

## **ICMR NEWS UPDATE 21 TO 28 SEPTEMBER**

### **Centre to launch Ayushman Bharat on Sunday, private sector still unhappy over costs**

September 21,2018/The Week

In three days, Prime Minister Narendra Modi will launch the world's largest health insurance scheme at a grand event in Ranchi. The scheme, titled Ayushman Bharat-Pradhan Mantri Jan Aarogya Yojana, was rolled out in selected districts on August 15, and is touted to benefit 50 crore families with an annual insurance cover of Rs 5 lakh for secondary and tertiary care.

On Sunday, when the prime minister launches the scheme at Ranchi, it will be rolled out in 450 districts across the country, Indu Bhushan, CEO of Ayushman Bharat, told THE WEEK. "As of now, 31 states (including union territories) are on board. By the end of the month, three more states would join. The scheme is set to be a truly pan-Indian one," Bhushan said. While Kerala and Punjab have agreed "in-principle", Delhi, Odisha and Telangana were still "taking some time", he said. To ensure quality of the treatment given under the scheme, Bhushan said that the Centre plans to conduct medical audits, and hospitals would also need to adhere to standard treatment protocols for certain conditions. These "treatment protocols" are designed by the **Indian Council of Medical Research and the Department of Health Research (DHR)**, **Balram Bhargava, director general of ICMR**, confirmed to THE WEEK on the sidelines of a medical technology summit held in the national capital. The Centre has also established a Health Technology Assessment Board, under the DHR, which will decide how much the government should reimburse for each procedure under the scheme.

### **TB Cases Fall, But India Not Doing Enough TStop The Disease: New Report**

September 21,2018/Indiaspend.com

**New Delhi:** Despite some progress, a new global report on tuberculosis has warned, India is faltering in treating patients, especially those with drug-resistant versions of the disease and under-funding its eradication efforts.

The result is that India--with 17.7% of the planet's population and 27% of its TB patients, more than any other country--is unlikely to meet its target of eliminating tuberculosis by 2025.

There has been a 1.7% reduction in tuberculosis cases--short of the 10% required to meet the 2025 TB-elimination target--and 3% reduction in deaths in 2017 compared to the previous year, noted the Global Tuberculosis Report 2018 by the World Health Organization (WHO) released on September 18, 2018.

India's TB cases have declined from 2.79 million in 2016 to 2.74 million in 2017, a reduction of 1.7%--a little slower than the 2% annual reduction across the world, which now has 10 million cases. TB deaths have dropped from 423,000 in 2016 to 410,000 in 2017.

There was also a reduction in rifampicin--first-line TB drug--resistant tuberculosis (RR TB) and multidrug-resistant tuberculosis (MDR-TB) from 147,000 cases to 130,000 cases in 2017, a reduction of 8%.

### **One in every 20 deaths is result of harmful use of alcohol: WHO**

September 21,2018/Millenniumpost

**New Delhi:** Those who believe that consumption of alcohol is good for their health; they may have to check their facts again as one in every 20 deaths is a result of the harmful use of alcohol. According to the latest report released by the World Health Organisation (WHO), more than 3 million people died due to harmful use of alcohol in 2016.

The WHO's "Global status report on alcohol and health 2018" says that overall, the harmful use of alcohol causes more than 5 per cent of the global disease burden.

The WHO report presents a comprehensive picture of alcohol consumption and the disease burden attributable to alcohol worldwide. It also describes what countries are doing to reduce this burden.

"Far too many people, their families and communities suffer the consequences of the harmful use of alcohol through violence, injuries, mental health problems and diseases like cancer and stroke," said Dr Tedros Adhanom Ghebreyesus, Director-General of WHO.

During an interaction with Millennium Post, **Indian Council of Medical Research (ICMR) Director General Balram Bhargava** had said that alcohol has become a major cause of liver cirrhosis in India.

"It has been found that when 10 lay people on the street or science students or even some doctors were asked whether alcohol causes cancer, they were found saying that it doesn't. Rather, it is tobacco that causes cancer. The reality is totally different as alcohol causes up to 10 types of cancers such as liver, prostate, oral, etc," the ICMR DG had said.

