an archive of genetic information about bat coronaviruses after the 2003 outbreak of Severe Acute Respiratory Syndrome.

## ANTIVIRAL CURE FOR COVID-19 IDENTIFIED

**London, Feb. 3:** Researchers have identified an antiviral drug which is highly effective against the Covid-19 causing Coronavirus, and could have major implications in how future disease outbreaks are managed.

The team, including researchers at the University of Nottingham in the UK, found that the plant-derived antiviral, at small doses, triggers a highly effective broad-spectrum host-centred antiviral innate immune response against three major types of human respiratory viruses, including Covid-19.

Given that acute respiratory virus infections caused by different viruses are clinically indistinguishable, an effective broad-spectrum that can target different virus types at the same time could significantly improve clinical management, the researchers said.

— AP

— PTI

## **Oxford vaccine**

### **Coronavirus | Updated efficacy results show benefits of delaying second dose of Oxford vaccine (The Hindu: 20210204)**

<https://www.thehindu.com/sci-tech/science/updated-efficacy-results-show-benefits-of-delaying-second-dose-of-oxford-vaccine/article33739089.ece>

Three-month interval between doses may be effective, say researchers

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## **Bleeding gums**

### **Bleeding gums? Add vitamin C to your diet! (New Kerala: 20210204)**

<https://www.newkerala.com/news/2021/21208.htm>

Bleeding gums? Add vitamin C to your diet!

Adding vitamin C to your daily diet could work wonders in healing bleeding gums, a new study suggested.

If your gums bleed, make sure you are brushing and flossing twice a day because it could be a sign of gingivitis, an early stage of periodontal disease. However, you should also check your intake of vitamin C, it said.

The findings, of the study led by the University of Washington, were published in the journal 'Nutrition Reviews'.

"When you see your gums bleed, the first thing you should think about is not, I should brush more. You should try to figure out why your gums are bleeding. And vitamin C deficiency is one possible reason," said the study's lead author Philippe Hujoel, a practicing dentist and professor of oral health sciences in the UW School of Dentistry.

Hujoel's study analysed published studies of 15 clinical trials in six countries, involving 1,140 predominantly healthy participants, and data from 8,210 U.S. residents surveyed in the Centers for Disease Control and Prevention's Health and Nutrition Examination Survey.

The results showed that bleeding of the gums on gentle probing, or gingival bleeding tendency, and also bleeding in the eye, or retinal hemorrhaging, were associated with low vitamin C levels in the bloodstream. And, the researchers found that increasing the daily intake of vitamin C in those people with low vitamin C plasma levels helped to reverse these bleeding issues.

Of potential relevance, said Hujoel, who is also an adjunct professor of epidemiology in the UW School of Public Health, both a gum bleeding tendency and retinal bleeding could be a sign of general trouble in one's microvascular system, of a microvascular bleeding tendency in the brain, heart, and kidneys.

The study does not imply that successful reversing of an increased gingival bleeding tendency with vitamin C will prevent strokes or other serious health outcomes, Hujoel stresses. However, the results do suggest that vitamin C recommendations designed primarily to protect against scurvy -- a deadly disease caused by extremely low vitamin C levels -- are too low and that such a low vitamin C intake can lead to a bleeding tendency, which should not be treated with dental floss.

Consequently, Hujoel does recommend people attempt to keep an eye on their vitamin C intake through the incorporation of non-processed foods such as kale, peppers, or kiwis into your diet, and if you can't find palatable foods rich in vitamin C to consider a supplement of about 100 to 200 milligrams a day.

If someone is on a specialised diet, such as a paleo diet, it's important that they take a look at their vitamin C intake, Hujoel said. "Vitamin C-rich fruits such as kiwis or oranges are rich in sugar and thus typically eliminated from a low-carb diet."

This avoidance may lead to a vitamin C intake that is too low and is associated with an increased bleeding tendency. People who exclusively eat lean meats and avoid offal, the vitamin-rich organ meats, maybe at particularly high risk for a low vitamin C intake.

