



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 202101130

Omicron scare

Omicron scare: 1,000 travellers from African nations landed in Mumbai in last 15 days; 100 tested (The Tribune: 202101130)

<https://www.tribuneindia.com/news/nation/omicron-scare-1-000-travellers-from-african-nations-landed-in-mumbai-in-last-15-days-100-tested-344622>

Swab samples were collected of at least 100 travellers out of the 466 whose list was received so far, Brihanmumbai Municipal Corporation's (BMC) Additional Municipal Commissioner Suresh Kakani says

Omicron scare: 1,000 travellers from African nations landed in Mumbai in last 15 days; 100 tested

At least 1,000 travellers landed in Mumbai in the last fortnight from African countries where the potentially more transmissible 'Omicron' variant of coronavirus has been detected, a senior official of the city civic body said

Swab samples were collected of at least 100 travellers out of the 466 whose list was received so far, Brihanmumbai Municipal Corporation's (BMC) Additional Municipal Commissioner Suresh Kakani told PTI on Monday.

The World Health Organisation (WHO) on Monday warned that the global risk from the Omicron variant is “very high” based on early evidence, saying the mutated coronavirus could lead to surges with “severe consequences”.

The UN health agency, in a technical paper issued to member states, said "considerable uncertainties" remain about the variant, that was first detected days ago in southern Africa.

Amid these concerns, Kakani said the airport authority has informed that around 1,000 travellers landed in Mumbai from African countries in the last fortnight, but it has handed over a list of only 466 such passengers so far.

"Out of the 466 travellers, 100 are from Mumbai. We have already collected their swab samples. Their reports are expected soon. It will be clear if they are positive or negative to coronavirus," Kakani said.

"There won't be an issue if their test report is negative, but the civic body is going to conduct genome sequencing of positive samples, along with the S-gene missing test that is advised by the WHO for faster detection of the infection due to Omicron, without genome sequencing," he said.

If the S-gene is missing, in that case, it is presumed that he (traveller) may be infected (with Omicron), the official said, adding that the genome sequencing would confirm the infection.

The infected travellers, whether symptomatic or asymptomatic, will be shifted to the civic body's institutional quarantine facility at the civic-run Seven Hills Hospital in suburban Andheri, he said.

Amid the rising concerns over Omicron, the BMC has kept all its five hospitals and jumbo facilities ready, the official said.

Measures are being taken for the structural audit, fire audit, oxygen supply system audit, stocking adequate medicines and appointment of manpower. Five jumbo centres are already functioning, he said.

"We have to upgrade the facilities. One or two wards are already activated, but as and when required, we can activate more wards in the same jumbo facilities," he added. PTI

Government per capita spending on health rises 68% in 4 years

Government per capita spending on health rises 68% in 4 years (The Tribune: 202101130)

<https://www.tribuneindia.com/news/nation/govt-per-capita-spending-on-health-rises-68-in-4-yrs-344299>

The National Health Accounts Estimates 2017-18 released on Monday stated.

Government per capita spending on health rises 68% in 4 years

The government is spending Rs 1,753 per capita per year on health, the National Health Accounts Estimates 2017-18 released on Monday stated.

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This represents an increase of 68 per cent over the per capita government spending of Rs 1,042 on health in 2013-14. Still, India fares poorly in comparison to the rest of the world, with the per capita government spending on health pegged at nearly Rs 4 lakh in the US, Rs 2.65 lakh in the UK and Rs 64,000 in the Russian Federation.

In a recent reply to a Parliament question, the Health Ministry had said the per capita domestic general government health expenditure is \$5,356 in the US; \$3,631 in the UK; \$885 in the Russian Federation; \$4,737 in Germany; \$3,852 in France and \$2,678 in Italy.

Moving in the right direction

The nature of the increase in the government's health sector spending is moving in the right direction as more emphasis has been given to the primary healthcare. The share of the primary healthcare in current government health expenditure has increased from 51.1% in 2013-14 to 54.7% in 2017-18. —National Health Accounts Estimates

The National Health Accounts also show that per capita out-of-pocket expenditure on health has reduced marginally from Rs 2,336 to Rs 2,097 over four years.

“The nature of the increase in the government's health sector is moving in the right direction as more emphasis has been given to the primary healthcare. The share of the primary healthcare in current government health expenditure has increased from 51.1 per cent in 2013-14 to 54.7 per cent in 2017-18,” the accounts say.