### **[Health Ministry ties-up with Dell, Tata Trusts to provide technology solution for NSD programme](#)**

September 21,2018/Jagranjosh.com

The Union Ministry of Health and Family Welfare on September 20, 2018 signed Memorandums of Understanding (MoUs) with the Tata Trusts and Dell to provide technological platform for nationwide prevention, control, screening and management program of Non Communicable Diseases (NCDs). To bring healthcare technology transformation in Comprehensive Primary Health Care NCD programme under the Ayushman Bharat, the Health Ministry is working with Dell as technology partner and the Tata Trusts as deployment partner. Dell developed the technology platform, while the Tata Trusts provided the implementation support of the NCD programme.

### **[Vitamin D may reduce cancer risk, breast cancer mortality](#)**

September 21,2018/The Asian Age

Apart from building healthy bones, vitamin D also may reduce cancer risk as well as breast cancer mortality, especially in women with a lower body mass index.

Breast cancer remains the most common cancer in women worldwide and is the leading cause of death from cancer in women. Reproductive risk factors such as early onset of puberty, late menopause, later age at first pregnancy, never having been pregnant, obesity, and a family history have all been shown to be associated with breast cancer development.

The role of vitamin D concentration in the development of breast cancer, however, continues to be debated.

Researchers involved in the study concluded that postmenopausal women had an increased risk of vitamin D deficiency at the time of their breast cancer diagnoses, associated with higher rates of obesity than women of the same age group without cancer.

### **[World Alzheimer's Day 2018: 4 ways to cut down risk of this disease](#)**

Alzheimer's is a progressive, degenerative brain ailment which affects memory, behaviour and thinking. Over time, the person may need assistance even for his/her day-to-day activities. Early-onset Alzheimer's can affect even those in their 40s. One of the reasons for the onset of this condition is not giving enough exercise to the brain.

Among the many reasons for the onset of this condition, genetic cause is an important one, with environmental and lifestyle factors being others. There could be a relationship between cognitive decline and vascular conditions such as heart disease, stroke, and high blood pressure, as well as metabolic conditions such as diabetes and obesity.

There are some ways in which one can reduce the risk of acquiring Alzheimer's disease and helping people stay healthy as they age. Here are four ways of cutting down on the risk:

### **Positive TB test 'not always cause for worry'**

September 22,2018/The Hindu

You have tested positive for tuberculosis (TB) but not shown any symptoms for two years. Are those germs likely to persist and make you sick years later? Most likely not, suggests a study that has combed published research from over half-a-century on the incubation period of the TB bacterium and the time it usually takes to manifest into the disease.

Globally, nearly 10 million people developed TB disease in 2017 and about 1.7 billion people, or 23% of the world's population, are estimated to have a "latent TB infection, and are at risk of developing active TB disease during their lifetime", according to the World Health Organisation's Global Health Report 2018, made public last week.

#### **Advice to high burden nations**

The canonical belief, it emerges from the study, that 40% of Indians may be infected with the bacterium is based on a "misunderstanding" and "simply wrong," one of the researchers involved told The Hindu. She added that countries such as India with a high disease burden would do well to focus on treating active TB cases (that is those clinically confirmed and manifesting symptoms), than trying to stamp out latent TB.

### **Catch the big C early**

September 22,2018/The Tribune

The prevalence of cancer and number of patients in India do not necessarily show the real picture of the healthcare crisis we are facing. The average prevalence rate for cancers in India is around 100 cases per lakh while in the advanced economies such as the US, it is around 300 per lakh. This comparatively lower prevalence of the disease in an otherwise 1.3 billion plus people is because risk of cancer increases with age and 65 per cent of Indians are younger than 35 years. On the contrary, the US has only around 27 per cent of its citizens under the age of 21 years.

As per a report "Call for Action: Expanding cancer care for women in India 2017", India is the third country after US and China in terms of high number of cancer cases.

