

[This new therapy could boost the immune system's ability to fight skin cancer](#)

September 8,2018/Hindustan Times

Scientists say they have identified a molecule that can be added to a cancer vaccine to boost the immune system's ability to fight skin cancer.

A study, published in the journal PNAS, found that adding the molecule called Diprovocim to an existing vaccine can draw cancer-fighting cells to tumour sites.

Experiments in mice with melanoma suggest the therapy could increase chances of recovery in cases where a drug therapy alone is not working, researchers said.

Melanoma is a form of skin cancer that arises when pigment-producing cells - known as melanocytes - mutate and become cancerous.

"This co-therapy produced a complete response - a curative response - in the treatment of melanoma," said Dale Boger, a professor at the Scripps Research Institute in the US.

[New blood test could predict second heart attack risk](#)

September 8,2018/Hindustan Times

A blood test that quickly and easily detects whether a person is at the risk of a secondary heart attack is being developed by scientists.

The researchers at the Baker Heart and Diabetes Institute in Australia have identified plasma lipid biomarkers (fats in the blood) that improve upon traditional risk factors in predicting heart disease and stroke.

The blood test is proposed to be trialled in Australia over the next 2-3 years, said Peter Meikle, a professor Baker Heart and Diabetes Institute.

Eventually this test will help better assess a patient's risk of developing heart disease, he said.

The study, published in the journal JCI Insight, looked at 10,000 samples to find the biomarkers that will determine whether a person is at the risk of having another heart attack.

"We hope to identify those individuals who are at greatest risk of a second heart attack so that they can be closely monitored and treated accordingly," Meikle said.

[If you feel very sleepy during the day, you might be at risk of getting Alzheimer's](#)

September 8,2018/Hindustan Times

People who feel very sleepy during the day are nearly three times more likely to develop Alzheimer's disease than those who do not, a long-term study has found.

The study, published in the journal SLEEP, found that adults who reported being very sleepy during the day were thrice more likely to have brain deposits of beta amyloid, a protein that is a hallmark for Alzheimer's, years later.

Researchers at Johns Hopkins University in the US suggest that getting adequate nighttime sleep could be a way to help prevent Alzheimer's disease.

"If disturbed sleep contributes to Alzheimer's disease we may be able to treat patients with sleep issues to avoid these negative outcomes," said Adam P Spira, an associate professor at the Johns Hopkins Bloomberg School of Public Health.

The study used data from a long-term research started in 1958 that followed the health of thousands of volunteers as they age. As part of the study's periodic exams, volunteers filled a questionnaire between 1991 and 2000.

[GMC to conduct study on food pattern in Srinagar](#)

SRINAGAR: Department of Community Medicine, Government Medical College, Srinagar on Saturday said that it is conducting a community based 15th month study on the consumption of high fat, salt and sugar (HFSS) foods and their impact on the burden of non-communicable diseases among 4000 households in Srinagar. In a statement, the department said the study will also identify priority areas of research relating to consumption of HFSS foods and Sugar Sweetened Beverages (SSBs), and to assess effectiveness of strategies for reducing their consumption. "This 15-month study is a part of multi-centre task force study of **Indian Council of Medical Research (ICMR)** which shall be carried among 4000 households in Srinagar city. The study shall assess the nutrition status of the selected population by anthropometry (height, weight, waist and hip circumference) and also shall measure the blood pressure and assess biochemical profile on a sub sample of the screened population (random blood sugar, cholesterol, triglycerides, HDL cholesterol). Further it will analyze the selected food and food products/items from each site for salt, sugar and fats including trans fats. On its sideline, the research staff will disseminate the information about harmful effects of foods and food products/items rich in fat, salt and sugar and importance of physical activity," said Dr. S. Muhammad Salim Khan, head of the department and principal investigator of the study.

[Suffering from critical illness for a while, you could be at risk of kidney disease](#)

September 10,2018/Hindustan Times

People with acute critical illness have an increased risk of kidney complications and death, finds a study. "Patients with acute critical illness without apparent underlying renal disease -- a group traditionally considered to be at low risk of renal diseases -- have clinically relevant long-term renal risks," wrote Dr. Shih-Ting Huang and Dr. Chia-Hung Kao of Taichung Veterans General Hospital and China Medical University, Taiwan, respectively.

