'FY22 had a difficult start but Fortis' biz recovered' Apart from beds, we started scaling up required infrastructure for the much-an-ticipated third wave. We had planned to put up oxygen plants in 15 of our hospitals, among which eight plants are already in place. The rest will happen over the next three-four months.

ne private healthcare sector has faced many challenges since the coronavirus outbreak, including a big fall in elective surgeries, lower footfall of both and international patients, and to increase investment in and tree? une need to increase investment in covid diagnosis and treatment-related infra-structure. In an interview, Dr Ashutosh Raghuvanshi, managing director and chief executive offleer, Fornis Healthcare, talked about revenue lesses and expected business outcomes for the current and next financial years. Edited excerpts



Did you see growth in non-covid occupancy during the last quarter?
What are your expectations in the turnent quarter?
In the last quarter, part of non-covid-19 businesses. So, overall blended occupancy at the network level has remained more or less smeast livasinithe last quarter, which was 65%. We are still levitating from the Last control of the more or less smeast livasinithe last quarter, which was 65%. We are still levitating from the Last control of the more or less smeast livasinithe last quarter. Which was 65%. We are still levitating from the last control of the more covid-19 seeks this quarter of FY22 were U.4l Corrov research substractions in the U.524-cropein with the last quarter of FY22 were U.4l Corrov research suggests and the U.524-cropein with the last quarter of FY22 were U.4l Corrov research substracted and we expect to see progressively better quarters, which was free or the much-anticipation of the life of the first quarter of FY22 were U.4l Corrov research substracted and we expect to see progressively better quarters, which was free or the first quarter of FY22 were U.4l Corrov research substracted and we expect to see progressively better quarters, which was 65%. We are still levitating forward. Ultimout the first quarter of FY22 were U.4l Corrov research substracted and we expect to see progressively better quarters, which was for the first quarter of FY22 were U.4l Corrov research substracted and we expect to see progressively better quarters, which was for the first quarter of FY22 were U.4l Corrov research substracted and we expect to see progressively better quarters, which was for the first quarter of FY22 were U.4l Corrov research substracted and we expect to see progressively better quarters, which was for the first quarter of FY22 were U.4l Corrov research substracted and we expect to see progressively better quarters, which was for the first quarter of FY22 were U.4l Corrov versus for U especially treatment of non-communica-ble diseases, to see significant growth. For an organization like Fortis, the elective surgery segment is not even close to normal and is one-fourth of what it used to normal and some fourth of what it used to be. So, the surgeries segment, in my opinion, will take the longest to recover. Month-on-month non-covid occupancy registered an increase from 30% in. May to approximately 47% in June. We expect the momentum to continue, allowing business to return to near normal in the short term.

the short term.
When will you be able to reach precovid revenue? How are revenues
doing compared to last year?
We understand to last year?
We understand that covid will say for
some time. To reach normal levels of our
hopital business's crucial and we expect
our non-covid-19 business to touch precovid levels if not immediately, then definifely in the next one or one-and-half

(Price ₹)

250.7

Jul 30, '21

tersgoing froward.
Did covid denty our expansion plans?
Will you add beds and strengthen infrastructure for the much-anticipated third wave?
We have considered a very minimal modification in our expansion plan because of covid, though mostly our expansion plans are on

Mint, September 15, 2021, Fortis Healthcare Ltd., New Delhi

modification in our expansion plan because of covid, though mostly our expansion plans are on track. Our plan to add 1,300 beds in the next two-three years remains as its we are bringing in the autimation and the coming quarter and protected to increase. We are bringing in the coming quarter as the sest destination for oncological treatment. We are able tooking at organic growth in the near future. We arise to increase our efficiency and profitability in the coming quarters and profitability in the coming quarters are able tooking at organic growth in the near future. We arim to increase our efficiency and profitability in the coming quarters as the establish our hospital in expected to increase. The elective growth in the near future was the size of the hospital treatment. We are also tooking at organic growth in the near future was the size of the coming quarters as the coming quarters as the coming quarters are able tooking at organic growth in the near future was the coming quarters and profitability in the coming quarters and the coming quarters are able tooking at organic growth in the near future. We aim to increase our efficiency and profitability in the coming quarter as the coming quarters as the expected to increase. The elective are about the coming quarters and profitability in the coming quarters and profitability in the coming quarters and the coming quarters are about the coming quarters and the coming quarters are about the coming quarters are about the coming quarters and the coming quarters are about the coming quarters and the coming quarters and the coming quarters and the coming quarters and the coming quarters are about the coming quarters and the coming quarters and the coming quarters and the coming quarters are about the coming quarters and the coming quarters are about the coming quarters and the coming quarters are about the coming quarters are about the coming quarter and the coming quarters are about the coming quarters and the coming quarters are about the coming quarters and the

three-four months.
We are progressing well on our strate-gic initiatives and have initiated invest-ments for advanced medical equipment suchascart labs, neuro microscopes and hone marrow transplant units in select

taining the quanty or our set as a second ciency.