In India, one out of three patients does not survive beyond five years or more after being detected with cancer. With over 15 lakh new cases reported every year and a large population turning old, the country is staring at a catastrophe.

In terms of gender, while the incidence of cancer is reported higher in men, more women are diagnosed with disease in India. A 2012 World Cancer Report suggests that over 5.37 lakh women were diagnosed with cancer against 4.77 lakh men.

## **When your heart can fail you**

September 22,2018/Deccan Chronicle

**Coimbatore:** In Tamil Nadu alone, at least 11 per cent of the population suffers from heart diseases making cardiovascular disease (CVD) responsible for loss of 2/5th of the lives of men and women who are over 40-years old.

Heart disease is still the leading cause of death in India that killed 1.7 million Indians in 2016, according to the 2016 Global Burden of Disease Report. Medical experts from the textile city echo the opinion that only awareness can help in reducing the growing trend of CVD. Lack of access to quality health care services, smoking, ignorance of the disease and poverty are the reasons why so many people die of heart diseases and disorders in the country.

A study from All India Institute of Medical Sciences (AIIMS) and **Indian Council of Medical Research (ICMR)** has suggested that 35 per cent of patients who had a heart attack are below 50 years old while another 10 per cent are under 30 years of age.

Talking about the increase in number of people suffering from heart diseases in Coimbatore and its symptoms, Dr Vydianathan P R, senior cardiologist said, “the number of CVD cases in Coimbatore have increased over the years. In fact, in Tamil Nadu, ischemic heart disease is the leading cause of loss of life-years due to ill-health, disability or early death jumping three ranks, from 1990 to 2016.

## **Common painkiller tied to increased risk of heart problems**

September 22,2018/The Asian Age

The commonly used painkiller diclofenac may be linked with an increased risk of heart problems, a large Danish study suggests.

Diclofenac is a non-steroidal anti-inflammatory drug (NSAID) that’s often used to treat arthritis and other painful joint conditions. In many countries, it’s available without a prescription.

Researchers found that the rate of first-time cardiovascular events was 20 to 30 percent higher among people who started taking diclofenac than among people who started taking ibuprofen or naproxen, which are also NSAIDs, or paracetamol (acetaminophen). These events included heart attacks, development of an irregular heart rhythm called atrial fibrillation, or death from heart problems.

The rate of new heart problems was 50 percent higher for diclofenac users than for people who weren’t taking any painkillers.

The researchers analyzed data from the Danish national patient registry. Altogether, they had information on nearly 1.4 million diclofenac users, 3.9 million ibuprofen users, 292,000 naproxen users, 765,00 paracetamol users, and 1.3 million people not on any of these painkillers.

## **Floods: success in treating NCDs**

September 23,2018/The Hindu

A flare-up of communicable diseases, especially leptospirosis, in the aftermath of floods was an eventuality that the Health Department had anticipated and been prepared for.

However, post-floods, the remarkable manner in which it succeeded in preventing chronic non communicable diseases (NCDs) from getting out of hand and managed to get a huge chunk of people back on treatment, is sure to be documented by health planners and researchers.

“There could be serious complications when NCD patients suddenly discontinue the long-term medications that they are on. In the post-flood scenario, with lakhs of people displaced and living in relief camps, identifying this population and bringing

them back into the proper treatment protocol before complications set in was indeed a new challenge. We have now succeeded in identifying and initiating a new treatment protocol for 86,000 people, which include some 38,000 plus with hypertension and about 27,000 with diabetes,” Bipin Gopal, State Nodal Officer for NCDs said.

The Department was assisted in its efforts by a team of researchers from the National Institute of Epidemiology (NIE), Chennai, an agency of **Indian Council of Medical Research**, which conducted field-level epidemiological studies in all flood-affected districts.

### [Fighting cancer with cheap treatment and screening](#)

September 23,2018/Hindustan Times

Cancer is the most feared disease worldwide, and it is even more so in India where treatment outcomes are uncertain because of delayed diagnosis, patchy availability of specialised treatment and long and expensive therapies that most people without health insurance cannot afford.