Most studies have looked at patients with pre-existing kidney disease, while this study looked at data on 33, 613 Taiwanese patients with critical acute illness and no pre-existing kidney disease compared with 63, 148 controls for a medium-term renal outcome.

More than half of the patients (53%) were above 65 years of age and two-thirds (67%) had high blood pressure. Patients who had experienced acute kidney illness were at an increased risk of renal complications, developing chronic kidney disease and end-stage renal disease, with septicemia and septic shock being the strongest risk factors.

[Cancer trends and disparities in India: data needs for providing equitable cancer care](#)

September 11,2018/The Lancet

India, with a population close to 1.3 billion, and growing, is epidemiologically interesting and challenging for health-care planners. Regarding cancer burden, the population demographics, health policies, health-data recording, access to health care, and affordability have all improved substantially during the period between 1990 and 2016, as reported by The India State-Level Disease Burden Initiative Cancer Collaborators in their Global Burden of Disease paper in The Lancet Oncology.

In addition to the heterogeneity in cancer incidence and outcomes between states, significant differences exist within each state, most prominently between urban and rural populations. Health data availability, access to health care, and affordability are poor and have remained almost static over the entire period in rural areas, while they have improved substantially in urban areas. The issues of access to health care and

affordability are a direct result of zero health insurance coverage in more than 95% of the population in India. The federal government of India is currently rolling out in a phased manner the National Health Protection Scheme (NHPS, also known as Modicare).

If properly implemented, this programme is likely to improve health-care access for the majority of the rural Indian population in the next decade.

The India State-Level Disease Burden Initiative Cancer Collaborators have used the best possible data-sourcing methods available so far for India. The first population-based cancer registry, based in Mumbai (previously named Bombay), started in June 1963, and the first rural population-based cancer registry, based in Barshi, Maharashtra, was established in 1987. Cancer data collection has improved over the years and **the Indian Council of Medical Research (ICMR)** now has a fully fledged National Centre for Disease Informatics and Research (NCDIR).

[High fever and headache, dengue signs and symptoms you should watch out for](#) September 11,2018/Hindustan Times

Dengue fever is a painful, debilitating mosquito-borne disease caused by dengue viruses. Each year, an estimated 400 million people globally are infected with the virus; about 100 million get progressively sick and 2.5 percent of those patients die. It is the fastest growing mosquito borne infection in the world.

The World health Organisation (WHO) estimates that 40% of world's population is at risk of being infected due to environmental conditions and burden of disease; people of all age groups are at risk. Most people who are infected have mild or no symptoms. Dr Mohammed Sakeel of Fortis Hospital, Kalyan, said that mild symptoms of dengue may be confused with other illnesses that cause fever and flu-like symptoms. He stated that the most common symptoms are fever, and one or more of the following:

- 1) Headache
- 2) Eye pain (typically behind the eyes)
- 3) Muscle, joint, or bone pain
- 4) Rashes
- 5) Nausea and vomiting
- 6) Unusual bleeding (nose or gum bleed, small red spots under the skin, or unusual bruising)

[The changing patterns of cardiovascular diseases and their risk factors in the states of India: the Global Burden of Disease Study 1990–2016](#)

September 11,2018/The Lancet

Summary

Background

The burden of cardiovascular diseases is increasing in India, but a systematic understanding of its distribution and time trends across all the states is not readily available. In this report, we present a detailed analysis of how the patterns of cardiovascular diseases and major risk factors have changed across the states of India between 1990 and 2016.

Methods

We analysed the prevalence and disability-adjusted life-years (DALYs) due to cardiovascular diseases and the major component causes in the states of India from 1990 to 2016, using all accessible data sources as part of the Global Burden of Diseases, Injuries, and Risk Factors Study 2016. We placed states into four groups based on epidemiological transition level (ETL), defined using the ratio of DALYs from communicable diseases to those from non-communicable diseases and injuries

combined, with a low ratio denoting high ETL and vice versa. We assessed heterogeneity in the burden of major cardiovascular diseases across the states of India, and the contribution of risk factors to cardiovascular diseases. We calculated 95% uncertainty intervals (UIs) for the point estimates.