Are covid beds occupied or vacant?
Do you have the flexibility to allocate beds to non-covid patients if required?

During the peak of the second wave, in April-May, close to 30% of our occupancy was coming from ord-id-9a minssions, but now, with a decline in daily cases compared to the last quarter, our covid occupancy has come down to approximately just 7%.

17L Covid tests done by NMMC

Dr Patel said while taking The Times of India, September 14, 2021, Fortis Hospital, Mumba.

QUICK TAKE: FORTIS HEALTHCARE DELIVERS HEALTHY RETURNS There may be some more steam left in Fortis Healthcare stock, which is up

25% from August lows. HDFC Securities has pegged the base/bull case fair

enhance margins. Diagnostics business is also on decent growth trajectory

13,570

Pain disorder, fibromyalgia,

on the rise in the metropolis

566

1,43,648 1,29,618 1,24,473

Female Cases

1,13,922 41

COVID-19 CASES CROSS 65 LAKH IN MAHA

1,533 3,392 4,393

Case fatality 2.12 2.14 Mulund, however, said it's dif-ficult to link Covid with fibro-myalgia. "There is no expo-nential rise in fibromyalgia cases due to Covid. We know that strokes or bell's palsy ca-ses increased due to Covid.

Active cases 49,880 Dr Benny added.
Fibromyalgia isn't easy to
diagnose as there is no single
test or scan that can detect the
disorder. It is diagnosed by
testing for other disenses and
eliminating them one by one.
While its causes are still not
clear, genetics and viral infections play a role.

16,022

2.14%

80-89

Covid-19 Update: Sep 13

1,38,169 16,028

280 value at Rs 307/330 over the next two quarters. It says, hospital business is 250 well placed and has delivered healthy operating efficiency. Focus on costs, occupancy and key specialties along with brownfield expansion would 220

310

Business Standard, September 10, 2021, Fortis Healthcare, New Delha Fit doesn't always

Ctor Sidharth Shukla's sudden death at the age of 40, reportedly due to a sudden cardiac arrest, left

Aug 31, '21

Why Diabetics **Must Take Care** Of Their Liver

Stress, ignoring warning signs causing heart issues in under-5

sudden cardiac arrest, lett many shocked. As per sources close to Sid-harth's family, the actor complained of chest pain around 3am on Thursday last week, but he went back to sleep. However, in the morning Sidharth did not get un On Thursday. the morning Sidharth did not get up. On Thursday, around 10.15am dectors at the Cooper hospital in Mumbai declared him dead. in Mumai decared him dead.

The actor's death has drawn attention towards the rising number of cases of heart ailments among those in their 30s and 40s, even when they are seemingly fit. In July, filmmaker and Mandira Bedi's husband Raj Kaushal passed away at the age of 49 after suffering a cardiac arrest and in April, actor Amit Mistry Amit Maryl. age of 47.

Doctors say that "cases of bear untracks among younger age groups are increasing alarmingly," "In my clinical practice, two out of 10 patients are in the 30-40 age bracket," says Dr Brajesh Kunwar, Head-Interventional Cardiouspesh Kunwar, Head-Interventional CardiousDr Tillas Suvarra, Senior Interventional Cardiologist, Asian Heart Institute, adds, "Even in young adults, it is the conventional heart disease risk factors that account for the majori-

GOING TO THE GYM, BUT YOU CAN'T GET HEALTHY. AFTER 25, EVERYONE SHOULD SCHEDULE AN ANNUAL HEALTH CHECK-UP, FOCUS ON A HEART-HEALTHY DIET. AVOID SMOKING AND STRESS

- Dr Muksh Goel, Senior Consultant, Cardiothoracic & Vascular Surgeon, Indraprastha Apollo Hospitals, Delhi

40 की उम्र, पुरी तरह फिट; पर 'हार्ट अटैक' से हार गए सिद्धार्थ... मुंबई/जवपुर | अभिनेता सिद्धार्थ शुक्ला का गुरुवार को 40 साल की उम्र में निधन हो गया। बुधवार शाम तक वे ठीक थे। रात 3-4 बजे बेचैनी महसूस हुई। सीने में दर्द की शिकायत की और मां से पानी मांगा। फिर सो गए। सुबह फिर सीने में दर्द उठा। पानी पीते-पीते बेहोश हो गए। कृपर अस्पताल के डॉ. शैलेश मोहिते ने

