



INDIAN COUNCIL OF MEDICAL RESEARCH

Department of Health Research – Ministry Health & Family Welfare
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(Health News)

(Syed Adil Shamim Andrabi)
Information Interface Officer

HEADLINES



Women who snore are at a greater risk of having cardiac problems

December 1, 2018/Hindustan Times

Post viral load tests, number of people with HIV taking second line drugs increases: MSACS

December 1, 2018/The Indian Express

People who stay up late are at a higher risk of suffering from heart disease

December 2, 2018/Deccan Chronicle

This is why your lungs hurt when you workout in the winter

December 5, 2018/the Times of India

India, China could gain massive health benefits by tackling climate change: WHO

December 6, 2018/Hindustan Times

Part of man's lung comes out during intense spell of coughing

December 6, 2018/The Asian Age

Diabetes drug linked to lower risk of heart disease

December 7, 2018/the Times of India

Women who snore are at a greater risk of having cardiac problems

December 1, 2018/Hindustan Times

According to the findings of a recent study, women who snore have a greater cardiac risk. The research was presented at the annual meeting of the Radiological Society of North America (RSNA). Researchers stated that Obstructive Sleep Apnea (OSA) and snoring may lead to earlier impairment of cardiac function in women than in men. A common but dangerous sleep disorder, OSA causes an increased risk for left ventricular and, more rarely, right ventricular dysfunction in the heart. OSA is the most common type of sleep apnea. It occurs when the throat muscles intermittently relax and block the airway when a person sleeps. While there are several symptoms of OSA - such as gasping during sleep, waking with a dry mouth, morning headache and irritability - loud snoring is a common sign. Complications of OSA may include daytime fatigue and sleepiness, complications with medications and surgery and cardiovascular problems. "Our analysis showed that in both genders of the OSA and snoring groups there was an increase in left ventricular mass, meaning that the walls of the heart's main pumping chamber are enlarged, making the heart work harder," said lead author Adrian Curta. "We also found that men showed an increase in the ejection fraction of both ventricles."

Post viral load tests, number of people with HIV taking second line drugs increases: MSACS

December 1, 2018/The Indian Express

The Maharashtra State AIDS Control Society (MSACS) has registered an increase in the number of people who had started undergoing HIV therapy and have now experienced failure of the first line treatment. According to MSACS data, 7,666 persons had availed second line treatment of anti HIV drugs in 2017, whereas in 2018 till September, 9,304 persons were put on the second line treatment. Previously, cases of people with HIV, who failed the first line treatment of drugs, were referred to state AIDS clinical expert panel committees. However, since February last year, when viral load testing was conducted for all patients who were registered on the first line regimen of drugs, an increase in the numbers who had failed the treatment was recorded, MSACS officials said. Viral load tests are used to diagnose acute HIV infection, guide treatment choices and monitor response to antiretroviral therapy. A failure of first line antiretroviral (ART) treatment given to any person living with HIV necessitates the need for introducing second line drugs and according to Maharashtra State AIDS Control Society officials, there was an increase mainly as viral load testing had been undertaken from February last year.

People who stay up late are at a higher risk of suffering from heart disease

December 2, 2018/Deccan Chronicle

Night owls -- people who prefer staying up late -- may have a higher risk of suffering from heart disease and type 2 diabetes than early risers, a study has found. The first-ever international review of studies analysing whether being an early riser or a night owl can influence your health, researchers have uncovered a growing body of evidence indicating an increased risk of ill health in people with an

evening preference as they have more erratic eating patterns and consume more unhealthy foods. The human body runs on a 24-hour cycle which is regulated by our internal clock, which is known as a circadian rhythm, or chronotype.



This internal clock regulates many physical functions, such as telling you when to eat, sleep and wake. An individual's chronotype leads to people having a natural preference towards waking early or going to bed late. The researchers found increasing evidence emerging from studies linking conditions such as heart disease and type 2 diabetes to people with the evening chronotype -- a natural preference for evenings. People who go to bed later tend to have unhealthier diets, consuming more alcohol, sugars, caffeinated drinks and fast food than early risers.