This new drug may help in treating tuberculosis

September 12, 2018/Hindustan Times

Scientists say they have developed the first non-antibiotic drug to successfully treat tuberculosis (TB) in animals.

Researchers at The University of Manchester in the UK hope the compound developed after 10 years of painstaking research will be trialled on humans within three to four years. The drug works by targeting Mycobacterium tuberculosis' defences rather than the bacteria itself.

The drug can also take out its increasingly common antibiotic resistant strains, according to the research published in the Journal of Medicinal Chemistry. Although a vaccine for TB was developed 100 years ago, one in three people across the world are thought to be infected with the infectious disease, researchers said.

About 1.7 million die from the bug each year worldwide and 7.3 million people were diagnosed and treated in 2018, up from the 6.3 million in 2016, they said. The researchers said TB is most common in Africa, India and China, but on the rise in the UK with London often described as the TB capital of Europe.

Malaria, tuberculosis, HIV vaccines not likely to be produced anytime soon

September 12,2018/The Indian Express

Vaccines against malaria, HIV and tuberculosis are not likely to be produced anytime soon, according to a study. In order to eradicate these diseases, the study has deduced, a large amount of money is required in order to fund research for the vaccines.

According to a report in The New York Times,in order to change the situation by 2030, money spent on research should increase to \$9 billion a year from the \$3 billion it spends now. However, it seems that things are not really looking up. While the monetary investment by private foundations, companies, government donors had increased in the early 2000s, things have not progressed much thereafter.

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.

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).

[Doctors to analyse Gandhiji's health](#)

September 12, 2018/The Hindu Businessline

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.

[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.

Going by the existing trend, its impossible for most states to attain the UN target on suicide reduction, said lead researcher Rakhi Dandona from the Public Health Foundation of India. The UN target is reduction of suicides by one-third by 2030 from 2015 data.

“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.**

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

September 13,2018/Millennium Post

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."

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 The Lancet, jointly carried out by **ICMR (Indian Council for Medical Research)** and the PHFI (Public Health 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. While Tamil Nadu is seen on the top of list in terms of the diabetes epidemic, Maharashtra stands at the seventh spot. "Maharashtra seems right in the middle of the spectrum," said endocrinologist Dr Shashank Joshi.

Air pollution, diet, weight: Lancet report lists what ails India

September 13,2018/Hindustan Times

Establishing a definitive link between death from chronic respiratory diseases and air pollution in north India, a new study in The Lancet Global Health said high exposure to outdoor and indoor air pollution in northern states is the leading cause of the high burden of chronic obstructive lung disease (COPD) in these states, where the death rate from COPD is twice as high as states with cleaner air.

Apart from COPD, polluted air also raises the risk of heart disease, stroke, diabetes and cancers, said the first-ever multi-centric public-private study of five non-communicable diseases (NCD) across all states.

Chronic respiratory diseases, which includes COPD (55 million) and asthma (37.9 million cases in 2016), were responsible for 10.9% of all deaths in 2016. COPD cases have almost doubled over the past 25 years.

India Shares 32% of Global Burden of Respiratory Diseases: Lancet

September 13,2018/The Lancet

Thanks to India's rising air pollution crisis, the burden of respiratory diseases is 32 percent of the global burden, found a new study published in [The Lancet](#). To put it in perspective, India consists of 17.8 percent of the population.

Deaths by chronic respiratory diseases contributed to 10.9 percent of total deaths in 2016 in India. Chronic obstructive lung disease (COPD) and asthma were responsible for 75.6 percent and 20 percent of chronic respiratory diseases.

The study also found that air pollution contributes to chronic respiratory diseases more than smoking in the country. About 33.6 percent of COPD burden could be attributed to ambient air pollution, 25.8 percent to household air pollution and 21 percent to smoking.

Cervical and oesophageal cancer down, increase in breast and liver cancer, finds Lancet Oncology study

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.

According to the study, the number of lung cancer cases in India in 2016 was 67,000 — 72.2% were men. It is the second most common cancer among men and the incidence is attributed to tobacco use and air pollution. Breast cancer incidence has gone up by 39.1% from 1990 to 2016 and is the most common cancer among women in India, accounting for the largest crude incidence rate and prevalence of any cancer type. Liver cancer increased by 32.2% since 1990 with 30,000 cases being reported in 2016.

