

**Cases of diabetes, heart diseases and cancer surging unabated in India: Study**  
September 12,2018/LiveMint

**New Delhi:** While the burden of non-communicable diseases (NCDs), such as cardiovascular ailments, cancer, diabetes, stroke and chronic respiratory diseases, is surging unabated in India, suicide remains the leading cause of death among the youth, especially women.

A joint initiative of the **Indian Council of Medical Research (ICMR)**, Public Health Foundation of India (PHFI) and Institute for Health Metrics and Evaluation (IHME), in collaboration with the ministry of health and family welfare on Wednesday released a comprehensive report, India State-level Disease Burden Initiative, which analyses several major NCDs and suicide cases for every state in India.

The study was based on an analysis of all identifiable epidemiological data from India between 1990 and 2016, as part of the Global Burden of Disease study. The findings are also reported in a series of five research papers published in The Lancet.

According to the report, prevalence of ischemic heart disease and stroke has increased by over 50% from 1990 to 2016, with an increase observed in all states. The prevalence of cardiovascular diseases in 2016 was the highest in Kerala, Punjab, and Tamil Nadu, followed by Andhra Pradesh, Himachal Pradesh, Maharashtra, Goa and West Bengal.

**IHD, stroke increased by 50 pc, diabetes cases doubled in India between 1990-2016**

September 12,2018/The Pioneer

Prevalence of ischemic heart diseases (IHD) and stroke has increased by over 50 per cent between 1990 and 2016 in India, leading to doubling of deaths caused by them, according to a global study.

The Global Burden of Disease Study 1990-2016, published Wednesday, noted that diabetes prevalence in India has more than doubled in the period.

Punjab has been ranked at the top for the burden of IHDs, followed by Tamil Nadu, and vice-versa for diabetes.

West Bengal was at the top position for the burden of stroke, followed by Odisha, according to the comprehensive analysis of several major non-communicable diseases (NCDs).

It was conducted by **the Indian Council of Medical Research (ICMR)**, Public Health Foundation of India (PHFI), and Institute for Health Metrics and Evaluation (IHME) in collaboration with the Ministry of Health.

The analysis stated the number of chronic obstructive lung disease cases in India has increased from 28 million to 55 million from 1990 to 2016, and death rate among these cases is twice as high in the less developed states than in the more developed states.

The proportional contribution of cancers to the total health loss in India has doubled from 1990 to 2016, but the incidence of different types of cancers varies widely between the states.

**Suicide A Leading Cause Of Death In India, Says Study**

September 12,2018/Odishatv.in

New Delhi: In India, suicide is the leading cause of death in the 15-39-year age group with 37 per cent of the total global suicide deaths among women coming from the country, according to a new study.

Conducted by **Indian Council of Medical Research (ICMR)**, Public Health Foundation of India (PHFI) and Institute for Health Metrics and Evaluation (IHME) in collaboration with the Ministry of Health and Family Welfare along with health experts and stakeholders released the study on Wednesday.

“Women make more suicide attempts, but it is men who die more. Globally, the age between 15-19 years is the phase where majority of the women commit suicide,” Rakhi Dandona, PHFI, said.

“An important finding is the very high contribution of India to the total suicide deaths in the world, especially among women. The ten-fold variation between the states in the suicide death rate for women emphasises the need to better understand the reasons behind these suicides and make concerted efforts to reduce this avoidable loss of predominantly young lives,” said Professor Balram Bhargava, Secretary, Health Ministry and Director ICMR.

The study suggested that prevalence of ischemic heart diseases (IHD) and stroke has increased by over 50 per cent between 1990 and 2016 in India, leading to doubling of deaths caused by them.

### **IHD stroke increased by 50 pc diabetes cases doubled in India between 1990-2016 Study**

September 12,2018/The Week

**New Delhi, Sep 12** (PTI) Prevalence of ischemic heart diseases (IHD) and stroke has increased by over 50 per cent between 1990 and 2016 in India, leading to doubling of deaths caused by them, according to a global study.

The Global Burden of Disease Study 1990-2016, published Wednesday, noted that diabetes prevalence in India has more than doubled in the period.

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The analysis stated the number of chronic obstructive lung disease cases in India has increased from 28 million to 55 million from 1990 to 2016, and death rate among these cases is twice as high in the less developed states than in the more developed states.

### **IHD, heart stroke increased by 50 percent, diabetes cases doubled in India between 1990-2016: Study**

September 12,2018/The Indian Express

Prevalence of Ischemic Heart Diseases (IHD) and stroke has increased by over 50 per cent between 1990 and 2016 in India, leading to doubling of deaths caused by them, according to a global study. The Global Burden of Disease Study 1990-2016, published Wednesday, noted that diabetes prevalence in India has more than doubled in the period.

Punjab has been ranked at the top for the burden of IHDs, followed by Tamil Nadu, and vice-versa for diabetes. West Bengal was at the top position for the burden of stroke, followed by Odisha, according to the comprehensive analysis of several major non-communicable diseases (NCDs). It was conducted by the **Indian Council of Medical Research (ICMR)**, Public Health Foundation of India (PHFI),

and Institute for Health Metrics and Evaluation (IHME) in collaboration with the Ministry of Health.

The analysis stated the number of chronic obstructive lung disease cases in India has increased from 28 million to 55 million from 1990 to 2016, and death rate among these cases is twice as high in the less developed states than in the more developed states. The proportional contribution of cancers to the total health loss in India has doubled from 1990 to 2016, but the incidence of different types of cancers varies widely between the states. Kerala was ranked at the top for the burden of cancer, followed by Assam.

### **Diabetes cases doubled in India between 1990-2016: Study**

September 12,2018/Millenniumpost

**New Delhi:** In a startling revelation it has come to notice that the prevalence of ischemic heart diseases (IHD) and stroke have increased by over 50 per cent between 1990 and 2016 in India and in the same period the country has registered a two-fold increase in the cases of diabetes.

According to a Global Burden of Disease Study 1990-2016, which is jointly conducted by **Indian Council of Medical Research (ICMR)**, Public Health Foundation of India (PHFI) and Institute for Health Metrics and Evaluation (IHME), deaths caused by heart diseases and strokes have doubled in the same period. The study has been conducted in collaboration with the Ministry of Health.

### **Gandhi's blood pressure record to be made public**

September 12,2018/Deccan Herald

Mahatma Gandhi's blood pressure data is set to be made public by the Indian Council of Medical Research.