The association between gum bleeding and vitamin C levels was recognized more than 30 years ago. In fact, two studies co-authored by the former dean of the UW School of Dentistry Paul Robertson (published in 1986 and 1991) identified gum bleeding as a biological marker for vitamin C levels.

However, this connection somehow got lost in dental conversations around bleeding gums.

"There was a time in the past when gingival bleeding was more generally considered to be a potential marker for a lack of vitamin C. But over time, that's been drowned out or marginalized by this over-attention to treating the symptom of bleeding with brushing or flossing, rather than treating the cause," Hujoel said.

Hujoel's literature review also determined that "retinal hemorrhaging and cerebral strokes are associated with increased gingival bleeding tendency, and that (vitamin C) supplementation reverses the retinal bleeding associated with low (vitamin C) plasma levels."

So, missing the possible connection between gum bleeding and low levels of vitamin C has the potential to have serious health consequences.

The study authors wrote, "A default prescription of oral hygiene and other periodontal interventions to 'treat' microvascular pathologies, even if partially effective in reversing gingival bleeding as suggested in this meta-analysis, is risky because it does not address any

potential morbidity and mortality associated with the systemic microvascular-related pathologies."

### **AstraZeneca says vaccine 76% effective**

### **AstraZeneca says vaccine 76% effective for 90 days after single dose (New Kerala: 20210204)**

<https://www.newkerala.com/news/2021/21029.htm>

The Oxford-AstraZeneca's Covid-19 vaccine showed 76 per cent efficacy against symptomatic infection for three months after a single dose, with protection maintained to the second dose, the pharmaceutical company said on Wednesday.

The primary analysis of the Phase 3 clinical trials, published as a preprint in The Lancet, also showed that with an inter-dose interval of 12 weeks or more, vaccine efficacy increased to 82 per cent.

"These new data provide an important verification of the interim data that has helped regulators such as the MHRA in the UK and elsewhere around the world to grant the vaccine emergency use authorisation," co-author Andrew Pollard, Chief Investigator of the Oxford Vaccine Trial, said in a statement.

"It also helps to support the policy recommendation made by the Joint Committee on Vaccination and Immunisation for a 12-week prime-boost interval, as they look for the optimal approach to roll out, and reassures us that people are protected 22 days after a single dose of the vaccine," Pollard added.

The analysis also showed the potential for the vaccine to reduce asymptomatic transmission of the virus, based on weekly swabs obtained from volunteers in the UK trial.

The data showed that PCR positive readings were reduced by 67 per cent after a single dose, and 50 per cent after the two dose regimen, supporting a substantial impact on transmission of the virus.

The primary analysis for efficacy was based on 17,177 participants accruing 332 symptomatic cases from the Phase 3 in UK, Brazil and South Africa trials led by Oxford University and AstraZeneca, a further 201 cases than previously reported.

The analysis also showed that the vaccine is safe and effective at preventing Covid-19, with no severe cases and no hospitalisation, more than 22 days after the first dose.

AstraZeneca continues to engage with governments, international organisations and collaborators around the world to ensure broad and equitable access to the vaccine at no profit for the duration of the pandemic, the company said.

## **Breast cancer**

### **Researchers assess cognitive impairment in patients with breast cancer (New Kerala: 20210204)**

<https://www.newkerala.com/news/2021/21024.htm>

Researchers assess cognitive impairment in patients with breast cancer

A recent analysis of published studies estimates that one-quarter of adults with breast cancer have cognitive impairment before starting therapy.

The analysis, which is published in *Psycho-Oncology*, also found that many patients' cognitive function declines after receiving chemotherapy, endocrine therapy, and/or hormone therapy for breast cancer.

"Our results suggest that cancer-related and personal factors may make a significant contribution to cognitive functioning," said lead author Aicha Dijkshoorn, of the University Medical Center Utrecht, in the Netherlands.

The authors noted that the findings from different studies were quite diverse, and some even reported cognitive improvements in patients after treatment.

They stressed the importance of evaluating and addressing cognitive function, ideally over time, in patients with breast cancer. World Cancer Day is February 4th.