The report adds the share of government's health expenditure in total GDP of the country has increased from 1.15 per cent (2013-14) to 1.35 per cent (2017-18). It, however, remains quite low.

The share of government health expenditure in total health expenditure has, meanwhile, increased to 40.8 per cent (2017-18) from 28.6 per cent (2013-14).

“The per capita out-of-pocket expenditure (OOPE) declined from Rs 2,336 to Rs 2,097 from 2013-14 to 2017-18,” the report states. This is a reduction of 10 per cent in four years.

Out of-pocket expenditure as a share of total health expenditure has also reduced to 48.8 per cent in 2017-18 from 64.2 per cent in 2013-14.

India reports 6,990 new Covid cases, 190 more deaths

India reports 6,990 new Covid cases, 190 more deaths (The Tribune: 202101130)

<https://www.tribuneindia.com/news/nation/india-reports-6-990-new-covid-cases-active-cases-decline-to-1-00-543-344638>

A health worker collects a sample for Covid in New Delhi on Tuesday. Tribune photo: Mukesh Aggarwal

India logged 6,990 new coronavirus infections, the lowest in 551 days, taking the country's total tally of Covid cases to 3,45,87,822, while the active cases have declined to 1,00,543, the lowest in 546 days, according to the Union health ministry data updated on Tuesday.

The death toll climbed to 4,68,980 with 190 fresh fatalities, according to the data updated at 8 am.

The daily rise in new coronavirus infections has been below 20,000 for 53 straight days and less than 50,000 daily new cases have been reported for 155 consecutive days now

The active cases comprise 0.29 per cent of the total infections, the lowest since March 2020, while the national Covid recovery rate has improved to 98.35 per cent, the highest since March 2020, the health ministry said.

A decrease of 3,316 cases has been recorded in the active Covid caseload in a span of 24 hours.

The daily positivity rate was recorded at 0.69 per cent. It has been less than 2 per cent for last 57 days.

The weekly positivity rate was also recorded at 0.84 per cent. It has been below 1 per cent for the last 16 days, according to the health ministry.

The number of people who have recuperated from the disease has surged to 3,40,18,299, while the case fatality rate was recorded at 1.36 per cent.

The 190 new fatalities include 117 from Kerala and 21 from Maharashtra.

Of the 117 deaths, 59 were reported over the last few days and 58 were designated as Covid deaths after receiving appeals based on the new guidelines of the Centre and the directions of the Supreme Court, a Kerala state government release said on Monday.

A total of 4,68,980 deaths have been reported so far in the country, including 1,40,962 from Maharashtra, 39,955 from Kerala, 38,203 from Karnataka, 36,472 from Tamil Nadu, 25,098 from Delhi, 22,910 from Uttar Pradesh and 19,473 from West Bengal. PTI

WHO

WHO calls for global accord on pandemics (The Tribune: 202101130)

<https://www.tribuneindia.com/news/nation/who-calls-for-global-accord-on-pandemics-344316>

Omicron: Govt revises rules for air passengers

WHO calls for global accord on pandemics

Tedros Adhanom Ghebreyesus, WHO Director-General. File photo

The WHO is pushing for an international accord to help prevent and fight future pandemics amid the emergence of worrying Omicron variant.

WHO Director-General Tedros Adhanom Ghebreyesus said many uncertainties remained about just how transmissible and severe infection by the highly mutated Omicron might be.

Tedros joined leaders like outgoing German Chancellor Angela Merkel and Chilean President Sebastian Pinera for a long-planned and largely virtual special session of the UN health agency's member states at the World Health Assembly.

The gathering is aimed at devising a global action plan towards preventing, preparing and responding to future pandemics. Amid global concerns and mounting travel restrictions in the wake of Omicron, the WHO said it was not yet clear if the new 'variant of concern' (VoC) was more transmissible or more severe than Delta, currently the most transmissible of all VoCs. —

Daily rise in new Covid cases

Daily rise in new Covid cases below 20,000 for 50 consecutive days(The Tribune: 202101130)

<https://www.tribuneindia.com/news/nation/daily-rise-in-new-coronavirus-infections-below-20-000-for-50-consecutive-days-343404>

Active cases come down to 1,07,019, lowest in 541 days

India saw a single-day rise of 8,318 new coronavirus infections taking the country's tally of Covid cases to 3,45,63,749, while the active cases have declined to 1,07,019, the lowest in 541 days, according to Union Health Ministry data updated on Saturday.