[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 गई।

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।

नेशनल गांधी म्यूजियम के डायरेक्टर एअन्नामलाईन ने कहा कि पांच साल पहले उन्हें गांधीजी की मेडिकल रिपोर्ट मिली थी, यह अब किसी धरोधर से कम नहीं है।

Free drugs and diagnostic facilities will be provided for Dementia patients: Health Minister J P Nadda

September 14, 2018/The New Indian Express

BENGALURU: Union Health Minister Jagat Prakash Nadda said that free drugs and diagnostic facilities will be provided for dementia patients under a free drugs programme of the Centre. He was speaking at the International Symposium on Dementia in Bengaluru on Friday. There were approximately over 44 lakh people with Dementia in 2015 and the number is expected to double by 2030. Only 10 per cent of the cases are diagnosed according to the Alzheimer's and Related Disorders Society of India (ARDSI).

He said 1.5 lakh sub centres in India that will be converted into health and wellness centres (as announced in the budget) will soon provide geriatric care that till now provided only mother and child care. "By 2022, all health and wellness centres will provide universal screening for individuals under 30 years of age for Hypertension, Tuberculosis, Diabetes, Cervical Cancer, Breast Cancer, Leprosy and this will also include Geriatric Care and thereby Dementia," said Nadda.

Sugar pills may help in relieving chronic pain

September 14, 2018/Hindustan Times

According to a recent study, someday doctors may prescribe sugar pills for certain chronic pain patients based on their brain anatomy and psychology. And the pills can reduce the pain as effectively as any powerful drug on the market.

A. Vania Apkarian, author of the study said, "Their (Patients) brain is already tuned to respond. They have the appropriate psychology and biology that puts them in a cognitive state that as soon as you say, 'this may make your pain better,' their pain gets better." There's no need to fool the patient, Apkarian said.

"You can tell them, 'I'm giving you a drug that has no physiological effect but your brain will respond to it. You don't need to hide it. There is a biology behind the placebo response,'" Apkarian adds.

The findings of the study have three potential benefits:

Prescribing non-active drugs rather than active drugs

"It's much better to give someone a non-active drug rather than an active drug and get the same result," Apkarian said. "Most pharmacological treatments have long-term adverse effects or addictive properties. Placebo becomes as good an option for treatment as any drug we have on the market."

High-fibre diet can reduce brain inflammation caused by ageing

September 14, 2018/Hindustan Times

Dietary fibre — found mainly in fruits, vegetables, whole grains and legumes — reduces brain inflammation during ageing, finds a study. Dietary fibre promotes the growth of good bacteria in the gut. When these bacteria digest fibre, they produce short-chain-fatty-acids (SCFAs), including butyrate, as by-products.

"Butyrate is of interest because it has been shown to have anti-inflammatory properties on microglia and improve memory in mice when administered pharmacologically," said Rodney Johnson of University of Illinois.

Although positive outcomes of sodium butyrate — the drug form — were seen in previous studies, the mechanism wasn't clear. The new study reveals, in old mice, that butyrate inhibits production of damaging chemicals by inflamed microglia. One

of those chemicals is interleukin-1 β , which has been associated with Alzheimer's disease in humans.

ICMR to launch research to eliminate malaria by 2030

September 15,2018/The Pioneer

In order to eliminate malaria from India by 2030, **Indian Council of Medical Research (ICMR)**, along with several national and international organisations, will launch Malaria Elimination Research Alliance India (MERA INDIA). ICMR is already undertaking research projects in Jabalpur and Punjab, researchers told The Pioneer.

“We already have National Malaria Eradication Programme (NEDP) In India. The alliance will find what the various gaps in the programme are. We will identify various needs of the programme and make much focused research projects,” said Dr Manju Rahi, Scientist, ICMR. MERA India will find better drugs and diagnostics for Malaria as one of its focus areas, she added.

Laying emphasis on the two projects, Dr Rajni Kant, Head of Department (HOD), Research Management, Policy, Planning & Coordination, ICMR said, “As a part of Malaria Elimination Demonstration Programme (MEDP), we identified two places, Jabalpur in Madhya Pradesh where malaria is highly endemic and Punjab where malaria is less endemic. We are researching on how malaria can be controlled in highly endemic areas and can be eliminated in less endemic areas.” In Mandla, Jabalpur, they will eliminate malaria in three years, he added.