## **Covid virus**

### **Covid virus may cause body to attack itself (New Kerala: 20210204)**

<https://www.newkerala.com/news/2021/20901.htm>

Covid virus may cause body to attack itself

Researchers, including one of Indian-origin, have identified that the Covid-19 virus may prompt the body to make weapons to attack its own tissues.

According to the researchers, including Saborni Chakraborty from Stanford University in the US, the finding could unlock a number of Covid-19's clinical mysteries.

"It suggests that the virus might be directly causing autoimmunity, which would be fascinating," said lead author Paul Utz from the varsity.

For the study, preprinted in medRxiv, the research team included data from more than 300 patients from four hospitals and used blood tests to study their immune responses as their infections progressed.

They looked for autoantibodies -- weapons of the immune system that go rogue and launch an attack against the body's own tissues. They compared these autoantibodies to those found in people who were not infected with the virus that causes Covid-19.

As previous studies have found, autoantibodies were more common after Covid-19 -- 50 per cent of people hospitalised for their infections had autoantibodies, compared to less than 15 per cent of those who were healthy and uninfected, WebMD reported.

Some people with autoantibodies had little change in them as their infections progressed. That suggests the autoantibodies were there to begin with, possibly allowing the infection to burn out of control in the body.

But in others, about 20 per cent of people who had them, the autoantibodies became more common as the infection progressed, suggesting they were directly related to the viral infection, instead of being a pre-existing condition.

Some of these were antibodies that attack key components of the immune system's weapons against the virus, like interferon, suggests the study, to be peer reviewed.

Interferons are proteins that help infected cells call for reinforcements and can also interfere with a virus's ability to copy itself.

"Our studies have begun to quantify the impact of SARS-CoV-2 on autoimmunity, identifying which antigens and specific autoimmune diseases to surveil in patients who have been infected, and contributing to our mechanistic understanding of Covid-19 pathogenesis," the researchers said.

## **World Cancer Day**

**World Cancer Day: पुरुषों में होने वाले सबसे आम कैंसर कौन से हैं, जानें इनके लक्षण और कारण (Dainik gagaran20210204)**

<https://www.jagran.com/lifestyle/health-know-about-4-most-common-cancers-in-men-causes-and-symptoms-21333399.html>

पुरुषों में होने वाले सबसे आम कैंसर कौन से हैं, जानें इनके लक्षण और कारण

World Cancer Day विश्व कैंसर दिवस हर साल 4 फरवरी को दुनियाभर में मनाया जाता है। इस दिन का मुख्य उपदेश लोगों को कैंसर के बारे में जागरूक करना है। आज हम आपको बता रहे हैं ऐसे 4 कैंसर के बारे में जो पुरुषों में सबसे आम हैं।

नई दिल्ली, लाइफस्टाइल डेस्क। **World Cancer Day:** कैंसर एक दुर्बल बीमारी है, जो शरीर के किसी भी अंग या ऊतक में शुरू हो जाती है। ये असामान्य रूप से और अनियंत्रित रूप से अपनी सामान्य सीमाओं से परे अन्य अंगों में फैलती है। इसलिए कैंसर दुनिया भर में मौत का दूसरा सबसे बड़ा कारण है। हर साल लगभग 9.6 मिलियन लोग इसकी चपेट में आकर अपनी जान गंवा बैठते हैं।

महिलाओं में स्तन, कोलोरेक्टल, फेफड़े, सर्वाइकल और थाइरॉइड कैंसर सबसे आम हैं, वहीं पुरुषों में फेफड़े, प्रोस्टेट, कोलोरेक्टल, पेट और लिवर कैंसर सबसे ज़्यादा देखा जाता है। आज के दिन यानी 4 फरवरी को विश्व भर में हर साल कैंसर दिवस मनाया जाता है।