The death toll has climbed to 4,67,933 with 465 daily fatalities, according to the data updated at 8 am.

The daily rise in new coronavirus infections has been below 20,000 for 50 continuous days and less than 50,000 daily new cases have been reported for 153 consecutive days now.

The active cases have declined to 1,07,019 comprising 0.31 per cent of the total infections, the lowest since March 2020, while the national recovery rate was recorded at 98.34 per cent, the highest since March 2020, the health ministry said.

A decrease of 3,114 cases has been recorded in the active Covid caseload in a span of 24 hours.

The daily positivity rate was recorded at 0.86 per cent. It has been less than 2 per cent for the last 54 days.

Weekly positivity rate was also recorded at 0.88 per cent. It has been below 1 per cent for the last 13 days, according to the health ministry.

The number of people who have recuperated from the disease surged to 3,39,88,797, while the case fatality rate was recorded at 1.35 per cent.

The cumulative doses administered in the country so far under the nationwide Covid vaccination drive has exceeded 121.06 crore.

The 465 new fatalities include 388 from Kerala and 34 from Maharashtra. Kerala has been reconciling Covid deaths for the past few days resulting in a high death tally in the state.

For Maharashtra, the total cases came down by 1,234 after reconciliation of positive cases while comparing data with the Covid portal due to omission of duplicate cases in certain districts and corporations

A total of 4,67,933 deaths have been reported so far in the country including 1,40,891 from Maharashtra, 39,125 from Kerala, 38,193 from Karnataka, 36,443 from Tamil Nadu, 25,095 from Delhi, 22,909 from Uttar Pradesh and 19,439 from West Bengal. PTI

Pollution

SC directs northern states to implement all of CAQM measures to curb pollution (Hindustan Times: 202101130)

<https://epaper.hindustantimes.com/Home/ArticleView>

The Supreme Court on Monday directed the state governments of Delhi, Haryana, Uttar Pradesh, Rajasthan and Punjab to enforce all 52 directions issued by the Commission for Air Quality Management (CAQM) for controlling air pollution in Delhi-NCR, lamenting that implementation of the pollution control measures seems to be “zero” across the states.

Seeking a status report on implementation of CAQM’s directives from all the state governments by Wednesday, a bench headed by Chief Justice of India NV Ramana observed

that the top court would consider setting up a task force to monitor and enforce execution if states fail to carry out the task.

“All intentions are good and directions are given but the implementation is zero... There is no use sending someone to jail or imposing a fine. There has to be implementation,” it said.

CAQM’s 52 directions include directives on controlling dust due to construction activities, a ban on stubble burning, and seizure of old vehicles, among others.

Representing the Centre and CAQM, solicitor general Tushar Mehta emphasised that the Commission was holding deliberations with representatives of the state governments at regular intervals. “Therefore, your argument is that the Commission is working and giving directions in spite of which some states have not complied... So, we will ask the states what they have done,” the bench said, adjourning the case to Thursday. P5

Booster shots

UK extends booster shots to all adults (Hindustan Times: 202101130)

<https://epaper.hindustantimes.com/Home/ArticleView>

Britain is extending its Covid-19 booster vaccine programme to millions more people as part of efforts to tackle the spread of the new omicron variant, which is feared to be more contagious and vaccine-resistant. The British government said Monday that it would accept in full the revised recommendations from the independent body of scientists that has been advising it, chief of which is that everyone aged between 18 and 39 should be offered a booster shot. Up until now, only people aged over 40 as well as those deemed particularly vulnerable to the virus were eligible. The change in advice means around 13 million more people will be eligible for the vaccine. So far, the UK has given around 17.5 million booster shots. In addition to extending the rollout down the age range, the government also said booster doses for all age groups should be given no sooner than three months after a second dose. AP

Omicron (The Asian Age: 202101130)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=1600015>

Omicron a 'very high' risk globally: WHO

No case of new variant in India yet; Delhi, states gear up to face threat

SANJAY KAW
NEW DELHI, NOV. 29

The World Health Organisation warned Monday that the new Covid-19 Omicron variant poses a "very high" risk globally, despite uncertainties about the danger and contagion levels of the new strain.

The UN agency said the Covid-19 strain first discovered in South Africa

was a "highly divergent variant with a high number of mutations... some of which are concerning and may be associated with immune escape potential and higher transmissibility". In a technical note, WHO warned that the "likelihood of the potential further spread of Omicron at the global level is high". It, however, added that no deaths connected with the Omicron variant have

been reported so far. It said even if the new variant does not prove more dangerous or deadly than previous ones, if it spreads more easily it will spark more cases and more pressure on health systems, and thus more deaths.