The successful strategies used in these models will be proposed to National Vector Borne Diseases Control Programme (NVBDCP) for nationwide adoption, said Dr Rahi. NVBDCP will be a part of the alliance.

While major stakeholders of the alliance will be union and state health ministries and National Programmes, medical colleges, National Institute of Malaria Research (NIMR), World Health Organisation (WHO), Medicines for Malaria Venture (MMV) and several Multi National Companies (MNCs) will also be made partners.

Contribute to make healthcare affordable, young researchers told

September 15,2018/The Hindu



In spite of independent India making giant strides in various spheres, a number of challenges, including provision of universal healthcare and making primary and tertiary healthcare affordable, remains to be addressed, and young researchers can

play a decisive role in identifying and providing solutions to them, **Director General of Indian Council of Medical Research (ICMR) Balram Bhargava** has said.

Prof. Bhargava participated as chief guest at the 9th Convocation of GITAM (Deemed to be University) at Rushikonda here on Saturday.

Speaking on the progress made by India, he said: "I belong to a generation, where we had to miss a meal due to shortage of food grains. On the call of the then Prime Minister Lal Bahadur Shastri 'Jai jawan, jai kisan', India had contributed to the improvement of food production. The prospect of importing food grains was overcome with improved production." The 'white revolution' was another area in which India improved its milk production. In the health care sector, our generation has done well. "There was no need for Indians to go abroad for advanced medical treatment and complicated surgeries from 1980 s onwards. People from other countries started coming to India for medical treatment.

'Varsities should produce next generation technology innovators'

September 16,2018/Indian Express

VISAKHAPATNAM: **Indian Council of Medical Research (ICMR) director-general Prof Balram Bhargava** opined that there were two major areas in the field of medicine, which needed to be focused. While one is of uniform health coverage programmes like Ayushman Bharath and the other is emergency medicine systems. Balram said that in order to successfully implement government programmes like the Ayushman Bharat (National Health Protection Mission), the country needed innovations in medical devices, for which universities must concentrate on the next generation of medical technology innovators who will in turn focus on invention and early stage development of low cost new medical technologies for the Indian population. He was delivering the 9th Annual Convocation address of GITAM Deemed to be University here on Saturday.

The GITAM Deemed to be University presented Honorary Degree of Doctor of Science (DSc.) to Prof Balram Bhargava and Honorary Degree of Doctor of Letters (DLit.) to noted Telugu writer Peri Ravi Kumar.

Telangana at bottom in NCDs

September 17, 2018/Telangana Today

Hyderabad: The India State level Non-Communicable Diseases (NCDs) study, published recently in The Lancet and earlier by **Indian Council of Medical Research (ICMR)** in November, 2017, had recorded a steady rise in NCDs across all parts of the country. Telangana is no different as NCDs rose here too between 1990 and 2016.

However, overall, a closer look at the pan-India rankings ascribed to different States based on the prevalence of NCDs shows Telangana at the bottom of the table when it comes to burden of heart ailments, diabetes, strokes and respiratory ailments.

Only in the burden of suicides, Telangana is ranked fifth in the country while in the rest of the NCDs, the State is at the bottom of the rankings, which should be a clear indication for State health authorities to fine-tune various public health initiatives.

The bane of migraine

September 17, 2018/The Asian Age

Migraines affect one in seven globally and are a major reason for disability, discomfort and absenteeism from work, leading to major economic losses in the global working population. The risk of stroke and cardiovascular diseases increases three times with the onset of migraines while the anti-inflammatory drugs prescribed for the condition can actually increase the risk of blood clots, leading to strokes. Migraine sufferers have a higher risk due to medication accompanied with unhealthy

diet, lack of exercise, insomnia and stress, explains **Dr Anand Balasubramaniam**, senior neurosurgeon and head of the neurosurgery department at Yashoda Hospitals.

Q Why do migraines increase the risk of stroke and heart attacks in patients?

Various studies have shown an association between migraines with stroke and heart attacks. Multiple factors like anti-inflammatory medications, unhealthy diet, lack of exercise, lack of sleep and stress also put one at risk. A combination of these factors shows that those suffering from migraine have an increased risk of brain attack or stroke and heart attacks.