परिवार को शुक्रवार सुबह सींपा जाएगा। सिद्धार्थ को सीरियल 'बालिका व्यृ' से लोकप्रियता मिली थी। वह बिग बॉस सीजन

13 के विजेता भी रह चुके थे। डराने वाली बात यह है कि

राजस्थान में 20 साल में हार्ट डिजीज के केस 15 से बढ़कर

बातिका वधू के राइटर ने साझा किया दर्द | पहें राजस्थान पेज

surge in viral cases is adding

to the woes of people in Uttar

Pradesh and Delhi as hospit-

als across these two States are

registering a rise in the num-

ber of patients affected with

viral fever. Taking cognisance

of the situation, the UP Gov-

ernment on Saturday said it

has reserved Covid-19-dedic-

एक हजार तक पहुंच गए। बड़ी वजह तनाव-स्मोकिंग है।

नियन: 2. 9. 2021

Medical experts share why most of heart ailments among young pat tients turn out to be fatal and what are the warning signs one should be aware of.

बताया. 'सिद्धार्थ को लाया गया. तब उनका निधन हो चुका था।' आशंका है कि मौत हार्ट अटैक से हुई है। पोस्टमॉर्टम (रेशे वाले फल-सब्जी) बिलकुल नहीं खाते। रिपोर्ट से सही वजह पता चलेगी। शव

post-covid precautions to keep your heart safe.

Dr Ts Kler, Chairman, Fortis Heart and Vascular Institute), Fortis Memorial Research Institute, Gurugram, says, "Anyone who has recovered from CVUI must get their heart screened every six months. This is because CVVII can cause underlying cardiac injury such as myocardial inflammation. Recovered COVII patients need to ensure that they begin exercising slowly and steadily and only after a go-ahead from their treating physician. They need to ensure that they go to their doctors immediately if they experience shortness of breath, palpitations, chest pain or dizziness." POST-COVID DOS AND DON'TS Do not do any weight training with any equipment for about two weeks after you test negative Don't push your body when you work out for at least the first two-three weeks Do not continue workout if you feel dizzy or light-headed as that can be a sign of lowered oxygen saturation levels · People with moderate to severe symptoms should consult with their doctor and only start working out after getting a go-ahead from them

EVERY SIX MONTHS AFTER

cting COVID, the

 Tips from Mohit Suri and Siddharth Singh, athletes and fitness experts The Times of India, September 06, 2021, Fortis Memorial Research Institute Gurugram & Hiranandani Hospital, Mumbai

भास्कर ने 11 कॉर्डियोलॉजिस्ट से जाना...आखिर क्यों कम उम्र में ही हार्ट डिजीज का शिकार हो रहे, बचने के लिए क्या करना चाहिए संदीप शर्मा, जयपुर | युवाओं में हार्ट डिजीज का बड़ा कारण स्मोकिंग है। कम उम्र से स्मोकिंग शुरू करने और फिर लत लगने से खतरा रोज बढ़ता जा रहा है। • दूसरी बड़ी वजह तनाव है। यह बवपन से हो सकता है। परिवार, पढ़ाई, भविष्य सहित अनेक कई ऐसे कारण हैं। • बच्चे शुरू से ही जंक फूड खाने लगते हैं। फाइबर

(हार्ट एंड जनरल हॉस्पिटल), डॉ. राजीव गुप्त और डॉ. अजीत बाना (ईएचसीसी हॉस्पिटल), डॉ. अशोक गर्ग (जयपुर हॉस्पिटल), डॉ. राहुल सिंघल, <u>डॉ. अमित सिंघल,</u> डॉ. फंकज आनंद (फोर्टिस हॉस्पिटल), डॉ. जुगल शर्मा (साकेत हॉस्पिटल), डॉ. राकेश गोदारा (सीके बिरला) Dainik Bhasker, September 03, 2021, Fortis Escorts Hospital Jaipur Viral fever raging in Delhi, Noida

Covid-dedicated beds have been

Pulmonology,

Shalimar

allocated for patients in UP

Hospital,

"We are getting a lot of pa-

tients; approximately five pa-

tients daily from the begin-

ning of August with viral

Bagh told BusinessLine.

throat pain, fever that is lasting for more than a week and which shows no response to antibiotics or anti inflammatory drugs. The cases are coming in good numbers for viral fever but luckily they are not very severe," Pandit further added. Avoid junk food

or those with comorbidities.