"If another major surge of Covid-19 takes place driven by Omicron, the consequences may be severe," the WHO said, concluding that "the overall global

risk related to the new VOC (variant of concern) Omicron is assessed as very high".

The WHO said countries should enhance their surveillance to try to get a clear overview of where and how fast it is spreading. It also urged accelerated vaccination against Covid-19, especially among vulnerable populations who have yet to receive

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Delhi Pollution (The Asian Age: 202101130)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15999812>

Delhi pollution: SC indicates setting up task force

Top court expresses concern over rising air pollution, threat from Covid-19 Omicron variant

PARMOD KUMAR
NEW DELHI, NOV. 29

The Supreme Court on Monday directed Punjab, Haryana, Uttar Pradesh, and Delhi governments to enforce the directions issued by the Commission for Air Quality Management in National Capital Region and Adjoining Areas, as it expressed concern over the rising air pollution becoming severe and the looming threat of omicron variant of coronavirus hitting and indicated that it may set up an independent task force to secure an "effective compliance" of the steps to curb and bring down the worsening air pollution which was AQI 419 on Monday morning.

As Chief Justice N.V. Ramana said: "There is another problem of virus, how do we deal with it?" Solicitor general Tushar Mehta said: "We can deal with virus separately."

Summarising the Centre's arguments that the commission, working from June onwards, has issued directions but states have either partly complied with it, or yet to comply and unless there was compliance nothing can be done, Chief Justice Ramana heading a special bench comprising Justice D.Y. Chandrachud and Justice Surya Kant said: "We want to give an opportunity to the state governments to comply with the direction. They are directed to forthwith comply and

Schools in city reopen though air quality index is still at 389

AGE CORRESPONDENT
NEW DELHI, NOV. 29

Schools in Delhi reopened from today for all classes even though 24-hour average air quality index (AQI) read 389. All schools and colleges were closed due to high air pollution levels in the city.

Delhi education minister Manish Sisodia on November 27 announced that all schools in the capital will reopen from November 29 for all classes. Sisodia tweeted on the same along with an order issued by the additional director of education Rita Sharma that said the department of environment and forest has allowed the reopening of schools in Delhi.

"Therefore...all the government, government-aided, unaided recognised, NDMC, MCDEs and Delhi Cantonment schools will reopen from November 29 for all classes," the order read.

On November 17, Delhi environment minister Gopal Rai had said that his government decided to shut schools, colleges and other educational institutions in view of high pollution levels in the national capital till further orders and extended the ban on construction and demolition activities till November 21.

On November 26, air pollution levels in Delhi worsened due to unfavourable meteorological conditions.



Schoolchildren come out after attending classes in New Delhi on Monday.

— G. N. JHA

informing the court that we have asked the NCR states that the polluting industries to switch over to cleaner fuel, CJI asked: "Show us from the affidavit which states have not complied with it, we can ask them to comply and issue directions. What is the commission doing apart from simply forwarding our orders to the states?"

Adverting to senior lawyer Vikas Singh's submission that there was a construction ban in the national capital but Central Vista construction is on full swing right under the nose of the supreme court, contending that construction at Central Vista

cannot be more important than the lives of the people, Chief Justice Ramana in his order asked solicitor general Tushar Mehta to respond to it on the next hearing.

"Mr Singh has raised issues on construction and Mr Mehta also has to reply on this issue by Wednesday", said the order. As the solicitor general sought to justify the construction activities at Central Vista, Vikas Singh, who appeared for the petitioner Aditya Dubey, said that he has videos taken from different points on the dust coming from construction activities at Central Vista.

Making it clear that they were not oblivious of the construction activities at Central Vista, Chief Justice Ramana, however, said: "We are struggling how to control air pollution, whether its Central Vista or anything else. Don't think we don't know anything; we also know. Don't flag one issue to divert attention."

Wondering what the Commission monitoring Air Quality Index in NCR region was doing, and was content with issuing directions without securing their compliance, Chief Justice Ramana said: "The only issue is to implement the directions and imposing a fine of ₹100 or sending someone to jail for a day is no solution. We will constitute an independent task force to enforce directions."