Cancer continues to be diagnosed in late stages, when treatment is more toxic and expensive.

Cancer treatment, including radiation and chemotherapy not needing hospitalisation, will be covered under Ayushman Bharat’s annual Rs 5 lakh cover being offered to 550 million people.

Along with population-based screening programme for cervical, breast and oral cancers being expanded to all districts, treatment outcomes will improve in places where the services are available and uninterrupted.

### [Rajasthan health department on toes after first zika case reported](#)

September 24, 2018/Hindustan Times

The state health department has swung into action after the first case of Zika virus was reported at the Sawai Man Singh Hospital in Jaipur.

“After getting the information of a patient, Shakuntala Devi (85), resident of Shastri Nagar in Jaipur, found positive for Zika virus infection, the rapid response team visited the affected area on Saturday,” said Dr VK Mathur, the director of public health, on Sunday.

He said the team interviewed the patient — who has now recovered from the infection and discharged from the SMS hospital — and found that the patient did not travel anywhere and no one from the affected state or country had visited her place.

Dr Mathur said the team visited 40 houses and found two pregnant women and two others suffering from fever. “The samples of these four persons were collected on Sunday morning and sent to SMS hospital for further investigation,” he added.

Dr Mathur said that Devi was suffering from fever for past few days and had complaints of joint pain, redness of eyes, weakness and body ache. The patient also had altered sensorium. She was admitted to the SMS hospital on September 11 after she was diagnosed for neurological disorder.

The samples collected from the patient on September 15 and tests done at the hospital revealed presence of zika virus in the serum and urine, following which the hospital sent the samples to the National Institute of Virology,

**Indian Council of Medical Research**, Pune, for further tests. A letter sent from the NIV on September 21 confirmed presence of zika virus genome in Devi’s serum, urine and ribonucleic acid (RNA) extract of serum, he said.

### [Zika virus case reported in Jaipur, victim dead; state health department vigilant](#)

September 24,2018/Timesnoenews.com

In Rajasthan, the first case of Zika virus has been reported at the Sawai Man Singh Hospital in Jaipur. The victim, a woman lost her life on Monday. Since the case has been reported the state health department has been on toes and has swung into action.

The patient who was detected with Zika was identified as 85-year-old Shakuntala Devi resident of Shastri Nagar in Jaipur. According to a report by the Hindustan Times, Dr. VK Mathur, the director of public health, on Sunday said after the patient was found positive for Zika virus infection, the rapid response team visited the affected area on Saturday.

However, the team has already interviewed a patient who has now recovered from the infection. The team has informed the patient that, do not travel anywhere and no one from the affected state or country would visit her place.

Dr. Mathur further mentioned that the team has visited 40 houses and they found two pregnant women and two others who were suffering from fever. Although the samples of these four persons have been collected on Sunday morning and sent to SMS hospital for further investigation.

### [Outreach program organised in ICMR-National Institute of Cholera and Enteric Diseases in Kolkata](#)

September 24,2018/uniindia.com

Kolkata, Sep 24 (UNI) As a prelude to the main event of 4th Session of India International Science Festival (IISF) to be organised in Lucknow from October 5 to 8 next, an outreach program was organised in ICMR-National Institute of Cholera and Enteric Diseases (NICED) today in the city. Students, Teachers and Scientific research fraternity participated in the programme. The program was organised with the objective to introduce young students to modern scientific research and development in the domain of medical science. Eminent speakers delivered awareness lecture on diarrheal diseases, the progress of its treatment through decades to modern vaccine strategies on the occasion. This programme was followed by laboratory tour as experts from scientific domain demonstrated functional and technical usage of some high-end scientific research instruments used in research.

### [HIV decline claim worries activists](#)

September 24,2018/The Telegraph

Activists in Manipur stand divided in accepting the latest India HIV Estimations, 2017, fact sheets released by the National AIDS Control Organisation (Naco) and the **Indian Council of Medical Research (ICMR)**, which shows a nine per cent decline in new HIV infections between 2010 and 2017.