On the other hand, Dr Jayalaxmi T.K., Consultant, Pulmonologist at Apollo

Hospitals, Navi Mumbai, con-tended that "there is no direct indication of the third

Jayalaxmi noted a steady fall in OPD numbers. Over the

last month in Navi Mumbai

and Mumbai, the number of patients has reduced to one out of five among sympto-

tamin supplements are not recom

mended for children. Many anx-

ious guardians have started giving

wave as such"

Covid-19 started in India? matics who test positive as compared to 20-40 per cen of the OPD positive patients during the peak. However there has been a slight increase in cases in Mumba in the last one to two weeks which could be due to the opening of the local trains opening of the local trains opening of shops and restaurants, she added. Moni further added that while the cases are definitely on the surge in Kerala, the state does not fully meet the indicators of a third Covid wave-number (of cases) deaths

number (of cases), deaths

Morning India,

September 09, 2021,

Fortis Hospital

Shalimar Bagh,

New Delhi &

Fortis Hospital

Mulund, Mumabi

source of multiple vitamins

Keeping them physically active. Sitting for long hours and spend-ing excessive time with eyes stuck to a screen is detrimental

to health. Encourage children to exercise and play Walking, cy-cling and running are some physical movements that can boost further immunity by in-

creasing the circulation and pro-duction of white blood cells throughout the body. Keep a timely sleeping schedule and say no to staying awake till

Teach them breathing exercises to improve lung capacity and

functioning. Since schools have opened for

some, make sure your children follow Covid-19 protocols — wearing double masks, sanitising frequently and maintaining physical distancing. We are yet to ascertain the third wave. Hence, we must take utmost precautions to ensure our safety and that of our children.

(The writer is Consultant Paediatrics at Fortis Hospital, Kalyan)

sure your children

some, make

ated beds equipped with oxysymptoms but luckily people gen for the treatment of viral aren't requiring admissions. diseases including dengue. The viral symptoms are mainly upper respiratory "Yes, there is an increase in

swine flu. They are coming with high grade fever with Coryza and also elderly with secondary chest infections and pneumonia. Of all the patients in OPD, approximately 30-35 per cent suffer from viral infections. Even wards and ICUs are almost running full," Vikas Maurya, Director Business Line, September 06, 2021, Fortis Hospital Shalimar bagh, New Delhi Has the third wave of

RACHEL V. THOMAS NEW DELHI: While there is no direct indication of a third wave in the country, statespecific waves are seen, say health experts.
In an interview to a news outlet, Dr Samiran Panda, Head of Epidemiology and Communicable Diseases at the Indian Council of Medical Research (ICMR), stated that rising infections in some states are indicative of a third Dr Vikas Maurya, Director and HOD, Pulmonology, Fortis Hospital, Shalimar Bagh, told IANS that "there are some ongoing conversa-tions around the much-anticipated third wave of the Covid-19 pandemic, but I think as India is a large country, we can talk of state-spe-cific waves". "Delhi had seen a second surge in cases in October-November

deaths, the most, as per the August 31 update, followed by Odisha (67), Maharashtra

(52), Tamil Nadu (21), Assam (15), and Karnataka (15). These six states account for

86 per cent of all deaths reported in the country. The emergence of new strains is

complicating matters in Kerala, Merlin Moni, Associate Clinical Professor,

Division of Infectious Disease

who have received the vaccine are better off compared to individuals who haven't. Most fully vaccinated adults have started developing an tibodies. This brings us to the fact that children and immunocom-

drug regulators have approved Zydus Cadila's ZyCoV·D (vaccine) for children above 12 yrs, but the drive is slated to begin sometime

that children might be affected more in the third wave than adults. If that is the case and more chil-

rested

Multiple studies have sug

in September.

matters in Moni,

Ways to build immunity in kids ahead of the third wave With kids at maximum risk of being exposed to Covid-19, it is essential to protect them DR GURUDUTT BHAT pril, May, and early June this year were some of the darkest times India faced. There was a severe shortage of resources like hospital beds, oxygen, healthcare staff, and the mortality rate constantly surged during the second Covid-19 wave. This period also taught us many lessons—including the value of life in the most profound manner. The foremost one is to be prepared for any impending crisis—especially the third wave. promised groups are still at very high risk. With schools opening up in some parts of India, cases of Covid-19 are beginning to rise amongst kids and teenagers. The especially the third wave The vaccination drive is currently going smoothly in many parts of the country. August had the highest number of doses administered. Hi-machal Pradesh vaccinated 100% of It that is the case and more chil-dren need hospitalisation, hospi-tals also need to make amends, pre-pare paediatric wards with equip-ment, facilities and more special-ists, staff, etc. In early June, a pae-diatric panel of 14 experts urged the Centre to earmark 10% of Covid-19 ICU beds for children its eligible adult population with the first dose; other states are following suit. However, the most significant risk factor is among children. Are children at higher risk? As of now, the adult population The Free Press Journal, September 07, 2021, Fortis Hospital Kalyan

did not begin. It's happening the same for Kerala now," he

added. India on Wednesday

witnessed a surge in new Covid cases with 41,965 fresh

reported in the last 24 hours,

taking the total tally to 3,28,10,845, according to the Union Health Ministry's data.