Air quality 'very poor' in city, winds bring slight relief

New Delhi, Nov. 29: Delhi recorded a marginal improvement in air quality on Monday — air pollution levels receded from severe to very poor — due to favourable wind speed, authorities said. The 24-hour average air quality index (AQI) read 389. The city had recorded severe air quality for three days on the trot.

N o t i n g Faridabad (276), Ghaziabad (365), Greater Noida (350), Gurgaon (385) and Noida (356) also saw a marginal improvement in air quality.

An AQI between zero and 50 is considered good, 51 and 100 satisfactory, 101 and 200 moderate, 201 and 300 poor, 301 and 400 very poor, and 401 and 500 severe.

The India Meteorological Department said favourable wind speed, up to 15 kmph, aided dispersion of pollutants during the afternoon.

Delhi recorded a minimum temperature of 10.3 degrees Celsius. The maximum temperature settled around 26.1 degrees Celsius.

According to the ministry of earth sciences' air quality monitor

■ ACCORDING TO the ministry of earth sciences' SAFAR, favourable local surface wind speed on Tuesday is likely to bring slight relief.

SAFAR, favourable local surface wind speed on Tuesday is likely to bring slight relief.

Earlier in the day, Delhi environment minister Gopal Rai said the ban on construction and demolition activities in Delhi will continue till further orders in view of the high air pollution levels.

The ban on the entry of trucks, barring those engaged in essential services, will continue till December 7, while CNG and electric trucks will be allowed to enter Delhi.

Rai said after a review meeting with officials of departments concerned. He said the government's 'Red Light On, Gas! Off' campaign to curb vehicular pollution is being extended till December 18.

Physical classes in schools, colleges and other educational institutions resumed and government offices reopened from Monday.

— PTI

Global Omicron (The Asian Age: 202101130)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15999575>

Be prepared to face global threat from Omicron

It ain't over till it's over" is a gem from a Yankee baseball player's quirky aphorisms which best captures the Coronavirus scenario as the new Covid-19 variant named Omicron fast assumes the contours of a global threat, potentially greater than even its deadly predecessor, Delta. A variant with multiple spike proteins is threatening to bring back the horrors of 2020 lockdowns that crippled the world's economy. In a ticking time bomb atmosphere of a modern pandemic, this mutation was a disaster waiting to happen as the virus was free to cross between the vaccinated and unvaccinated populations and evolve in its mastery of getting into human cells.

The world is seen to be responding a shade quicker in terms of curbs on flights after South Africa's molecular vigilance let out early warnings. Given the experience of the Delta variant, against which the response in terms of curbing International travel was slow, the world was quick to react. But is it too late already as Omicron seems poised to test the hospital and health infrastructure?

"Unusual symptoms but in a milder form" is an early diagnosis but, worryingly, Omicron is thought to be more transmissible and better capable of evading the body's immune responses than prior versions. The existing vaccines could still be effective against it and, even so, Pharma may have to reformulate their shots to take in the changed spike pattern.

What the advent of the virus exposes in its new avatar that took shape in southern Africa is the inequity of vaccine distribution and delivery of jabs into people

The beauty of mRNA vaccines is they can be quickly designed, developed and manufactured but getting them to all the eligible people is a different ball game altogether. In that sense, the new Variant of Concern may have defeated us already though a lot more study is required to make out whether it is much more transmissible, can beat the vaccine and reinfect even those who have had Covid-19.

Changes to the spike protein may seem disconcerting as vaccines have been designed for the body to recognise the spike shape and, if they change too much, the immune system may become blind to an infection and the hard-won protection the vaccines provide may be lost. It does, however, appear that certain deletion in the side protein means Omicron can be picked up through PCR testing and so tracking might be simpler.

What the advent of the virus exposes in its new avatar that took shape in southern Africa is the inequity of vaccine distribution and delivery of jabs into people, of whom only about 4.2 billion have taken at least one jab. With only half the global population covered so far, there is plenty of room for Omicron to spread havoc before its subsides into an endemic disease.

The most optimistic scenario is it may take over as the dominant strain and in the event of it not proving as deadly as Delta in terms of hospitalisations and deaths, it might even help see us to the end of the pandemic. A sense of proportion is called for and if that has been lost in the early panic as seen in Indian scientists' reaction in saying the new variant is six times more transmissible, it must be regained for life to go on.

The best the world can do is to hold its breath while science studies Omicron in depth and hope for the best. To lock down again as a knee-jerk reaction would be an invitation to disaster in terms of everything — foremost the economy and children's education. Meanwhile, the mask is our best protection and isolation of the infected is an effective shield against transmission.