This is being planned by the apex medical research agency to be a part of the 150th commemorative issue of the Indian Journal of Clinical Research on Gandhi and Health, slated to be released shortly. The commemorative issue will have a theme of Gandhi and Health.

“The Father of the Nation had hypertension and was on treatment. We will publish tables to show how doctors managed his blood pressure,” **ICMR director general Balram Bhargava** said here on Wednesday.

Addressing a conference on the release of state-wise disease burden data, Bhargava said necessary permissions have been obtained from the Gandhi Museum and other agencies that keep the records related to Mahatma Gandhi.

Unlike the West, there's no tradition of making medical records of leaders public in India. But some of the medical records of world leaders do make interesting reading.

“Dwight D Eisenhower had a blood pressure of 340. It is often being said that the World War-II may not have taken place had Eisenhower had normal blood pressure,” said Bhargava, a former professor of cardiology at the All India Institute of Medical Sciences here.

### **37% of Women Dying by Suicide Are Indian, Mostly Young: Lancet**

September 13,2018/The Quint

Almost 37 percent of women who die by suicide globally were Indian and 24 percent among men in 2016, according to a study published in *The Lancet*.

Suicide was the leading cause of death in the 15-39 age group in 2016, compared to its third rank globally. 63 percent of all suicide deaths reported in India are in this age group.

According to the study, in 2016, India accounted for 17.8 percent of the global population but recorded 36.6 percent the suicides among women across the world.

There was an increase of 40 percent in the number of suicide deaths between 1990 and 2016, with an estimated 2,30,314 deaths in 2016.

### **37% of women dying of suicide are Indians**

September 12,2018/The Hindu

Suicide is the leading cause of death in the 15-39 years age group in India. Thirty-seven per cent of such deaths among women globally occur in India, and the suicide rate among the elderly has increased over the past quarter century.

The data was released on Wednesday by the India State-level Disease Burden Initiative, a joint study of the **Indian Council of Medical Research (ICMR)** and other institutes including the Public Health Foundation of India and the Institute for Health Metrics and Evaluation in collaboration with the Ministry of Health and Family Welfare.

#### **Prevention strategy**

“India’s proportional contribution to global suicide deaths is high and increasing. Suicide Death Rate (SDR) in India is higher than expected for its socio-demographic index level, especially for women, with substantial variations in the magnitude and men-to-women ratio between the states,” the study noted.

India must develop a suicide-prevention strategy that takes into account these variations in order to address this major public health problem, it stated. “The highest age-specific SDR among women in 2016 was for ages 15-29 years. Suicide was the leading cause of death in India in 2016 for those aged 15-39 years; 71.2% of the suicide deaths among women and 57.7% among men were in this age group,” the study said.

### **Chronic obstructive lung disease cases in India up from 28 to 55 million between 1990-2016: Study**

September 12,2018/The Pioneer

About 55 million people in India suffer from chronic obstructive pulmonary disease, according to a global study, which noted that people of less developed states are more prone to the disease than those living in developed ones.

According to the Global Burden of Disease Study 1990-2016, the contribution of air pollution to chronic obstructive pulmonary disease (COPD) and disability-adjusted life years (DALYs) was found to be higher than that of smoking in India.

The study also found that diabetes prevalence has more than doubled from 1990 to 2016 and overweight, which is a major risk factor for diabetes, doubled in every state of India during the same period.

India had 38 adults with diabetes for every 100 overweight adults versus a global average of 19 in 2016.

Unhealthy diet and physical inactivity are also contributing to high burden of diabetes in India, the study indicated.

Although the prevalence of diabetes remains higher in economically and epidemiologically advanced states, it has increased more rapidly in the less developed states, which are home to a large proportion of India's population, the study stated.

The increase in prevalence of and premature deaths due to diabetes highlighted here, along with other state-specific findings, underlines the need for policy and health-system action commensurate with disease burden in each state to ensure more effective prevention and management of diabetes.

"If uncontrolled, the health costs of diabetes and its complications are likely to take a heavy toll on India's healthcare system in the coming decades.

## [IHD, stroke increased by 50 pc, diabetes cases doubled in India between 1990-2016: Study](#)

September 12,2018/ET healthworld

**New Delhi:** Prevalence of ischemic heart diseases (IHD) and stroke has increased by over 50 per cent between 1990 and 2016 in India, leading to doubling of deaths caused by them, according to a global study. The Global Burden of Disease Study 1990-2016, published Wednesday, noted that diabetes prevalence in India has more than doubled in the period. Punjab has been ranked at the top for the burden of IHDs, followed by Tamil Nadu, and vice-versa for diabetes. West Bengal was at the top position for the burden of stroke, followed by Odisha, according to the comprehensive analysis of several major non-communicable diseases (NCDs).

It was conducted by the **Indian Council of Medical Research (ICMR)**, Public Health Foundation of India (PHFI), and Institute for Health Metrics and Evaluation (IHME) in collaboration with the Ministry of Health.

## [GMCH to conduct study on food consumption habits](#)

September 12,2018/The Times Of India

**Nagpur:** Government Medical College and Hospital (GMCH), Nagpur, is one of the 15 centres across the country to have been selected by the **Indian Council of Medical Research** for a study on consumption of food. GMCH has been assigned the task of collecting information from 4,000 households in Nagpur urban area. An amount of Rs50 lakh has been sanctioned for the project. This house-to-house survey will focus on data related to consumption of food in individuals above six years of age. It will also collect blood samples for estimation of sugar and lipid profile. The study will link the data to non-communicable diseases such as hypertension, diabetes and coronary heart disease.

## [India's health report reads worse](#)

September 12,2018/The Hindu

Indians have registered a 50% increase in the prevalence of ischemic heart disease and stroke over the period from 1990 to 2016, with the number of diabetes cases climbing from 26 million to 65 million. In the same period, the number of people ailing from chronic obstructive lung disease went up from 28 million to 55 million, according to the 'India State-level Disease Burden Initiative' report released on Wednesday.

The proportional contribution of cancers to the total loss of health in India has doubled from 1990 to 2016, but the incidence of different types of cancers varies widely between the States.

### **Joint initiative**

The report is a joint initiative of the **Indian Council of Medical Research (ICMR)**, the Public Health Foundation of India (PHFI) and the Institute for Health Metrics and Evaluation (IHME) in collaboration with the Ministry of Health and Family Welfare, along with experts and stakeholders associated with over 100 Indian institutions.