Despite the Manipur State AIDS Control Society (MSACS) defending the report's "claim" and stating that the decline is because of the many activities and strategies deployed by the Naco in curbing HIV infections, especially among Injecting Drug Users (IDU's), a few activists allege that there has been no decline in new HIV infections among IDU's and that the actual figures have been hidden in the report.

However, MSACS said the decline in new HIV infections, especially among IDU's, is mostly attributed to Opioid Substitution Therapy (OST). It also said HIV prevalence rate of eight per cent among men having sex with men and transgenders has come down from 29 per cent, is still high.

"Multiple activities and effective strategies by the Naco has curbed the spread of the virus to an extent. The OST has been helpful as IDUs can avoid sharing syringes. Many have enrolled in OST. Now, there are satellite centres where IDUs from far-flung places can get access to OST through such satellite OST centres. IDU'S are not

exchanging syringes and new infections are down,” said MSACS joint director Aviram Mongjam.

### [Feeling sleepy during daytime related to Alzheimer’s: Study](#)

September 25, 2018/The Indian Express

According to a new study, feeling drowsy during daytime can be symptomatic of Alzheimer’s Disease. Published in *Sleep* and quoted in a report in *New York Times*, the study states that feeling sleepy during daytime can lead to accumulation of the plaques in the brain.

Having disturbed sleep, the study informs, “has emerged as a candidate risk factor for Alzheimer’s disease”. In order to arrive at the result, daytime sleep habits of 124 mentally sound men and women with the average age of 60 were documented. Researchers, after an average of 15 years later, carried out PET and MRI scans in order to find out the presence of beta-amyloid, the protein that cluster together to form plaques.

It was deferred that those who complained of feeling drowsy during the daytime when compared to those who don’t, have a higher risk of having plaques. However, those who nap frequently do not run any such risk.

### [Indian Syringes, needle maker seek price Cap & inclusion in NLEM](#)

September 25,2018/biospectrum

Pharma Industry usually shies from Regulations however in an unusual move the Syringes & Needle manufacturers have written to Chairman of NLEM (National List of Essential Medicine) Committee to include all types of syringes & needles in NLEM (National List of Essential Medicines), at the earliest so that they could come under Price capping of MRP.

In a letter to **Prof. Balram Bhargava, Secretary, Department of Health Research & DG, ICMR Indian Council of Medical Research** AISNMA (All India Syringes & Needle Manufacturers Association) raised serious concerns regarding the various news reports of exorbitant price being charged to the hapless Patients and the pleas of Patient groups to address this exploitation.

Indian Syringes & Needle Manufacturers have urged the government to impose a price cap to stop the exploitation of patients by hospitals. The price limit on needle and syringe would curb unethical practices in the medical field and overcharge of these products by hospitals.

“We want a level-playing field. Hospitals need not sell at the MRP and are free to sell under the Max Retail Price but Doctors have been blaming us (manufacturers) for labelling products with high MRP. With Price Caps or Cap on Trade Margins ,our endeavour is to make the hospitals focus on making the procurement decision on the quality of the Medical Devices and their buying price for cost minimization rather than current skewed market where hospitals focus on Margins to be made on Higher MRPs and tend to seek profit maximisation . This has taken away the motivation of hospitals to be Cost competitive and patients feel exploited leading to a Trust deficit” said Mr. Rajiv Nath, President, All India Syringes and Needles Manufacturers Association (AiSNMA)

### [Antimicrobial Resistance Policy Review and Development Framework](#)

September 25,2018/reliefweb.int

Antimicrobial resistance (AMR) is a long-standing global health concern. It has recently gained political and policy momentum, particularly after the agreement of WHO member states to develop national action plans to address AMR (OECD, 2016; WHO, 2017; O’Neil, 2016). Significant challenges in addressing AMR through policy often include limited political commitment and low awareness and engagement

among stakeholders (Dar et al., 2016; OECD, 2016). Often governments have limited capacity to implement policies because of technical capacity and financial resources gaps (FAO, 2014). This Policy Review and Development Framework is for government policy-makers and officials and other stakeholders in AMR and AMU (antimicrobial use) policy for food-animal production within a One Health approach. It offers a practical guide for countries to systematically identify, assess, and strengthen AMR and AMU policies. The Framework is designed to help countries review their national policies and provides examples from countries that facilitate effective national responses to AMR.