This is why your lungs hurt when you workout in the winter

December 5, 2018/the Times of India

The winters have officially set in. The air outside feels cold enough to get a warm cup of coffee but another easy way to warm your body up and burn fat at the same time is exercising but it just seems so tough! Even the most disciplined and strictest of fitness enthusiasts dread running in the cold weather but once you do, nothing feels better. But when you do, do you feel the cold hitting you right at the chest? Do you feel like your lungs hurt when you work out in the winters? There is a reason why this happens. Although the winter is no reason to stop working out to get better, the stabbing pain in the chest is enough reason to stay in and reach for the blanket. Is the pricking pain you experience real or just a winter feeling? Why does it happen? Does it actually have any effect? Even when you go out to walk in the winters, you are bound to feel a nip as the nose feels heavy and turns red when you breathe in the air. But, the difference here is that the chill doesn't cause nose pain. This happens because when you breathe through the nose, the body gets the time to convert the cold air into warm by the time the air gets to the lungs. On the other hand, when you begin to exercise or run, there is a slight difference in the way you breathe. You take in cold, short bouts of air which directly hits the lungs and the weird, prickly pain you feel just when you start running is actually the body's reaction to the fresh, cold air. It can cause the airways in the way to spasm or contract, which in turn causes chest pain and shortness in breath. This condition, although harmless, goes away on its own without expert supervision, can be rather problematic for asthmatic patients and people suffering from any kind of lung disease.

India, China could gain massive health benefits by tackling climate change: WHO

December 6, 2018/Hindustan Times

India and China could gain massive health benefits by tackling climate change, the WHO said on Wednesday. For India, the gains could be \$3.28-8.4 trillion. And meeting the goals of the 2015 Paris Climate Change Agreement could save about a million lives a year worldwide by 2050 through reductions in air pollution alone. The latest estimates from leading experts also indicate that the value of health gains from climate action would be approximately double the cost of mitigation policies at global level, and the benefit-to-cost ratio is even higher in countries such as China and India. The World Health Organization (WHO) report was launched at the UN Climate Change Conference (COP24) in this Polish city.

It highlights why health considerations are critical to the advancement of climate action and outlines key recommendations for policy makers. The largest gains would be expected in China and India, which would generate even larger net benefits by pursuing the 1.5 degrees Celsius target rather than the two degrees target (\$0.27-2.31 trillion in China and \$3.28-8.4 trillion in India).



Part of man's lung comes out during intense spell of coughing

December 6, 2018/The Asian Age

A lot of people suffer from severe bouts of coughing on many occasions, but sometimes things can go too far. While people may cough out blood due to certain medical conditions, at times it can get even worse. A man in California actually coughed up parts of his lungs after he was admitted to the ICU with chronic heart failure. Blood and mucus came out during intense coughing in the first week but this was followed by tubes meant to distribute air to the lungs. It was evident that his health was declining when the patient was admitted to the hospital and he died a week after the incident. Human lungs are too big to be coughed up through the trachea but extreme coughing can cause the lungs to pop through spaces between ribs as parts of it are coughed up.

Diabetes drug linked to lower risk of heart disease

December 7, 2018/the Times of India

Using liraglutide - an injectable drug widely used to lower blood sugar levels - may help reduce risk of myocardial infarction, stroke or cardiovascular death, suggests a study. Liraglutide - a diabetes medication in clinical use since 2009 - is a glucagon-like peptide 1 receptor agonist that lowers blood sugar and reduces body weight. The findings, published in The Lancet Diabetes and Endocrinology, showed that people who used liraglutide had five fewer major cardiovascular events for three years. "Our study provides support for the cardiovascular effectiveness of liraglutide among a broader unselected group of patients, providing important confirmatory evidence from routine clinical practice," said Bjorn Pasternak, senior researcher at the Department of Medicine, Karolinska Institutet in Sweden. "We believe it may be of interest to drug regulators, clinical guidelines, physicians and patients," Pasternak added. Use of liraglutide was also associated with reduced risk of cardiovascular death and any cause of death.

With regards,

Syed Adil Shamim Andrabi
Information Interface Officer/PRO
Indian Council of Medical Research-
Department of Health Research
Ministry of Health and Family Welfare
proicmr@gmail.com, syed.adil@icmr.gov.in
Ext. 286, Phone. 26589130