आइए जानें 4 ऐसे कैंसर के बारे में जो पुरुषों में सबसे आम हैं।

#### फेफड़ों का कैंसर

धूम्रपान फेफड़ों के कैंसर का प्राथमिक कारण होता है, लेकिन ये उन लोगों को भी हो सकता है जिन्होंने कभी स्मोक न किया हो। फेफड़ों का कैंसर सबसे खतरनाक तरह का कैंसर माना जाता है और ये हवा में मौजूद प्रदूषण, तंबाकू चबाने और खतरनाक कार्सिनोजेनिक यौगिक के संपर्क में आ जाने से भी हो सकता है। फेफड़ों के कैंसर के सामान्य लक्षणों में खांसी आना, सांस लेने में तकलीफ, सीने में दर्द, आवाज़ का बैठना, थूक में बदलाव और खून का जमाव शामिल है।

सिर पर पिंक स्कोर्फ बांधे हुए महिला

#### World Cancer Day 2021: WHO का दावा, मरीजों के मामले में ब्रेस्ट कैंसर ने लंग्स कैंसर को पीछे छोड़ा

प्रोस्टेट कैंसर के मामले पिछले कुछ समय में काफी बढ़ गए हैं। ये कैंसर प्रोस्टेट ग्लैंड के टिशू में उत्पन्न होता है और अंततः मूत्र प्रणाली और इसके कार्यों में हस्तक्षेप कर सकता है। प्रोस्टेट कैंसर में आखिरी स्टेज से पहले कोई लक्षण नहीं दिखाई देते हैं, लेकिन सामान्य लक्षणों में हड्डियों में दर्द, मूत्र में रक्त और मूत्र गुजरने पर तनाव महसूस होना शामिल है।

वर्ल्ड कैंसर डे का कलरफुल खूबसूरत लोगो

#### World Cancer Day 2021: जानें कब और कैसे हुई इस दिन को मनाने की शुरुआत और इस साल का थीम

#### कोलोरेक्टल कैंसर

कोलोरेक्टल कैंसर कोलोन या मलाशय का कैंसर होता है, जो मुख्य रूप से अधिक आयु वर्ग के पुरुषों / महिलाओं को प्रभावित करता है। मोटापा, धूम्रपान और इंप्लामेट्री बॉवेल डिज़ीज़ इस तरह के कैंसर के जोखिम को बढ़ा देते हैं। इसके अलावा पारिवार में कोलोरेक्टल कैंसर का इतिहास, शारीरिक निष्क्रियता, उम्र, फाइबर युक्त भोजन का कम सेवन, और अत्यधिक प्रोसेस्ड और रेड मीट के सेवन से इसके खतरे के बढ़ने की संभावना हो जाती है। पेट दर्द, मलद्वार से खून बहना, आंत्र में बदलाव और वजन कम होने जैसे लक्षण ध्यान देने योग्य हो सकते हैं।

#### लिवर कैंसर

लिवर कैंसर और लिवर में मेटास्टेस होने के फर्क को समझना ज़रूरी है। क्योंकि लिवर कैंसर का मतलब है कि कैंसर लिवर में ही उत्पन्न हुआ है, जबकि लिवर में मेटास्टेस होने का मतलब है कि लिवर में किसी और अंग से कैंसर फैला है। लिवर कैंसर के लक्षणों में पीलिया, भूख में कमी और पेट दर्द शामिल हैं। शराब के सेवन को सीमित करने, नियमित रूप से व्यायाम करने, स्वस्थ खाने, वजन प्रबंधन और हेपेटाइटिस बी और सी जैसे वायरस से संक्रमित होने से खुद बचाए रखने से लिवर कैंसर के खतरे को कम किया जा सकता है।

विश्व कैंसर दिवस पर इन कोट्स की मदद से बढ़ाएं हौसला!

World Cancer Day 2021: विश्व कैंसर दिवस पर इन कोट्स की मदद से बढ़ाएं हौंसला!

यह भी पढ़ें

ये 4 तरह के कैंसर पुरुषों में आमतौर पर देखे जाते हैं, लेकिन इसके बावजूद सभी लोगों के लिए निवारक उपायों को अपनाने के साथ, समय-समय पर चिकित्सक जांच और पेशेवर एक्सपर्ट से परामर्श करना आवश्यक है।