### **Death of Malaria: Scientists wipe out whole colony of mosquitoes in new experiment**

September 26, 2018/The Asian Age

A major research breakthrough has had scientists saying that there is new hope in the fight against malaria.

Following a series of laboratory experiments, researchers from Imperial College London succeeded in wiping out a population of caged mosquitoes using a type of genetic engineering known as a gene drive.

The process allowed them to tweak the genes of mosquitoes and block female reproduction in them.

The research, published in the journal Nature Biotechnology says that the scientists managed to eliminate the population in less than 11 generations.

According to them, the gene drive technique could be used to control the spread of malaria.

Malaria is a parasitic disease that is carried by *Anopheles gambiae* mosquitoes.

Co-lead author of the study, Andrea Cristani said that it would still be at least 5 to 10 years before they can consider testing any mosquitoes with gene drive in the wild.

### **Early diagnosis key to treat cancer in children**

September 26, 2018/The Asian Age

It is estimated that approximately 40-50000 new cases of cancer occur in under-14 year of age in India.

Many of these are not diagnosed either because they have poor access to health care or because primary health care workers do not recognise signs and symptoms of pediatric malignancy, according to Dr. Gauri Kapoor of Rajiv Gandhi Cancer Institute & Research Centre (RGCIRC), Rohini, Delhi.

September is Childhood Cancer Awareness Month and RGCIRC has been raising awareness on early diagnosis of childhood cancer during the month.

Advances in survival of children with cancer over the past 30 years have been remarkable. Today, approximately 70 per cent of childhood cancers are potentially curable. Interestingly, this is not due to discovery of new drugs in treatment of childhood cancer. Rather, it has been achieved by the rational combination of the three important therapeutic modalities - chemotherapy, surgery and radiotherapy. This has been achieved through successive clinical trials comparing the best known therapy with new innovations in treatment.

### **HHS' Azar Kicks Off Global Effort to Fight Antibiotic Resistance**

September 26,2018/Medscape

The US Department of Health and Human Services (HHS) Secretary Alex Azar and the Centers for Disease Control and Prevention (CDC) announced the US government's global Antimicrobial Resistance (AMR) Challenge on September 25 at a high-level meeting during the 73rd session of the United Nations General Assembly.



The yearlong effort — called "the most ambitious global initiative to date to combat the growing threat of antibiotic resistance" in a CDC news release — will intensify efforts to fight AMR worldwide by enabling governments, private industries, and nongovernmental organizations worldwide to formally commit to furthering the gains already made against AMR.

"We are seeing resistance to life-saving antibiotics, and scientists worldwide are uncovering new types of resistance. Our shared commitment to confront this threat is critical to all American communities and companies, protecting our progress in healthcare outcomes, food production and even life expectancy, CDC Director Robert Redfield, MD, said in the CDC release.

The Bill & Melinda Gates Foundation, the Pew Charitable Trusts, the United Nations Foundation, the Wellcome Trust, and the CDC Foundation cohosted the event, at which Azar unveiled the first commitments from more than 100 organizations intent on continuing progress against one of the most urgent global public health threats.

Attendees at the meeting along with Azar included Tedros Adhanom Ghebreyesus, director-general, World Health Organization (WHO), **Balram Bhargava, MD, DM, director-general, Indian Council of Medical Research**, New Delhi, and secretary, Department of Health Research, and Anand Anandkumar, chief executive officer and managing director of Bugworks Research Inc.