Post-Covid weakness and fatigue

Simple tips to combat post-Covid weakness and fatigue (The Indian Express: 202101130)

<https://indianexpress.com/article/lifestyle/health/simple-tips-to-combat-post-covid-weakness-fatigue-7645939/>

"For most people, the infection and initial fatigue will be mild to moderate with recovery occurring over a week or two," Dr Nitika Kohli said

Weakness, covid-19A lot of people experience weakness and fatigue post-Covid. (Source: Pexels)

An increasing number of covid patients have complained of lingering weakness and fatigue post recovery. Such symptoms (if not extreme) are normal, say experts, and are usually accompanied by forgetfulness and loss of concentration, more sleep or lack of thereof among others.

"Some people experience overwhelming fatigue after COVID-19. They find that they are unable to return to previous levels of energy and health in the weeks following the infection," Ayurvedic expert Dr Nitika Kohli said.

"For most people, the infection and initial fatigue will be mild to moderate with recovery occurring over a week or two," she added, as she shared essential tips to combat post-Covid weakness and fatigue.

Follow these tips to keep post-Covid weakness and fatigue at bay.

Exercise consistently

Exercise might be troublesome in case you are recovering and your body is still weak. "However, gradually bringing mild exercise to your everyday schedule will make you both physically and mentally healthy. It will also speed up your recovery," she said.

Ensure natural vitamin D

It is best to get vitamin D naturally. The expert suggested to "get at least 30 minutes of sun exposure, preferably in the early morning".

ALSO READ |Struggling with loss of taste and smell? These Ayurvedic tips can help

Have a nutritious eating routine

Attempt to have food that is properly cooked and is easy to digest for the body, she suggested. “Keep in mind that your body is just barely attempting to return to full power. Try not to overexert or eat undesirable.”

Stay hydrated

Dehydration can be a reason for fatigue. Gradually increasing your liquid intake will help fight fatigue.

Maintain a normal sleep cycle

Develop a good sleep pattern. “Stay away from using gadgets, especially during the night,” Dr Kohli said.

Stay happy and have fun

Do not exert. Be realistic and kind to yourself. Indulge in fun activities that can relax your mind and body.

Smoking

Are non-smokers also at risk for lung cancer? A pulmonologist elucidates (The Indian Express: 202101130)

<https://indianexpress.com/article/lifestyle/health/non-smoker-lung-cancer-risk-pulmonologist-explains-7642901/>

"It is crucial for us to stay vigilant and not take our regular check-ups for granted", said Dr Amit Dhamija

smokingSmoking is not the only cause of lung cancer. (Source: Pexels)

Cigarette smoking has long been known to be one of the primary causes for lung cancer, but experts say that it is not the only one. Rising pollution, bad air quality and many other factors could be possible reasons for a lung cancer diagnosis, highlighting the fact that non-smokers may be an an equal risk.

“Significant rise in air pollution, both outdoor and indoor, use of biomass fuels for cooking, occupational exposure could be some reasons for the increase in non-smoking cancer patients in India,” said Dr Amit Dhamija, pulmonologist, Sir Ganga Ram Hospital, New Delhi.

ALSO READ |Lung health: Nutritionist shares warning signs you should not ignore

The expert added, “Lung cancer can also be caused by factors such as presence of radon in your environment or soil, second-hand smoking and gene mutation.”

lung cancer To help manage and prevent the onset of lung cancer, various techniques are employed. (Source: Pixabay)

It is, therefore, crucial for one to stay vigilant and not take regular check-ups for granted. The expert also listed four modalities through which lung cancer can be detected. They are:

X – Rays

X Rays are the most common radiology tests and “may play an important role in detecting cancerous tissue”, said Dr Dhamija. “The shaded portion in an X-Ray may be a tumour. Further investigations are done to get a clear diagnosis,” he explained.

PET Scan/CT Scan

This technology helps physicians to determine abnormal areas of the lung “which could be cancerous and help plan site for biopsy” and “also help in staging cancer after diagnosis”.

Biopsy

A piece of tissue or fluid is removed from lungs to examine under a microscope to check for cancer. Biopsies are the most “definitive way of determining whether a tissue is cancerous or not,” he told indianexpress.com

ALSO READ |Lung Cancer Awareness Month: How air pollution affects our health

Endobronchial Ultrasound (EBUS)

EBUS is a procedure that helps in diagnosing different types of lung disorders, including cancer. ”It is done by using a flexible tube that goes into the mouth and into the windpipe and lungs. EBUS is a minimally invasive bronchoscopic procedure to evaluate inflammation, infections and cancer cells in the lungs,” he shared.