Kerala reported the most (63

per cent) new cases at 19,622 in the last 24 hours, followed

Maharashtra

coronavirus

infections

THE AGE OF 25

25. For example, if someone has a brother who passed away at the age of 35 due to a heart attack, it is imperative that they start going for regular check-ups after they turn 25. The body changes and responds differently as we grow, and we need to ensure that

be massive and instantly fatal. Young people don't expect that their arteries will get blocked because of their age. So, they don't go for annual check-ups. One should go for regular check-ups if one has a family history of heart disease and is above the age of



HOW TO KEEP INFECTIONS

Hindustan Times, September 10, 2021, Fortis Hospital, Noida

The BMC has decided to collect samples from Covid patients admitted to private hospitals for a prolonged time to be a part of the genome squencing. Earlier, the civic body collected samples from international passengers, Covid-19 hotspots, places with high transmission rates.

high transmission rates, among others, Civic officials said many patients are under-going treatment for a longer period due to which they de-cided to make them a part of genome sequencing.

genome sequencing.
Additional municipal corporation Suresh Kakani said

genome sequencing is the only way through which they can identify the various strains of the virus, following which they decided to collect

samples from Covid patients admitted to private hospitals.

overnment and private in Gautam Budh Nagar rting a surge in fever er the past week with it departments (OPDs, ag swamped with fever almost daily, said doe, bowever, insisted that

मोहाली में डॉ मनित अरो?। से संपर्क किया। उनके घुटनों पर किए गए एक एमआरआई से पता चला कि वह एसीएल की चोट से पी?त थे। एसीएल एक टिश्यू है जो घुटने पर जांघ की हड्डी (फीमर) को पिंडली (टिबिया) से जो?ता है। एसीएल चोट एक टियर या मोच है जो घुटने में एसीएल के अधिक फैलाव या उसके फटने का कारण बनती है। मनित अरो? ने कहा कि ''एंटीरियर क्रूसिएट (एसीएल) की चोट घुटने की एक बहुत ही सामान्य चोट है। इसमें पी?त को दर्द काफी अधिक होता है और इसने कई खिलाि?यों के करियर को प्रभावित How to tell illnesses apart SEASONAL FLU COVID-19

looking fit doesn't really mean you are health; "I feel, the most critical reason for heart attacks in the younger population, even among those who are fitness freaks and are very particular about their diet, is stress (either at work or in a personal relationship). Factors like smoking further add to this," says Dr Brajesh Kunwar:

Dr Haresh G Mehta, Consultant Interventional Cardiologist, SL Raheja Hospital, adds, "Today, many youngsters have an unhealthy lifestyle, which includes excessive stress, lack of sleep, alcohol intake, smoking, unsafe supplements, slimming pills, and excess exercise. These habits are detrimental to health and cause multiple health complications that can lead to causes of cardiac arrests Limit your alcohol intake WATCH OUT FOR THESE health and cause multiple health complications that can lead to sudden heart attacks." He reiterates that looking fit or going to the gym does not mean you are healthy or leading a healthy lifestyle. "Speak to your doctor for proper guidance on diet, sup-plements and exercise," he adds. Dr Mukesh Goel, Senior Consultant, Cardiothoracic and Vas-cular Surgeon, Indraprastha Apollo Hospitals, New Delhi, says, "You could achieve fitness by going to the gym, but you can't get healthy. Fitness and health are entirely different and should not be confused with each other. That is not to say that you should not go to the gym. People should keep in mind that after 25, every person should schedule an annual health check-up. They should focus on a heart-healthy diet which is a balance of carbs, fats and protein. Include fresh fruits and fresh vegetables. Avoid

की अवधि में राष्ट्रीय टीम शिविर में जांघ के अंदरूनी हिस्से में दर्द और वापसी करने में सक्षम था। नई ताकत सुजन के साथ चलने में दिक्कत हो के साथ हरमनप्रीत ने ओलॉपक में रही थी। उन्होंने पिछले साल फोर्टिस भारत की जीत में महत्वपूर्ण योगदान हॉस्पिटल, मोहाली में डॉ मनित दिया। फोर्टिस हॉस्पिटल, मोहाली में उच्च गुणवत्ता वाले उपचार के लिए दिल से प्रशंस करते हुए, हरमनप्रीत ने कहा कि ''मेरे घुटने के लिगामेंट में चोट थी और मैंने फोर्टिस मोहाली में डॉ.मनित अरोड़ा से संपर्क किया। सर्जरी के बाद, मेरी हालत में काफी सुधार हुआ और मैं अपनी खेलने की पूरी क्षमता तक पहुंचने में सक्षम हो