### **MCI to be run by govt-constituted committee till new legislation in place**

September 26,2018/The Times Of India

**NEW DELHI:** The Medical Council of India (MCI) will be now run by a government-constituted committee till Parliament passes a bill that seeks to replace the regulatory body with a new commission, a move aimed at keeping a stringent check on corruption in medical education. The announcement came after President Ram Nath Kovind cleared an ordinance to set up a committee to run the medical regulatory body. While the National Medical Commission (NMC) Bill, 2017, which aims to overhaul medical education in India and replace existing Indian Medical Council Act, 1956, is yet to be passed by the Parliament, the term of elected body members of the MCI is also to end soon. The announcement was promptly followed with a notification from the health ministry appointing the committee which will replace the existing MCI leadership. The seven member committee or Board of Governors will be headed by Niti Aayog member VK Paul and have AIIMS Director Randeep Guleria, PGIMER Chandigarh Director Jagat Ram, NIMHANS Bangalore director BN Gangadgar and Dr Nikhil Tandon from AIIMS. Besides, director general Health Services S Venkatesh and **Balram Bhargava, Director General of Indian Council of Medical Research** will be member ex-officio in the committee.

### **Prostate cancer is second most common cancer among men in Delhi**

September 27, 2018/India Today

With prostate cancer emerging as the second most deadly disease among men in Delhi, government health experts have framed guidelines to include treatment of all urological disorders such as this form of cancer under the Pradhan Mantri Jan Aarogya Yojna (PM-JAY).

Data collated by Delhi's Cancer Registry shows that prostate cancer is the second most frequently diagnosed cancer among men in the city, just behind oral and lung cancer cases.

Its overall incidence rate is already 10-12 per cent. A survey done by **Indian Council of Medical Research (ICMR)** and Safdarjung Hospital shows the fatal disease has not even spared other metropolitan cities like Kolkata, Pune, Trivandrum, Bangalore and Mumbai where young men are falling prey to it.

Doctors have attributed this trend to two main reasons -poor eating habits and smoking. "Smoking and eating junk and preserved food has made men more prone to prostate cancer in cities. A recent medical literature says that cases will get doubled by 2020," said Prof (Dr) Anup Kumar, head of Urology and Renal Transplant department at Safdarjung Hospital.

### [8 everyday habits affecting eye health](#)

September 27, 2018/The Asian Age

Recent studies now warn contact lens wearers to look after their eye health following an outbreak of a rare infection that can cause blindness.

Scientists at University College London and Moorfields Eye Hospital warned, last week, that paying attention to hygiene is essential for eye health, especially for the contact lens wearers.

The researchers warned there had been a threefold increase in the number of cases of a rare eye infection that can cause blindness since 2011.

The condition, acanthamoeba keratitis, is more likely to affect contact lens wearers as the disease is linked to lenses coming into contact with contaminated water, but anyone can be affected, say the researchers.

Researchers found that the risk is three times higher for contact lens wearers who don't wash and dry their hands before handling lenses and for those who use ineffective contact lens solution.

Speaking to MailOnline, Vision Direct optometrist Brendan O'Brien shares daily habits that can damage eyes and what one should do to keep them healthy.

**Daily swim:** While swimming is hugely beneficial for your cardiovascular system, if you're not wearing goggles, your eyes might be suffering, especially if you're a contact lens wearer and you open your eyes underwater. The water in pools, rivers and the sea, or even the shower can leave your eyes vulnerable to bacterial infection. The microorganism acanthamoeba lives in water and can cause serious damage if it gets into the eye.

### [Govt appoints board to supersede Medical Council of India](#)

September 27,2018/The Times of India

The government on Wednesday superseded the Medical Council of India appointing a board of governors to take over the council's powers and functions pending passage of the National Medical Commission Bill that seeks to replace the MCI with a freshly constituted regulatory body.

Following an ordinance that empowered the government, the health ministry issued a notification asking the president, vice-president and other members of the MCI to vacate their offices immediately. The notification also stated that until a new council was reconstituted, a board would be constituted to take over the functioning of the MCI. The NMC Bill is pending in Parliament.