Water, vector-borne disease outbreak looms over Kerala

September 17, 2018/LiveMint

New Delhi: Flood-hit Kerala, already grappling with vector-borne diseases such as dengue and chikungunya, now also faces the threat of water-borne illnesses, with public health experts warning of an outbreak of cholera, typhoid, hepatitis and leptospirosis.

The state has already recorded 846 cases of dengue fever, 191,945 cases of acute diarrhoeal disease (ADD), 518 cases of malaria, 34 cases of chikungunya and 225 cases of leptospirosis, according to the directorate of health services (DHS), Kerala. The numbers are expected to rise further with flood waters accumulating everywhere, according to doctors.

“Kerala faces the threat of an outbreak of water-borne diseases such as cholera and hepatitis and vector-borne diseases such as malaria and dengue. Because of the lack of safe drinking water there may be an increase in people suffering from diarrhoea, typhoid and leptospirosis, a bacterial disease that is transmitted through contact with water or damp surfaces,” said Nirmal Kumar, head of the department of gastroenterology, Venkateshwar Hospital, Dwarka, New Delhi.

IJMR edition to draw on Mahatma Gandhi’s life to deliver health messages

September 17,2018/The Indian Express

From using Mahatma Gandhi’s blood pressure records to talk about hypertension to the Dandi March to deliver the message of salt restriction in diets, the journal of **Indian Council of Medical Research** will tailor messages related to health around the life and works of the Father of the Nation in its commemorative issue for the 150th birth anniversary of Mahatma Gandhi.

The Indian Journal of Medical Research (IJMR) will talk about the Mahatma and science, a relationship admittedly fraught with complications given Gandhi’s views about modern medicine or even contraception. Started in 1913, IJMR is one of the oldest medical journals in Asia. The issue will include Gandhi’s blood pressure records, procured with permission of the National Gandhi Museum.

“He was hypertensive and on medication for the condition. The idea is to give the message that this is not exactly a disease that has happened recently and can be controlled with appropriate medicines at the right time,” said **Dr Balram Bhargava, secretary of the department of health research and ICMR director general.**

Varsities should concentrate on next gen medical tech: ICMR D-G

September 17,2018/The hansindia.com

Visakhapatnam: The 9th Convocation of the GITAM University was held here on Saturday. **Prof. Balaram Bhargava, Director General, ICMR** attended as chief guest at the convocation and delivered convocation address. On this occasion, he stressed the collective outputs with multiple disciplines. The professor called upon the doctors, engineers, nurses, professionals of various disciplines and even the class-four employees to sit together and discuss what are the needs and tools to bring an excellent outputs in their respective fields.

He mentioned that to successfully implement government programs like Ayushman Bharat (National Health Protection Mission) the country needs medical device innovations. The universities must concentrate on next generation of medical technology innovators who would in turn focus on invention and early stage development of low cost new medical technologies for the Indian population.

"It will be possible by generating innovative ideas through strong interaction with academia, clinicians and industry. The All India Institute of Medical Sciences (AIIMS) is presently working on such innovative projects in association with IIT Delhi. As far as the country's health care needs were concerned, before 1980 a large number of Indian patients moved out of the country for bypass surgery and other medical needs but now the situation has totally changed.

Cancer cases rise by 28% India 26 Years

September 18, 2018/Deccan Chronicle

Hyderabad: The occurrence of cancer in India has increased by 28% from 1990 to 2016, according to a study by **the Indian Council of Medical Research**, Public Health Foundation and the Institute for Health Metrics and Evaluation. The study found that the deaths due to cancer were 8.3% of the total number of deaths in India in 2016.

The study was conducted across all states and union territories of India and it was found that the new cases of cancer had increased from 5,48,000 in 1990 to 1.1 million in 2016. The study has assessed the data from over 100 Indian institutions and found that the major reasons for the increasing risk factors of the disease were malnutrition, dietary risks, high blood pressure, high glucose levels and air pollution. The leading types of cancer found in 2016 were stomach cancer which was 9%, breast cancer at 8.2%, and lung cancer was 7.5%.