The State-wise disease burden showed that Punjab has been ranked at the top for the burden of ischemic heart disease, followed by Tamil Nadu, and vice-versa for diabetes. West Bengal topped with the largest number of stroke cases followed by Odisha, according to the comprehensive analysis of several major non-communicable diseases (NCDs).

It may appear that Mahatma Gandhi, lean in physique and active in demeanour, was fit as a fiddle; but not many know he reeled under high blood pressure (BP).

**Balram Bhargava**, the newly-appointed Director-General of the **Indian Council of Medical Research (ICMR)** and a cardiologist at All India Institute of Medical Sciences (AIIMS), who visited the National Gandhi Museum at Rajghat a few weeks ago to collect Gandhi's health records from 1924 to 1948, showed the records to *BusinessLine*.

Gandhiji often used to fast, sometimes for periods stretching to 21 days, as a mark of rebellion in the tense political climate of the pre-independence era. At one such time, his blood pressure shot up to 180/110 mg/dL on the third day of his fast, says a note written by Sushila Nayar, former Health Minister, on March 5, 1939, in Rajkot, Gujarat.

Gandhiji used to consume 'Sarpagandha,' an ayurvedic medicine, to control his BP, a relic of which is preserved in the museum. Also, his ECG records indicate slight myocardosis — which is the degeneration of the heart muscle. His sugar levels, though were under control, at times dipping as low as 40 mgms. His haemoglobin was 14.96 and heart rate at 80 to 81 beats per minute, in one of the reports. His heart rate varied slightly, but was mostly normal.

"Frequent fasting may have led to high BP. ICMR will interpret the health files of Gandhiji and come out with a research paper. Bhargava had visited us to collect a copy of the records, which include comprehensive reports and analysis of Gandhiji's BP, blood count, urine analysis, dietary patterns and electrocardiograms as well as oscillographs, which indicate his heart health," said A Annamalai, Director of the National Gandhi Museum.

### [Health experts release new trends of NCDs, suicide in India](#)

September 12,2018/biospectrumindia

**The India State-level Disease Burden Initiative**, a joint initiative of **the Indian Council of Medical Research (ICMR)**, Public Health Foundation of India (PHFI), and Institute for Health Metrics and Evaluation (IHME) in collaboration with the Ministry of Health and Family Welfare, Government of India, along with experts and stakeholders associated with over 100 Indian institutions, has recently released comprehensive analysis of several major non-communicable diseases (NCDs) and suicide for every state in India, based on analysis of all identifiable epidemiological data from India since 1990 as part of the Global Burden of Disease study. These findings are reported in a series of five research papers published in *The Lancet Global Health*, *The Lancet Public Health*, and *The Lancet Oncology*, along with a commentary in *The Lancet*.

Highlighting some crucial policy-relevant points in these papers, **Professor Balram Bhargava, Secretary to the Government of India, Department of Health Research, Ministry of Health & Family Welfare, and Director General, ICMR**, said, "These papers through detailed analysis have elucidated disease and risk factor trends of major NCDs and suicide in every state over 26 years. While it is known that NCDs have been increasing in India, a major finding of concern is that the highest rate of increase in ischemic heart disease and diabetes is in the less developed states of India. These states already have a high burden from chronic obstructive lung disease and from a range of infectious and childhood diseases, so the control of NCDs in these states has to be boosted without delay.

## [New evidence released on the trends of non-communicable diseases and suicide over a quarter century for every state of India to inform policy and action](#)

September 12,2018/pfhi.org

The India State-level Disease Burden Initiative, a joint initiative of the **Indian Council of Medical Research (ICMR)**, Public Health Foundation of India (PHFI), and Institute for Health Metrics and Evaluation (IHME) in collaboration with the Ministry of Health and Family Welfare, Government of India, along with experts and stakeholders associated with over 100 Indian institutions, has released today comprehensive analysis of several major non-communicable diseases (NCDs) and suicide for every state in India, based on analysis of all identifiable epidemiological data from India since 1990 as part of the Global Burden of Disease study.

## [Heart disease, stroke among top killers in India](#)

September 12,2018/techexplorist

India has witnessed an alarming rise in the occurrence of heart disease, stroke, diabetes and cancers in the past 25 years, a series of new studies published on Wednesday in The Lancet and its associated journals have revealed.

Detailed estimates of cardiovascular diseases, diabetes, chronic respiratory diseases, cancer, and suicide show that their prevalence has gone up in every Indian state between 1990 and 2016, but there is vast variation among states.

The prevalence of heart disease and stroke has increased by over 50% from 1990 to 2016 in India, with an increase observed in every state. The contribution of these diseases to total deaths and disease burden in the country has almost doubled in the past 25 years. Heart disease now is the leading individual cause of disease burden in India, and stroke is the fifth leading cause.

Heart disease and stroke together contributed to 28.1% of total deaths in India in 2016 —compared with 15.2% in 1990. Heart disease contributed 17.8% of total deaths and stroke contributed 7.1% of total deaths. The proportion of deaths and disability from heart disease was significantly higher in men than in women but was similar among men and women for stroke. Deaths due to cardiovascular diseases rose from 13 lakh in 1990 to 28 lakh in 2016.

The studies have been done as a part of the India State-level Disease Burden Initiative, a joint project of the **Indian Council of Medical Research (ICMR)**, Public Health Foundation of India (PHFI), and Institute for Health Metrics and Evaluation (IHME). Experts from over 100 Indian institutions participated in the exercise.

## [नए शोध का दावा: भारत के हर राज्य में तेजी से बढ़ रहा है हृदय रोग](#)

September 12,2018/Firstpost.com

भारत में पिछले 25 वर्षों में हृदय रोग, पक्षाघात, मधुमेह और कैंसर जैसी बीमारियां बहुत तेजी से बढ़ी हैं प्रतिष्ठित जर्नल द लेंसेट और इससे सम्बद्ध .जर्नलों में बुधवार को प्रकाशित हुए नए अध्ययनों से यह बात सामने आई है.