The new board consists of the members of the earlier oversight committee appointed by the ministry following a Supreme Court order and two fresh names, **Dr Balram Bhargava, the director general of the Indian Council for Medical Research**, and Dr S Venkatesh, the director general of health services (DGHS). Of the earlier OC members, Niti Aayog member Dr Vinod Paul will be the board chairperson, while directors of AIIMS-Delhi, PGIMER Chandigarh and the National Institute of Mental Health& Neuro Sciences (NIMHANS) Bangalore, Dr Randeep Guleria, Dr Jagat Ram, Dr BN Gangadhar respectively, as well as Dr Nikhil Tandon, professor in AIIMS, will be members. Dr Sanjay Shrivastava, former deputy director general of health services has been appointed secretary general to the board.

### [Study reveals gaping gaps in the availability of diagnostics test in India's primary health centres](#)

Diabetes, a chronic condition, is the fastest growing disease in India, affecting about 49% of our population. Yet, one may not be able to get a simple glycated haemoglobin A1c test, which tells you the average level of blood sugar over 2-3 months, done in a primary health care centre, reveals a new study. Conducted by researchers from the McGill University, Canada, **Indian Council of Medical Research, New Delhi**, University of York, UK, FIND, Switzerland and the Manipal Academy of Higher Education, India the results of the study were published in the journal The Lancet Infectious Diseases.

The survey study was conducted in three districts in three states of India—Tumakuru in Karnataka, Fatehpur in Uttar Pradesh, and Wardha in Maharashtra. In each of these districts, the researchers randomly selected 20% of the health care centres to check the facilities available. Between Dec 13, 2017, and March 22, 2018, the researchers surveyed 40 health care centres in total.

### **Centre dissolves Medical Council of India**

September 27,2018/Telanganatoday.com

**Hyderabad:** In a major development which is being seen by many as a step towards reforming medical education in the country, the Centre on Wednesday released an ordinance superseding Medical Council of India (MCI).

All the existing top governing body members of MCI have been replaced and in their place, the Centre, through its ordinance, has appointed Board of Governors comprising senior doctors from various organisations who will now exercise the powers of MCI.

Senior doctors and public health experts have pointed out that the ordinance is a sure-shot indicator of Union government's decision to replace the controversy-riddled MCI with a National Medical Commission, the bill for which is still pending in the parliament. The ordinance notification said that 'MCI shall stand superseded and the president, vice president and other members of the Council shall vacate their offices..”.

Former NITI Ayog Chairman and noted economist Arvind Panagariya said that he was personally delighted to see the decision. “A great victory for reforms in the health sector and above all the medical profession,” Panagariya in his tweet said. The Centre has appointed Director of AIIMS, New Delhi, Dr Randeep Guleria, Director of PGIMER, Chandigarh, Dr. Jagat Ram, Director of NIMHANS Bengaluru, Dr B. N Gangadhar and senior endocrinologist from AIIMS, Dr. Nikhil Tandon as members of the newly established Board of Governors. The ex-officio members include DG, Health Services, MOHFW, Dr S Venkatesh and **DG, ICMR, Professor Balram Bhargava.**

### **About 45% of heart attacks are silent and cause long-term damage**

September 28, 2018/The Asian Age

**New Delhi:** As per studies, a silent heart attack is often symptomless but the risk of a person dying is the same as that during a symptomatic heart attack. Though silent heart attacks strike men more often than women, the latter are equally at risk.

About 45 percent of all heart attacks are silent, according to a research. On World Heart Day, awareness needs to be raised on this condition and that it becomes apparent only during a chance electrogram indicating damage to heart muscles.

Silent heart attacks occur when blood flow to the heart muscle is severely reduced or cut off completely. Statistics indicate that about 25 percent of all heart attacks occur in people below the age of 40 years. The classic symptoms of a silent heart attack such as fatigue or physical discomfort, poor sleep, and age-related ache or pain are often confused as gastric reflux, indigestion, and heartburn.

Speaking about this, Dr Suman Bhandari of Fortis Hospital, Noida, said, "The outcome of a silent heart attack is as bad as one whose symptoms are detected. However, there is a lack of knowledge about these signs, which can delay timely diagnosis and treatment."

With regards,

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