Ayurvedic remedies

Say goodbye to period pain with these five effective Ayurvedic remedies(The Indian Express: 202101130)

<https://indianexpress.com/article/lifestyle/health/menstrual-cramps-ayurveda-relief-tips-period-pain-7637947/>

"Painkillers are not your only friend. These remedies for period pain are worth an honest shot," she wrote on Instagram," said Dr Dixa Bhavsar

Period-pain-menstrual-cramps

Period pain is commonly faced by women. (Source: Pexels)

Many women experience menstrual cramps during their period cycle. Usually accompanied by pain, bloating and nausea, these cramps occur when the uterus sheds its lining once a month.

According to Healthline, the symptoms surrounding menstrual cramps might vary from person to person, and may also include headaches, diarrhea.

ALSO READ |Menstrual Hygiene Day: Dos and don'ts for a healthy, happy period

If you also struggle with pain and cramps, here's what Ayurvedic expert Dr Dixa Bhavsar suggests for managing menstrual pain.

“Painkillers are not your only friend. These 5 effective remedies for period pain are worth an honest shot,” she wrote on Instagram.

Check them out below:

Sip on teas

All of these warm and soothing teas will help ease your cramps. You can sip on any (whichever suits you well) throughout the day.

Apply warmth on affected areas

Applying a hot water bottle is the most well-known period-comfort remedy that many women revert to. Applying heat on lower abdomen during periods helps relax contracting muscles in the uterus. This is a age-old hack of managing pain used by women across the world.

Get plenty of sunlight

All of us know sunlight as the source of Vitamin D, which reduces the production of prostaglandins responsible for causing cramps, she said.

ALSO READ |Nutritionist suggests simple tips to reduce period bloating

Stay hydrated

“Drinking water is very important during menses as it helps with issues like bloating. Sip chamomile or ginger tea. Carom (ajwain tea) works wonders for menstrual cramps. Drink flavoured mineral water for a new twist on hydration. Make a pitcher of mint water to drink throughout the day. Staying well-hydrated isn't just good for cramps, it's good for your overall health,” she suggested.

Practice yoga

Yoga is the perfect solution as it can increase circulation around the pelvic region and release endorphins to counteract the prostaglandins (hormone-like substances that cause the uterine muscles to contract during menstruation).

“Asanas like pranayama and shavasana are ideal, as they are relaxing for the body and easy to perform as well. Mild asanas will instantly ease your pain. Also get enough rest physically and mentally,” she added.

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🔊 The above article is for information purposes only and is not intended to be a substitute for professional medical advice. Always seek the guidance of your doctor or other qualified health professional for any questions you may have regarding your health or a medical condition.

COVID-19 pandemic not over, says expert, on Omicron emergence

COVID-19 pandemic not over, says expert, on Omicron emergence (The Hindu: 202101130)

<https://www.thehindu.com/sci-tech/health/covid-19-pandemic-not-over-says-expert-on-omicron-emergence/article37748080.ece>

Virus can keep acquiring mutations that may be more or less detrimental, says G. Padmanaban of BIRAC

In the wake of the emergence of new coronavirus variant Omicron, persons with co-morbidities and the older age group need to be monitored and, in general, the vaccination of children is the next agenda and India should plan for a booster vaccine dose in the second half of 2022, although two-dose vaccination of the target population is still the priority, said Professor G. Padmanaban (IISc, Bengaluru), senior science innovation adviser, Biotechnology Industry Research Assistance Council (BIRAC), Department of Biotechnology, in an interview.

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Omicron variant of coronavirus

Explained | Understanding the Omicron variant of coronavirus (The Hindu: 202101130)

<https://www.thehindu.com/sci-tech/health/explained-understanding-the-omicron-variant-of-coronavirus/article37751858.ece>

What is Omicron? How is it different from the other variants? Where all has the B.1.1.529 coronavirus variant been detected?

The story so far: A new lineage of SARS-CoV-2 has been identified in samples sequenced and deposited in public domain from Botswana, South Africa and Hong Kong and was assigned as B.1.1.529. The variant has been designated as a Variant of Concern (VoC) by the World Health Organisation (WHO) and has been named Omicron.