भारत के हर राज्य में हृदय तथा रक्तवाहिकाओं संबंधी बीमारियों, मधुमेह, सांस संबंधी बीमारियों, कैंसर और आत्महत्या के 1990 से 2016 तक के विस्तृत आंकलन दर्शाते हैं कि ये बीमारियां बढ़ी हैं परंतु अलग-अलग राज्यों में इनके प्रसार में काफी भिन्नता है-

पिछले 25 वर्षों के दौरान भारत में हर राज्य में हृदय संबंधी बीमारियां और पक्षाघात के मामले 50% से अधिक बढ़े हैं देश में हुई कुल मौतों और बीमारियों के लिए इन रोगों का योगदान .1990 से लगभग दोगुना हो गया है भारत में अधिकांश बीमारियों में हृदय रोग प्रमुख है ., और वहीं पक्षाघात पांचवां प्रमुख कारण पाया गया है.

भारत में हुई कुल मौतों में से हृदय संबंधी बीमारियों और पक्षाघात के कारण हुई मृत्यु के आंकड़े 1990 में 15.2 प्रतिशत थे, जो 2016 में बढ़कर 28.1 प्रतिशत आंके गए हैं कुल मौतों में से .17.8 प्रतिशत हृदयरोग और 7.1 प्रतिशत पक्षाघात के कारण हुई महिलाओं की तुलना में पुरुषों में हृदय . रोग के कारण मृत्यु और अक्षमता का अनुपात काफी अधिक है, लेकिन पुरुषों और महिलाओं में पक्षाघात समान रूप से पाया गया.

भारत में कार्डियोवैस्कुलर बीमारियों के कारण होने वाली मौतों की संख्या 1990 में 13 लाख से बढ़कर 2016 में 28 लाख पाई गई.

## **HEART DISEASE AND STROKE ARE AMONG TOP KILLERS IN INDIA, NEW STUDIES REVEALS**

SEPTEMBER 12,2018/FIRSTPOST.COM

India has witnessed an alarming rise in the occurrence of **heart disease**, stroke, diabetes and cancers over the past 25 years, a series of **studies published** on Wednesday in *The Lancet* and associated journals, revealed.

Detailed estimates of cardiovascular diseases, diabetes, chronic respiratory diseases, cancer, and suicide show that their prevalence has gone up in every Indian state between 1990 and 2016, with vast variation between states.

Heart disease and stroke alone have increased by over 50 percent in the years between 1990 and 2016 in the country.

The contribution of these diseases to total deaths and **disease burden** has nearly doubled in the 25 years period. Heart disease is now the single leading cause of disease burden in India, and stroke, the fifth leading.

Heart disease and stroke together contributed to 28 percent of total deaths in India in 2016 — compared with 15 percent in 1990. Heart disease contributed 18 percent of total deaths and stroke contributed 7 percent of total deaths.

“While it is known that non-communicable diseases have been increasing in India, a major finding of concern is that the highest rate of increase in heart disease and diabetes is in less developed states,” **Professor Balram Bhargava, ICMR director general**, said.

“These states already have high burden from chronic obstructive lung disease and range of infectious and childhood diseases.”

The increase in poor health from diabetes since 1990 is the highest among major non-communicable diseases. The increase has been observed in every state of the country, and the relative rate of increase is the highest in several less developed states.

## **In 26 Years, Cases of Diabetes Increase by 150% in India: Lancet**

September 12,2018/news.yahoo.com

The number of persons with diabetes in India has increased from 26 million in 1990 to 65 million in 2016, reveals a new study published in *The Lancet*. That’s right. There has been a 150 percent increase. India is facing a serious diabetes crisis.

The death rate due to the disease increased by 131 percent.

Research also reveals that diabetes is spreading much more rapidly in less developed states. Uttar Pradesh, Odisha, Chhattisgarh and Uttarakhand are among the states in which cases of diabetes have increased the most from 1990 to 2016. The finding is interesting since diabetes has always been linked to lifestyle and quality of food we eat.

However, prevalence of the disease is higher in Southern states of Tamil Nadu and Kerala, and Delhi.

Presenting the paper at **Indian Council of Medical Research (ICMR)** in Delhi, Dr Vishwanathan Mohan, Madras Diabetes Research Foundation said:

"The alarming growth of this epidemic is going to continue until we take preventive steps. And diabetes can be easily prevented."

### [India bears 32 per cent global burden of respiratory diseases: Global Burden of Disease study](#)

September 13,2018/The Indian Express

India has 18% of the world's population but 32% of the global burden of respiratory diseases. Respiratory disease burden in India is second only to that of ischaemic heart disease, found a state-level analysis of the Global Burden of Disease data. Chronic respiratory diseases were responsible for 10.9% of the total deaths and 6.4% of the total DALYs (a globally recognised disease burden estimate calculated on the basis of the number of productive life years cut short by disease) in India in 2016. The corresponding figures for 1990 were 9.6% and 4.5%, respectively.

**READ |** Prevalence of diabetes up by 150% in 26 years, finds Lancet Global Health study

Pollution was the biggest contributor to the respiratory disease burden. About 33.6% of COPD (chronic obstructive pulmonary disease) (DALYs) could be attributed to ambient air pollution, 25.8% to household air pollution and 21% to smoking. The National Health Policy of India 2017 recommends that premature mortality from non-communicable diseases, including chronic respiratory diseases, should be reduced by 25% by 2025.

Cardiovascular diseases, on the other hand, contributed to 28.1% of total deaths and 14.1% of total DALYs in India in 2016, compared with 15.2% and 6.9%, respectively, in 1990. The prevalence of ischaemic heart disease in 2016 was the highest in Kerala followed by Punjab, Tamil Nadu and Maharashtra.

Deaths due to cardiovascular diseases in India increased from 1.3 million in 1990 to 2.8 million in 2016. Both the papers on respiratory diseases and cardiovascular diseases were published in Lancet Global Health. **Professor Balram Bhargava, secretary, department of health research and DG ICMR,** said: "These papers through detailed analysis have elucidated disease and risk factor trends of major NCDs and suicide in every state over 26 years. While it is known that NCDs have been increasing in India, a major finding of concern is that the highest rate of increase in ischaemic heart disease and diabetes is in the less developed states of India.

### [Mahatma Gandhi was hypertensive, BP records out soon](#)

September 13,2018/The Tribune

Everyone knows about Mahatma Gandhi's experiments with the truth, but little do people know that he was hypertensive

The Ministry of Health will now publish the blood pressure details of Gandhi as part its efforts to commemorate the 150th birth anniversary of The Father of the Nation.