WARNING SIGNS Breathlessness

> WARNING SIGNS While experts say that one may not always get warning signs, "but one thing to notice is if you are getting breathless and having

अरो?ा से संपर्क किया था। एक एमआरआई से पता चला कि उन्हें ग्रोइन इंजरी और स्पोर्ट्स हर्निया था। ग्रोइन इंजरी जांघ की किसी एडिक्टर मसल्स में चोट लगने या फटने के कारण होती है। एक स्पोर्ट्स हर्निया पेट के निचले हिस्से या कमर के क्षेत्र में किसी भी नरम टिश्यू (ऊतक) (मांसपेशियों, टेंडन, लिगामेंट) में

स्कूल खुलने के बाद से अनियमित हुआ खानपान, पेट की बीमारियों ने जकड़ा

ये उपाय अपनाएं

पानी न पिलाएं। कम से कम

बच्चे को पेट दर्द होने पर पतली

आधा घंटा रुकना चाहिए।

खाना खाने के तुरंत बाद बच्चे को

प्रदर्शन करने में मदद मिली।"

फॉरवर्ड खिलाड़ी गुरजंट सिंह को

रिवंचाव या टियर यानि फटना है।

डॉ.अरोडा के नेतृत्व में डॉक्टरों की

एक टीम ने गुरजंट का इलाज किया।

उपचार के बाद, उन्होंने उल्लेखनीय

सुधार दिखाया और पांच महीने बाद

वे पुरे दमखम के साथ खेल के मैदान

फोर्टिस अस्पताल मोहाली में

उपचार की लाइन से पूरी तरह से

संतुष्ट गुरजंट सिंह ने कहा कि

''डॉ.अरोड़ा ने मेरे जैसे कई हॉकी

खिलाड़ियों को अपनी अलग अलग

तरह की चोटों से उबरने में मदद की

है और इससे मुझे अपनी टीम और

देश के लिए बेहतर प्रदर्शन करने में

तेजी से फैलता है बैक्टीरिया एम्स के डॉक्टर युद्धवीर सिंह ने बताया कि इस मीसम में बच्चों में

वैक्टीरिया और वायरस आसानी से

फैल सकते हैं। ऐसा खासकर तब

सब्जियां, अनाज या फल अच्छी

तरह से धुला हुआ न हो या बच्चों के हाथ गेंदे हों। इसके अलावा यदि

एक ही थाली में कई दोस्त मिलकर खा रहे हैं तो बैक्टीरिया का

खतरा कई गुना बढ़ जाता है। क्योंकि, यदि किसी का हाथ साफ नहीं है और वह खाने को छूता है

होता है जब भोजन में प्रयोग की गई

मदद मिली है।''

पर लौटने में सक्षम हो गए।

या फिर सैनिटाइज करें।

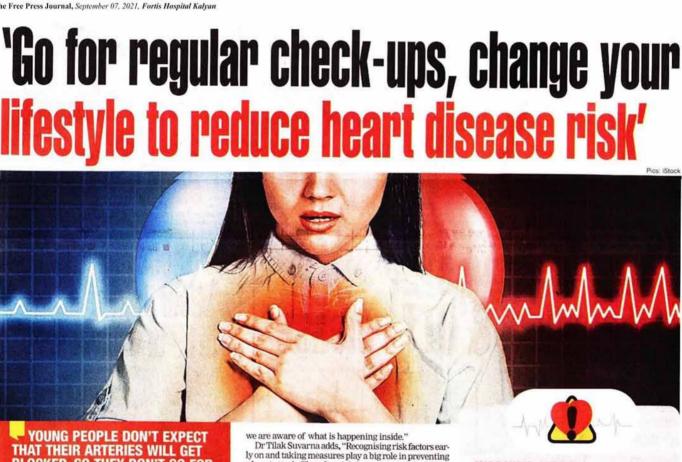
Jayanagar. The camp will be held from September 13-18 for children up to Class 12 in collaboration with Dr Agarwal's Eye Hospital. The hospital will provide free eye check-ups and correction glasses

Civic officials carry out Covid-19 tests across the city in

anticipation of the third wave

anticipation of the third wave
"We have included patients
who have had long hospitalisation stints in the second
round. We have collected
more than 350 samples, the results of which are expected to
come in the next two to three
days. We have also directed all
medical officers to collect
samples from serious patients, those who have prolonged symptoms and international travellers in their re-