Giving toddlers Calpol, paracetamol may increase risk of developing asthma: Study

September 18, 2018, The Indian Express

Administering Calpol and other paracetamol to toddlers increases the chances of suffering from asthma later if it runs in the family, according to a new study. To arrive at the result, the study assessed 620 kids from infancy to adulthood. They were chosen even before they were born since as at least one member of their family had food eczema or some food allergy, it made them naturally vulnerable to developing some allergy-based condition.

"Paracetamol, on the other hand, consumes glutathione, reducing the body's capacity to deal with toxic exposure," said Xin Dai, one who led the research at the University of Melbourne.

"Our findings provide more evidence that paracetamol use in infancy may have an adverse effect on respiratory health for children with particular genetic profiles and could be a possible cause of asthma," Dai said. The results were presented to the European Respiratory Society International Conference in Paris.

Cancer incidence rate highest in Kerala

September 19, 2018/The Times of India

The highest number of cancer cases in India is detected from Kerala, followed by Mizoram, Haryana, Delhi and Karnataka, while it is the lowest in Bihar. In 2016, cancer incidence rate in India was 106.6 per 1 lakh people, while in Kerala it is 135.3 per 1 lakh people. Even mortality and disability rates due to cancer are high in the southern state, a new study shows. The death rate for both sexes due to cancer was highest in Mizoram, followed by Kerala and Haryana. With the southern state witnessing 73.5 deaths per 1 lakh

females and 103.4 per 1 lakh males, disability due to cancer was highest in Mizoram, Kerala, Assam and Haryana, says the report on 'The burden of cancers and their variations across the states of India: Global burden of disease study 1990-2016,' r A Nandakumar, director, National Centre for Disease Informatics and Research, **Indian Council of Medical Research (ICMR)**, said Kerala has a slightly older population compared to the rest of the country and this could be reason for high incidence. "If you take the proportion of people above the age of 65 in Kerala, which is the age during which people are more prone to get cancer, it is high compared to the rest of India. Also, Kerala has well-established cancer care centres and cancer registry," said Nandakumar, co-author of the study funded by Bill & Melinda Gates Foundation, ICMR and Union ministry of health and family welfare.

[Dengue cases shoot up in Delhi in a week, end of rains could add to spike](#)

September 19, 2018/Hindustan Times

The national capital's annual tryst with dengue may have been delayed this year because of persistent rains, but with 106 cases being reported in the past week (ending September 15) alone, the first entirely dry week in almost two months, healthcare workers and experts say they expect to see an increase in the number of infections soon.

Thus far this year, 243 dengue cases have been reported, according to the latest report by the South Delhi Municipal Corporation (SDMC), which compiles infections data after taking inputs from three other corporations: New Delhi, East Delhi and North Delhi municipal corporations. October and November are usually the peak dengue season.

Last year, 1,177 dengue cases were reported in Delhi by the third week of September. In 2016, the number was 804.

"So far, the number of cases of dengue and indeed all the three mosquito-borne illness that are usually reported from Delhi is less than previous years, but the numbers might go up," said a municipal health official on condition of anonymity.

The dry spell may be the reason behind the sudden spike in numbers over the past week.

"When there is continuous rainfall, the mosquito larvae get washed away. It is usually during the dry spells after the rainfall when there is a lot of water accumulation that the breeding starts," said Dr Sarala K Subbarao, former director of National Institute of Malaria Research and former consultant on vector-borne diseases with **Indian Council of Medical Research**.

[FSSAI issues notice containing ICMR TUL study for supplement nutrients](#)

September 19, 2018/fnbnews.com

FSSAI has put out a notice containing the **Indian Council of Medical Research's (ICMR)** study on the tolerable upper limits (TULs) of the nutrients applicable for products under the Food Safety and Standards Regulations, 2011, on health supplements, nutraceuticals, foods for special dietary use and special medical purpose, functional and novel foods.

In a statement, the country's apex food regulator said that with the growing concerns towards the unsupervised usage of health supplements and issues regarding tolerable upper limits of vitamins and minerals, it has approached ICMR for guidance, wherein a committee was constituted and made a report thereunder.