**Indian Council of Medical Research (ICMR)** chief, who is also Secretary, Health Research, **Dr Balram Bhargava** said: "The ICMR has decided to produce a special issue on the Mahatma to mark his 150th birth anniversary. The issue will focus on the interventions Gandhi had on malaria, filaria, cholera and leprosy. It will also have a research piece on Gandhi's history as a hypertensive. The idea in publishing his BP records is to tell everyone that hypertension is an old disease and now perfectly manageable."

Gandhi's blood pressure details will be published in two months in ICMR's in-house journal.

"These records are available with the Gandhi Museum and anyone can access these. At the time when Gandhiji had high BP, there was hardly any medicine to treat it. The available medicines were toxic. Our effort will be to bring the focus on hypertension and help people take to low-salt diet to fight the disease." **Dr Bhargava** said.

### [Suicide a leading death cause in India](#)

September 13,2018/Daijiworld.com

**New Delhi, Sep 12 (IANS):** In India, suicide is the leading cause of death in the 15-39-year age group with 37 per cent of the total global suicide deaths among women coming from the country, according to a new study. Conducted by **Indian Council of Medical Research (ICMR)**, Public Health Foundation of India (PHFI) and Institute for Health Metrics and Evaluation (IHME) in collaboration with the Ministry of Health and Family Welfare along with health experts and stakeholders released the study on Wednesday. "Women make more suicide attempts, but it is men who die more. Globally, the age between 15-19 years is the phase where majority of the women commit suicide," Rakhi Dandona, PHFI, said. "An important finding is the very high contribution of India to the total suicide deaths in the world, especially among women. The ten-fold variation between the states in the suicide death rate for women emphasises the need to better understand the reasons behind these suicides and make concerted efforts to reduce this avoidable loss of predominantly young lives," said **Professor Balram Bhargava, Secretary, Health Ministry and Director ICMR.**

### [Karnataka tops country in suicides, says report](#)

September 13,2018/Deccan Herald

Karnataka tops in the number of suicides in India, followed by Tripura, reports a new research on suicide trends in India.

In 2016, Karnataka recorded an average 30.7 suicides per 1,00,000 population followed by Tripura (30.3). Suicides are also high in other southern states like Tamil Nadu (29.8), Andhra Pradesh (25.0), Telangana (22.4) as well as in West Bengal (23.6).

Kerala and Chhattishgarh are also high in suicide numbers, but for men only. Among women, there is a ten-fold variation between states.

In 2016, India recorded 2,30,300 suicides as against 1,64,400 in 1990, though the suicide rate among women decreased in the past 25 years, says the study by a consortium of researchers and published in Lancet. For Karnataka, the numbers are 36 per 1,00,000 in men and 23.5 for women.

"The ten-fold variation between the states in the suicide death rate for women emphasises the need to better understand the reasons behind these suicides and make concerted efforts to reduce this avoidable loss of predominantly young lives," said **Balram Bhargava, director general of Indian Council of Medical Research.**

The Lancet paper on suicide is among a set of five research documents on the trend observed in India on four non-communicable diseases — cardiovascular disease, diabetes, cancer and respiratory illness — and suicides in the last 25 years. Taken together they account for the maximum number of deaths in India.

### [Maharashtra healthier than some northern, NE states](#)

September 13,2018/The Times Of India

**MUMBAI:** If the health reportcard of India's 18 states that was released on Wednesday is an indicator, Maharashtra is in a relatively healthy space compared with some northern and north-eastern states. The survey published in TheLancet, jointly carried out by **ICMR (Indian Council for Medical Research)** and the PHFI (PublicHealth Foundation of India) and IHME (Institute for Health Metrics and Evaluation), evaluated Maharashtra's health parameters for five non-communicable diseases between 1990 and 2016.

While Rajasthan and Uttar Pradesh showed the worst burden for chest diseases, Maharashtra was placed sixth. Ditto with heart disease where Maharashtra ranked seventh to Punjab's number one. In terms of the prevalence of cancer across the country, Maharashtra is placed 14th while Kerala and Assam occupy the first two places.

### [Mobile radiation: ICMR study's initial findings indicate biological changes](#)

September 13,2018/Millenniumpost

**New Delhi:** Wait for 2-3 years more to be sure whether the cellphone besides the pillow can cause brain cancer, long usage ENT impairment or infertility when kept in pant pocket as the initial findings of a study that is being conducted by the **Indian Council of Medical Research (ICMR)** indicates possibility of biological changes in the body due to radio frequency radiation.

The startling revelation came to light during an interaction with Radhe Shyam Sharma, who is heading a study being conducted by ICMR on the impact of radio frequency radiations on humans.

According to Sharma, the initial findings of the study point out certain biological changes in both humans and animals due to radiations.

Agreeing with Sharma's views, **ICMR's Director General Balram Bhargava** said, "It suggests certain restrictions and not complete barring of the usage of mobile phones, towers. Let the study get completed before drawing any final conclusions."

### [How docs managed Gandhi's blood pressure?](#)

September 13,2018/The Pioneer

Mahatma Gandhi's blood pressure record as well as his health regime will be soon made public by the **Indian Council of Medical Research (ICMR)** in a supplement to its journal Indian Journal of Medical Research in less than three months.

**The Director General of ICMR Dr Balram Bhargava** said, "The Father of the Nation had hypertension and was on treatment. We will publish tables to show how doctors managed his blood pressure."

According to Dr Rajni Kant, the head of department of Research Management, Policy, Planning & Coordination, his health regime will be studied to find out whether the kind of regime is relevant today or not.

"Medical concerns in Gandhi's era and his health regime will be juxtaposed with that of today's to analyse the progress of country in terms of health and whether his vision is relevant today or not," said Dr Kant.

For the research, several organisations such as National Gandhi Museum, Society for Education, Action and Research in Community Health (SEARCH) and Gandhi Sangralaya, Patna have been contacted, he added.

The step has been taken as a part of preventive measures taken by ICMR to tackle non-communicable diseases in the country. The institute is also planning to launch several events over a period of one year.

ICMR is also planning to launch Malaria Elimination Research Alliance India (MERA India) soon to eradicate Malaria from the country by 2030, said Kant.

Apart from that, Launch of National Leprosy Vaccination programme will also be launched on Gandhi's 150th birth anniversary. "The pilot project has been successful in six districts of Bihar and Gujarat and it will be launched nationally on October 2 this year," said Dr Bhargava.