The Free Press Journal, September 13, 2021, Fortis Hospital, Mumbai



THAT THEIR ARTERIES WILL GET BLOCKED, SO THEY DON'T GO FOR ANNUAL CHECK-UPS, WHICH ARE IMPORTANT, ESPECIALLY IF ONE HAS A FAMILY HISTORY OF HEART DISEASE AND IS ABOVE Dr TS Kler, Chairman, Fortis Heart and Vascular Institute, Fortis Memorial Research Institute, Gurugram

...CONTINUED FROM PAGE 1 WHY CARDIAC ARREST AMONG PEOPLE IN THEIR **30s AND 40s CAN TURN FATAL** Stressing on the need for regular medical check-ups and to not take "any kind of discomfort lightly", Dr TS Kler, Chairman, Fortis Heart and Vascular Institute, FMRI, Gurugram, says, "Young people often tend to ignore or not report discomfort, or mistake it for gas, which causes the heart attack — when it occurs — to

The Times of India, September 07, 2021, Fortis Memorial Research Institute, Gurugram & SL Raheja Hospital, Mumbai फोर्टिस हॉस्पिटल, मोहाली ने भारतीय हॉकी टीम के 2 खिलाड़ियों का सफलतापूर्वक दिखाया और 5 अगस्त को टोक्यो ओलंपिक में कांस्य पदक जीत कर हाँकी टीम के उप-कप्तान हरमनप्रीत सिंह के घुटने के जो? के आसपास सूजन के साथ-साथ ही उनके घटनों में बहुत दर्द था, जिससे मैदान पर उनका प्रदर्शन काफी हद तक सीमित हो गया था। उन्होंने जुलाई 2020 में फोर्टिस हॉस्पिटल,

DENGUE

spective wards," he said.

Genome sequencing is an exercise to study the changes in the structure of the virus over a period of time. A combination of changes in the ribonucleic acid of the virus can give birth to a new variant. The machine can process 384 samples at one go. Last time, the BMC had collected samples from critical patients Fortis Hospital and member of the state Covid-19 Task Force Dr Rahul Pandit said genome sequencing and ag-gressive vaccination is what the need of the hour is. More-over, every new variant of in-terest can become a variant of concern so they must be consamples from critical patients admitted to public hospitals. concern so they must be con tained and nipped in the bud. BJYM organises free eye, health check-up for 2,500 students

The Times of India, September 08, 2021, Fortis CDOC Healthcare New Delhi रमृति शेष... अभिनेता सिद्धार्थ शुक्ला का निधन, बालिका वधु से मिली पहचान, बिग बॉस-13 के विजेता रहे, शरीर पर चोट के निशान नहीं तनाव और स्मोकिंग से 18-35 साल के युवाओं में दिल की बीमारी बढ़ी, राजस्थान में 20 साल पहले 15-20 केस आते थे, अब 1 हजार एम्स के हार्ट स्पेशलिस्ट बोले- दवाओं और स्टेरॉयड से दिल को भी खतरा सामने आ रही। इससे सर्वाधिक असर हार्ट पर पड़ता है। • एम्स (दिल्ली) में कार्डियोलॉजी विभाग के प्रोफेसर डॉ. संदीप मिश्रा ने बताया कि कम उम्र में भी हार्ट अटैक की बड़ी • एल्कोहल सेवन, एक्सरसाइज नहीं करना और वजह जीवनशैली में बदलाव है। हार्ट कमजोर हो, या कोई आलस्य वाली जीवन शैली भी कारण है। ऐसे बचें; एल्कोहल और स्मोक से रहें दूर, ब्लड प्रेशर कंटोल रखें. कोलेस्टॉल कम रखें. डायबिटीज पर कंट्रोल, नियमित एक्सरसाइज करें। ब्लड, शुगर और लिपिड प्रोफाइल की जांच कराएं। इन जांच के बाद डॉक्टर को दिखाएं और यदि उन्हें लगेगा तो टीएमटी और ईको की जांच भी कराएं। एक्सपर्ट पैनल; डॉ. एसएम शर्मा और डॉ. दीफ्क माहेश्वरी (एसएमएस हॉस्पिटल), डॉ. प्रकाश चांदवानी

patients had grade-3 he-patic steatosis, meaning fat

cells comprised more than 66% of their liver's overall weight.