The report on the upper limit was for the guidance of the manufacturers, who can draw reference from this study. It comprised detailed information on the effects and the recommended limits for different age groups and genders. Ashwin Bhadri, chief executive officer, Equinox Labs, said, "A lot of confusion and misleading information has been observed on the usage of health supplements/

nutraceutical front. Also, the issues had been growing with the exact TULs of vitamins/minerals missing from public domain.

Tuberculosis remains world's deadliest infectious disease: WHO

September 19, 2018/The Indian Express

Tuberculosis (TB) remains the world's deadliest infectious disease although global efforts have averted an estimated 54 million tuberculosis (TB) deaths since 2000, the World Health Organization (WHO) warned on Tuesday.

WHO, in its latest 2018 Global TB Report, says countries are still not doing enough to end TB by 2030 and calls for an unprecedented mobilization of national and international commitments. It urges for decisive action from nearly 50 heads of state and government who are expected to gather next week for the first-ever UN High-level Meeting on TB, Xinhua news agency reported.

The report finds that overall, TB deaths have decreased over the past year, with an estimated 10 million people having developed TB and 1.6 million deaths, including among 300,000 HIV-positive people, in 2017. The number of new cases is falling by two percent per year.

India's medical migrants travel vast distances for cancer care

September 19,2018/Asia Times

According to the **Indian Council of Medical Research**, when adjusted for age, the top four Indian districts with the highest incidence of cancer among men and women are in the northeast. These are in the states of Mizoram, Arunachal Pradesh, Meghalaya and Assam.

In Mizoram, one in every five men and one in every six women are expected to develop cancer, in a lifespan of 74 years. In Meghalaya, one in every six men and one in every 10 women are expected to develop cancer. Cancers of the esophagus, lungs and stomach are the most common to affect men in the northeast, while women in the region are affected mostly by cancers of the breast, cervix uteri and esophagus.

"There are also some types of cancers, such as nasopharynx cancer (a rare kind of head and neck cancer), that is unique to the northeast," Dr Chaturvedi said. Gall bladder cancers are also found to be prevalent around river basins in the region, allegedly due to heavy metal contamination in the water. A study on the issue is underway at the Tata Centre.

TMH builds comprehensive cancer care facility

September 20, 2018/The Pioneer

Tata Main Hospital, Jamshedpur has come out with a comprehensive cancer care facility keeping in mind the increasing number of cases of the disease every year. Being the level 1 research and complex treatment Centre, MTMH has already started offering Comprehensive Cancer Care (CCC) facility in Jamshedpur. While facilities at TMH would be used for Surgical Oncology, MTMH would offer Radiation Oncology. Medical Oncology available at TMH and MTMH is under the expert guidance of HOD, Medical Oncology Dr. Anil Kumar Dhar, VSM. Dr. Dhar who has recently joined, is an ex-head of the department of Medical Oncology at the Army Research and Referral (R & R) in New Delhi. He has also served in important institutions like Fortis Memorial Research Institute, Artemis Hospital, Gurgaon. He had a post-doctoral training in Medical Oncology from Tata Memorial Hospital, Mumbai.As far as cancer cases in Jharkhand is concerned, at present around 33,000-34,000 cases are added every year and the trend is increasing. For example, in the year 2015, 32,035 new cases were added while in 2017, a total of 34,183 new cancer patients were added. The data from the **Indian Council of Medical Research (ICMR)** and collated from the hospitals of Jamshedpur, Ranchi and Bokaro further suggests that in the year 2020,

number of new cancer cases may go up to 37,679 and by 2022 it would be around 40,205. Hence the significance of good quality treatment of cancer assumes greater importance in the State.

Deadly dengue is back! Here's what is different this year

September 20, 2018/The Times of India

If you were wondering why the Dengue malaise hasn't taken over the headlines yet, straighten up! Dengue is back. "Dengue started late this year but may continue till mid December if preventive measures are not taken. So far the cases have been uncomplicated but it could turn into an epidemic within a month," warns Dr Sushila Kataria, director, Internal Medicine, Medanta.

The delay this year happened because of the continuous rainfall but the dry spell seems to have given way to their breeding now. As a result, Delhi is seeing a sudden rise in the vector borne disease, which is expected to further rise around October and November.

The good news is that the number of Dengue cases reported so far are less than numbers in 2017, however, rains could change the game drastically. Last year, there were 1,177 cases in the capital by this time.

With regards,

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