### [बढ़ा हुआ रक्तचाप, हाई शुगर ही नहीं अब प्रदूषित हवा भी बना रही हृदय रोगी](#)

September 13,2018/Hindustan.com

बढ़ा हुआ रक्तचाप, हाई शुगर और कॉलेस्ट्रॉल बढ़ने से हृदय रोग का खतरा बढ़ता है, इस बात की आपको को जानकारी होगी ही। लेकिन क्या आप ये भी जानते हैं कि प्रदूषित हवा भी बड़े स्तर पर लोगों को हृदय रोग का मरीज बना रही है? **भारतीय आयुर्विज्ञान अनुसंधान परिषद (आईसीएमआर)** की ओर से बुधवार को जारी एक अध्ययन में यह चौंकाने वाली जानकारी दी गई है।

अध्ययन के मुताबिक, 1990 में कुल मौतों में हृदय रोगों की हिस्सेदारी 15.2 फीसदी थी, जो वर्ष 2016 में बढ़कर 28.1 फीसदी हो गई। वर्ष 1990 में हृदय रोगों के 2.57 करोड़ मरीज थे, जो 2016 में बढ़कर 5.47 करोड़ हो गईं।

रिपोर्ट में बताया गया है कि हृदय रोग का सबसे बड़ा कारण आहार में गड़बड़ी है। 56.4 फीसदी मामलों में यह प्रमुख कारण रहा है। वहीं, बढ़ा हुआ ब्लड प्रेशर (54.6%) दूसरे एवं प्रदूषित हवा (31.1%) क्रमशः दूसरे और तीसरे बड़े कारक हैं। ज्यादातर मामलों में एक से अधिक कारक हृदय रोग के जिम्मेदार होते हैं।

### [बिना दवा के हाई बीपी से लड़े गांधीजी, जानें उनके हेल्थ सीक्रेट्स](#)

September 13,2018/Navbharat Times

#### **नईदिल्ली**

**महात्मा गांधी** हाई बीपी के मरीज थे। 5 मार्च 1939 को उनका ब्लड प्रेशर 180/110 था। इसी तरह 7 मार्च 1939 को बीपी 178/112 आया था। नैशनल म्यूजियम में रखी उनकी रिपोर्ट के आधार पर डॉक्टर कह रहे हैं कि अमूमन उनका ब्लड प्रेशर हाई ही रहता था। एनबीटी के पास मौजूद उनकी मेडिकल रिपोर्ट में जहां एक तरफ उन्हें कई बार बीपी की पुष्टि हो रही है वहीं उनका शुगर लेवल लो पाया गया है। उनका शुगर लेवल कम रहता था जो कभी 80 होता था तो एक बार 40 तक पहुंच गया था। बावजूद वह किसी प्रकार की दवा लेने से हमेशा परहेज करते रहे। बापू की हेल्थ रिपोर्ट नैशनल गांधी म्यूजियम में है, एम्स और आईसीएमआर मिलकर इसे मेडिकल जर्नल में पब्लिश करने की तैयारी कर रहे हैं।

**इंडियन काउंसिल ऑफ मेडिकल रिसर्च (ICMR)** के डीजी डॉक्टर बलराम भार्गव ने कहा कि हम गांधीजी की मेडिकल रिपोर्ट को स्टडी कर रहे हैं। उन्होंने कहा कि उनकी रिपोर्ट देखने के बाद इतना कहा जा सकता है कि वह ब्लड प्रेशर के मरीज थे। गांधीजी की मेडिकल रिपोर्ट नैशनल गांधी म्यूजियम में है। नैशनल गांधी म्यूजियम के डायरेक्टर एअन्नामलाई ने कहा कि पांच साल पहले उन्हें गांधीजी की मेडिकल रिपोर्ट मिली थी, यह अब किसी धरोहर से कम नहीं है।

## [रिसर्च में चौंकाने वाले खुलासे, देश में कैंसर, मधुमेह के मरीज हुए दोगुने, तेजी से बढ़े हृदय रोग के मामले...](#)

September 13,2018/Indian.com

**नई दिल्ली:** देश भर में तेजी से हृदय रोग और मधुमेह के मरीजों की संख्या बढ़ रही हैये बढ़ोतरी चिंता का विषय है

### **किसने किया सर्वे**

ये सर्वे **इंडियन काउंसिल ऑफ मेडिकल रिसर्च (आईसीएमआर)**, पब्लिक हेल्थ फाउंडेशन ऑफ इंडिया ने स्वास्थ्य और परिवार (आईएचएमई) और इंस्टीट्यूट ऑफ हेल्थ मेट्रिक्स एंड इवोल्यूशन (पीएचएफआई) कल्याण मंत्रालय की भागीदारी में राज्यस्तरीय बीमारियों के बोझ का पता लगाने की पहल के तहत किया था .अब इसकी रिपोर्ट जारी की गई है

### **शोध की रिपोर्ट**

रिपोर्ट में बताया गया है कि साल 1990 से 2016 के बीच हृदय रोगियों की संख्या में 50 फीसदी की वृद्धि हुई है जबकि मधुमेह में 150 फीसदी की वृद्धि दर्ज की गई है मधुमेह से पीड़ित भारतीयों की संख्या 1990 में 2.6 करोड़ थी, जो 2016 में 6.5 करोड़ हो गई .फेफड़ों के मरीजों की संख्या इस दौरान 2.8 करोड़ से बढ़कर 5.5 करोड़ हो गई रिपोर्ट में बताया गया है कि मधुमेह से पीड़ित भारतीयों की संख्या वर्ष 1990 में 2.6 करोड़ थी, जो 2016 में 6.5 करोड़ हो गई फेफड़ों के मरीजों की संख्या इस दौरान 2.8 करोड़ से बढ़कर 5.5 करोड़ हो गई . देश में 15-39 वर्ग के लोगों की मौत का प्रमुख कारण आत्महत्या हैदुनिया में होने वाली महिलाओं की कुल आत्महत्या में 37 फीसदी भारत में होती हैसाथ ही , बुजुर्गों में आत्महत्या से होने वाली मौतों की संख्या भी पिछले 25 सालों में बढ़ी है.