Explained | What is the new coronavirus variant in South Africa?

Headache

A headache may not be ‘just a headache’ (The Hindu: 202101130)

<https://www.thehindu.com/sci-tech/health/world-headache-society-aims-to-promote-headache-medicine-in-india/article37658505.ece>

The World Headache Society, which promotes headache medicine, urges clinicians and the general public to pay attention to headaches

World Headache Society (WHS), a global body formed in 2020 to promote headache medicine, teaching and advocacy, has recently started operations in India. It introduced a one-year certification course for clinicians treating headaches, earlier this year, which had more than 300 doctors from across the world, and 150 from India, enrolling. Set to launch a two-year course in 2022, which will be in a hybrid format — combining online and offline training — the WHS plans to tie up with other medical societies in India, to promote a better understanding of headaches, its study and treatment.

Dr Pravin Thomas, the founder and chairman of WHS and Headache Neurologist at Narayana Health in Bengaluru, says with the launch of the WHS Academy, there has been an increased interest in headache medicine education in the country.

Omicron Virus

ओमीक्रोन की जद में आ सकते हैं डेल्टा से बचे लोग (Hindustan: 202101130)

<https://epaper.livehindustan.com/>

सावधान

विश्व के लिए संकट बना स्वरूप : डब्ल्यूएचओ

विश्व स्वास्थ्य संगठन (डब्ल्यूएचओ) ने सोमवार को कहा कि अफ्रीकी देशों में पाया गया कोरोना का नया रूप ओमीक्रोन सर्वाधिक तेजी से फैल रहा है, यह विश्व के लिए बड़ा संकट बन रहा है। **ब्योरा**

नई दिल्ली | मदन जैड़ा

कोरोना के नए रूप ओमीक्रोन का खतरा सिर पर मंडराने लगा है मगर विशेषज्ञों का मानना है कि अल्फा और डेल्टा रूप से संक्रमित हो चुके लोगों को ओमीक्रोन का खतरा नहीं होना चाहिए। इनसे बचे लोग ही वायरस के नए रूप के प्रति ज्यादा संवेदनशील होंगे।

वर्धमान महावीर मेडिकल कॉलेज के कम्युनिटी मेडिसिन विभाग के निदेशक डॉ. जुगल किशोर ने कहा कि सावधानी जरूरी है, क्योंकि बीमारी पहले से देश में मौजूद है पर भयभीत होने की वजह नहीं है। उनके मुताबिक, नए खतरे की जद में देश की करीब 20 फीसदी वह आबादी होगी, जिसमें अब तक कोरोना के खिलाफ प्रतिरोधकता नहीं आई है। देश में हुए विभिन्न सिरों सर्वे यह संकेत देते हैं कि करीब 80 फीसदी या इससे अधिक आबादी में कोरोना एंटीबाडीज मौजूद हैं।

हॉटस्पॉट नए खतरे

Virus

‘वायरस के नए स्वरूप को लेकर सभी विभाग अलर्ट’ (Hindustan: 202101130)

<https://epaper.livehindustan.com/>

उपमुख्यमंत्री मनीष सिसोदिया ने कहा है कि कोरोना के नए स्वरूप को लेकर दिल्ली सरकार ने सभी जरूरी तैयारियां पूरी कर रखी हैं। सरकार के सभी विभागों को हाई अलर्ट पर रखा गया है। इसके अलावा अस्पतालों में अतिरिक्त कोविड बेड भी तैयार किए गए हैं।

उन्होंने कहा कि कोरोना मरीजों की जांच और ट्रेसिंग पर पूरा फोकस किया जा रहा है। डीडीएम की बैठक को लेकर उप मुख्यमंत्री ने बताया कि नया वेरिएंट किस तरह से व्यवहार कर रहा है अभी इसपर शोध जारी है। पूरी दुनिया इस से चिंतित है, मगर अभी तक किसी के पास कोई परिणाम नहीं है कि यह कैसे असर करेगा।

उन्होंने कहा कि बैठक में विशेषज्ञों ने मौजूदा सभी स्थिति से अवगत कराया, मगर हमें तैयारी में कोई लापरवाही नहीं बरतनी है। डेंगू के चलते कुछ बेड घटाए गए थे, उम्मीद है कि वह बेड भी इसमें शामिल कर लिए जाएंगे। पिछले अनुभवों को ध्यान में रखकर ही हम तैयारी कर रहे हैं।