## [बीते 26 साल में स्ट्रोक और आईएचडी के मामलों में 50 फीसदी वृद्धि : अध्ययन](#)

September 13,2018/Zee News

**नई दिल्ली:** इंडियन काउंसिल ऑफ मेडिकल रिसर्च यानी ICMR ने देश की कुछ संस्थाओं के साथ मिलकर भारतीयों की सेहत पर एक सर्वे किया है इस सर्वे को The Lancet में प्रकाशित किया गया है ये सर्वे में Life Style से जुड़ी पांच गैर ) संचारी रोग -non communicable diseases) को शामिल किया हैजो भार .त में हर साल होने वाली कुल मौतों का सबसे बड़ा कारण हैं इन बीमारियों के नाम हैं , Cardiovascular diseases यानी हृदय से जुड़ी बीमारियां, जिनमें डायबिटीज, कैंसर और सांस से जुड़ी बीमारियां जैसे अस्थमा और फेफड़ों की दिक्कत शामिल है.

1990 की तुलना में 2016 तक हृदय से जुड़ी बीमारियां के मरीजों की संख्या 50 प्रतिशत तक बढ़ गई है . इन 26 वर्षों के दौरान डायबिटीज के मरीजों की संख्या 2 करोड़ 60 लाख से बढ़कर साढ़े 6 करोड़ हो गईसांसों से जुड़ी बीमारियों के मरीजों की संख्या करीब 3 करोड़ से बढ़कर साढ़े 5 करोड़ हो गई.

वर्ष 1990 की तुलना में 2016 में इन बीमारियों से होने वाली मौत की संख्या लगभग दोगुनी हो गई है हमारे ऐसे देश में स्वास्थ्य के बारे में चर्चा करने पर अक्सर लोग ये कहते हैं कि एक दिन सबको मरना है लोगों को ये बात समझने की जरूरत है कि आपकी लापरवाही से होने वाली बीमारियांमौत की वजह नहीं .... ये ऐसी बीमारियां हैं जो किसी इंसान को मौत से पहले कई बार मारती है . होनी चाहिए

## [ब्लड प्रेशर कंट्रोल करने के लिए बापू के पास था बेहतरीन फॉर्मूला, अब मिलेगा आपको इसका फायदा](#)

September 13,2018/Patrika

नई दिल्ली। राष्ट्रपिता महात्मा गांधी हाई ब्लड प्रेशर यानी उच्च रक्तचाप से पीड़ित थे। वो इससे निपटने के लिए प्राकृतिक चिकित्सा का सहारा लेते थे। अब गांधी जी द्वारा इस्तेमाल की जाने वाली इस चिकित्सा पद्धति का इस्तेमाल आम लोग कर सकें, इसके लिए बापू की 150वीं जयंती पर **भारतीय आयुर्विज्ञान अनुसंधान परिषद (आईसीएमआर)** ने कदम उठाया है। आईसीएमआर ने बापू की स्वास्थ्य संबंधी आदतों पर किए गए व्यापक अध्ययन में ऐसी कई बातों की जानकारी जुटाई है।

[अभी भी पूरी तरह खत्म नहीं हुई धारा 377, यह प्रावधान दिला सकते हैं सजा](#)

**आईसीएमआर के महानिदेशक डॉ बलराम भार्गव** कहते हैं कि गांधीजी के स्वास्थ्य संबंधी बातें लोगों के लिए उपयोगी हो सकती हैं। इसके लिए इंडियन जनरल ऑफ मेडिकल स्टडीज का विशेष अंक भी निकाला जा रहा है। इसमें स्वास्थ्य देखभाल को लेकर तमाम जरूरी जानकारियां शामिल रहेंगी।

[दिल्ली में कैंसर के रिकॉर्ड तोड़ मरीज, वैज्ञानिकों ने शोध में किया दावा](#)

September 13,2018/Samachar MP

**नई दिल्ली** - देश की राजधानी में कैंसर की चपेट में आने वाले आधे से ज्यादा लोगों की मौत हो जाती है। प्रदूषण और अनियमित खानपान की वजह से सभी तरह की बीमारियां बढ़ रही हैं, लेकिन कैंसर सबसे ऊपर है। विभिन्न राज्यों में स्थापित कैंसर रजिस्ट्री कार्यक्रम के जरिये एकत्र आंकड़ों की समीक्षा के बाद **भारतीय आयुर्विज्ञान अनुसंधान परिषद (आईसीएमआर)** ने एक शोध में इसका खुलासा किया है। इस शोध के बाद केंद्र सरकार ने आयुष्मान भारत के तहत देशभर में खुलने जा रहे डेढ़ लाख हेल्थ एंड वेलनेस केंद्रों पर पांच तरह के कैंसर की जांच निशुल्क करने का निर्णय लिया है। शोध के अनुसार, दिल्ली में कैंसर के मौत के आंकड़ों से साफ है कि सातों जिलों में इसका प्रकोप पढ़ा है। दिल्ली में प्रति लाख 100 से ज्यादा महिलाएं कैंसर ग्रस्त हैं। इनकी मृत्युदर 54.2 फीसदी है। प्रति लाख 95 पुरुष कैंसर के शिकार हैं। इनकी मृत्यु दर सर्वाधिक 63.7 फीसदी है। दिल्ली की महिलाओं में स्तन तो पुरुषों में फेफड़ों का कैंसर सबसे ज्यादा देखने को मिला है। एनसीआर में पेट का कैंसर सबसे ज्यादा है।

[India's impending public health crisis, suicide](#)

September 13,2018/business insider

It's normally diseases like cancer, tuberculosis and HIV/AIDS that considered to be the biggest threat to life. But, a new study by Lancet Public Health shows that there may be a bigger health crisis looming at the horizon for India - suicide. Every 4 in 10 people who commit suicide around the world are from India. And, between the ages of 15-39, 7 out of 10 individuals are Indians. India may be a big country, but it only accounts for 17.8% of the global population so even in a relative sense, the suicide rates are high. Considering that suicide was a criminal offence up until 2017, it's possible that these figures are on the low side due to the incidence of under-reporting.

The study put forward by Lancet is a part of the India State-Level Disease Burden Initiative carried out in collaboration with the **Indian Council of Medical Research (ICMR)**, Public Health Foundation of India (PHFI) and the Institute for Health Metrics and Evaluation (IHME) under the Ministry of Health and Family Welfare.

[Heart disease, stroke top killers in India](#)

September 13,2018/Ahmedabd Mirror

Prevalence of ischemic heart diseases and stroke has increased by over 50 pc between 1990 and 2016 in India, leading to doubling of deaths caused by them, according to a global study. The Global Burden of Disease Study 1990-2016, published on Wednesday, noted that diabetes prevalence in India has more than

doubled in the period. Punjab has been ranked at the top for the burden of IHDs, followed by Tamil Nadu, and vice-versa for diabetes. West Bengal was at the top position for the burden of stroke, followed by Odisha, according to the comprehensive analysis of several major non-communicable diseases. It was conducted by the **Indian Council of Medical Research**, Public Health Foundation of India, and Institute for Health Metrics and Evaluation in collaboration with the Ministry of Health.

The analysis stated the number of chronic obstructive lung disease cases in India has increased from 28 million to 55 million from 1990 to 2016, and death rate among these cases is twice as high in the less developed states than in the more developed states.

### [\*\*Mahatma Gandhi's blood pressure data records, treatment details to be published soon\*\*](#)

September 13,2018/Zee News

**NEW DELHI:** The details of Mahatma Gandhi's blood pressure records will soon be made public by the **Indian Council of Medical Research**. The data records are being released by the Ministry of Health as part its efforts to commemorate the 150th birth anniversary of The Father of the Nation.

The commemorative issue of the Indian Journal of Clinical Research will be based on the theme Gandhi and Health and is slated to be released soon. "The Father of the Nation had hypertension and was on treatment. We will publish tables to show how doctors managed his blood pressure," **ICMR director general Balram Bhargava** said on Wednesday.

Bhargava said necessary permissions have been obtained from the Gandhi Museum and other agencies that manage the records of Mahatma Gandhi. The ICMR director general said that the records of Gandhi's health are available with the Gandhi Museum and can be accessed by all. He also said that during Gandhi's era, there was hardly any medicines to treat hypertension and those which were available were toxic.

### [\*\*Cancer rate static, but number of cases rising as India ages\*\*](#)

September 13,2018/The Times Of India

Here's a piece of information you may find hard to believe. A study undertaken by top medical experts from over 100 Indian institutions has revealed that age-adjusted incidence of most common cancers, except breast cancer, has remained static in India over the last 26 years from 1990 to 2016. While the actual incidence has gone up, it is almost entirely because of a change in the age structure of our population. People are living longer and that's why diseases that affect relatively older people, for example cancer, show a greater prevalence.

Lung cancer has been identified as the second most common cause of cancer among men in 2016, affecting 67,000 people. Tobacco use and air pollution were the leading risk factors for lung cancer-related morbidity and mortality.

Commenting on Lancet's findings on non-communicable diseases in India, Dr Balram Bhargava, director general of ICMR, said they emphasised the "need for prevention and management of major NCDs to receive as much policy attention as reduction of still high burden of communicable and childhood diseases."

### [\*\*Cervical and oesophageal cancer down, increase in breast and liver cancer, finds Lancet Oncology study\*\*](#)

September 13,2018/The Indian Express

India has managed to bring down cases of cervical and oesophageal cancer, but the rising graph of cancers of the breast, liver and lungs have contributed to a steep rise in cancer cases, a new study has shown. And 43% of all lung cancer cases in India is due to air pollution, said one of the authors of the study in Lancet Oncology tracing the incidence of various cancers across Indian states.

The paper's authors include former DG ICMR and present DDG of WHO Dr Soumya Swaminathan, Dr Lalit Dandona of the Public Health Foundation of India and researchers from several **ICMR institutes** across the country. According to Dr Prashant Mathur, one of the authors of the study and director of the National Centre for Disease Informatics and Research, high cancer burden is a result of "urbanisation, lifestyle factors, obesity, tobacco consumption and less physical activity. There can be environmental factors too. Forty-three per cent of the lung cancers are because of air pollution."

Cervical cancer incidence decreased by 39.7%. Cancer of the lip and oral cavity — the most common cancer in males in 2016 — also showed a dip. There were wide variations in the incidences of the types of cancers across states and the researchers concluded that it was more a function of lifestyle factors than geographical congruity.

### [Suicide a leading death cause in India, says study](#)

September 13,2018/The Health Site

Conducted by **Indian Council of Medical Research (ICMR)**, Public Health Foundation of India (PHFI) and Institute for Health Metrics and Evaluation (IHME) in collaboration with the Ministry of Health and Family Welfare along with health experts and stakeholders released the study on Wednesday.

"Women make more suicide attempts, but it is men who die more. Globally, the age between 15-19 years is the phase where majority of the women commit suicide," Rakhi Dandona, PHFI, said.

"An important finding is the very high contribution of India to the total suicide deaths in the world, especially among women. The ten-fold variation between the states in the suicide death rate for women emphasises the need to better understand the reasons behind these suicides and make concerted efforts to reduce this avoidable loss of predominantly young lives," said **Professor Balram Bhargava, Secretary, Health Ministry and Director ICMR.**

The study suggested that prevalence of ischemic heart diseases (IHD) and stroke has increased by over 50 per cent between 1990 and 2016 in India, leading to doubling of deaths caused by them.

Punjab has been ranked at the top for the burden of IHDs, followed by Tamil Nadu, and vice-versa for diabetes. West Bengal was at the top position for the burden of stroke, followed by Odisha, according to the comprehensive analysis of several major non-communicable diseases (NCDs).

### [Women suicide rate alarm](#)

September 13,2018/The Telegraph

**New Delhi:** India accounts for more than a third of global suicide deaths among women, according to a study released on Wednesday.

The study has also corroborated earlier findings that suicide is the top cause of death among Indians aged between 15 and 39 years.

"Young adults are taking their own lives in alarmingly high numbers, constituting a public health crisis," lead researcher Rakhi Dandona, at the Public Health Foundation of India, New Delhi, and her colleagues wrote in a paper describing their findings published in The Lancet, a medical journal.

The study, which examined trends between 1990 and 2016, has found an overall decline in suicide death rates but India still accounted for 37 per cent of global

suicide deaths among women and 24 per cent of suicide deaths among men during 2016.

It has also revealed an increase in suicides among the elderly over the past quarter-century. The suicide death rates among men and women aged above 70 years have risen for reasons still unclear.

But health researchers who conducted the study say social isolation, depression, functional disability and the feeling of being a burden on the family are among reasons that have been independently cited as factors contributing to suicides among the elderly.

With regards,

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