According to Pandit, people should avoid eating junk food, cold water and cold edibles. He further added that one should use a mask in case of fever and any other symptoms and should maintain hygiene. They should wash hands often and maintain a nutritious diet while drinking enough amount of water, According to Maurya, influenza vaccine should be administered to high-risk populations like elderly, children

and hospitalisation. "Although Kerala has con-secutively recorded more than 30,000 cases in the past 3-5 days, the ICU capacity and ventilator usage haven't surged, parallelly pointing towards lower severity of the disease. In the setting of vaccine escape mutants and pos-sible waning of vaccine relat-Tamil Nadu (1,523), Mizoram Department of Internal cine escape mutants renders ed immunogenicity, re-infec-tions are possible. However, data regarding severity. (1,157), and Karnataka (973). Medicine, Amrita School of further predictions imperfect. These five states account for 87 per cent of all the new cases reported in India. Kerala also reported 132 new when the first wave was already about to end in the country and the second wave However, the increased incidence of vaccine escape mutants could herald a third

above 18 years have received

at least one dose of vaccine.

however the incidence of vac-

while asserting that there is no ev-

idence to suggest that an anticipat-

d "third wave" would be harder on

lifestyle to reduce heart disease risk'

we are aware of what is happening inside. Dr Tilak Suvarna adds, "Recognising risk factors ear-ly on and taking measures play a big role in preventing a heart attack. Therefore, it is important to do complete health check-ups after the age of 30 to detect such risk factors and then take medicines to control and reduce the risk. Increased stress is another factor, especially during this pandemic, that can cause a heart attack. It is difficult to measure stress, and therefore, it is impor-tant to manage it through lifestyle modifications such as yoga, meditation and physical exercise." **'LOOKING FIT DOESN'T MEAN YOU ARE** HEALTHY After learning about Sidharth's sudden death, many wondered how something like this could happen to a physically fit guy like him. But medical experts say that looking fit doesn't really mean you are healthy. "I feel,

इलाज किया,जिससे वे टोक्यो ओलंपिक में अपना सर्वश्रेष्ठ प्रदर्शन कर सके फ्टबॉल, वॉलीबॉल बास्केटबॉल जैसे खेल खेलने वाले खिलाडियों में पाया जाता है। एसीएल की चोटों के इलाज के लिए कई उपचार विकल्प उपलब्ध हैं और अधिकांश खिला?ी छह महीने की अवधि में ठीक हो जाते हैं। बाद में डॉ मनित अरो?ा के नेतृत्व में डॉक्टरों की एक टीम ने हरमनप्रीत का ऑपरेशन किया। फोर्टिस हॉस्पिटल, मोहाली में रीहैब गया। इससे मुझे ओलंपिक में बेहतर

(पुनर्वास) के बाद, हरमनप्रीत

पिछले साल दिसंबर में पांच महीने

Dr Mukesh Goel, Senior Consultant, Cardiothoracic and Vascular Surgeon, Indraprastha Apollo Hospitals, New Delhi

smoking and stress, which is a major cause of cardiac arrests, and limit your alcohol intake" and limit your alcohol intake."

— With inputs from Niharika Lal and Debarati S Sen TODAY, MANY YOUNGSTERS HAVE AN UNHEALTHY LIFESTYLE, WHICH INCLUDES LACK OF SLEEP, ALCOHOL INTAKE, SMOKING, UNSAFE SUPPLEMENTS, SLIMMING PILLS AND EXCESS EXERCISE. THESE HABITS CAN LEAD TO SUDDEN HEART ATTACKS

> घर की दहलीज लांघते ही बिगड़ा बच्चों का हाजमा

age from a process known as Vascular Inflammation. To avoid this, high-risk patients such as smokers, those with high cholesterol, high blood glucose levels, high blood pressure and a family history of early heart diseases should undergo regular physical check-ups and change their lar physical check-ups and cha lifestyle. One should consider learning CPR (Cardiopulmonary Resuscitation). You hardly have three-four minutes to revive a person when they collapse due to a heart attack, and CPR is crucial at that juncture. Hence, for the larger good, there should be more social awareness about CPR."

की समस्या हो सकती है। सफाई का रखें ध्यान : कलावती शरण अस्पताल के डॉक्टर विकास कुमार का कहना है कि वायरल के अलावा बच्चों को सबसे अधिक परेशानी उल्टी-दस्त की है। पेट खराब होने के कारण ऐसा हो रहा है। पांच साल से कम उम्र के बच्चों में यह समस्या अधिक है। इसलिए माता-पिता को साफ-सफाई पर जोर देना होगा। बच्चों को कुछ भी खिलाने से पहले हाथों को साबुन से अवश्य धोएं Important to know about Nipah,

during this period.

BENGALURU A free eye and health check-up A free eye and nearth eneck-up for 2500 children studying in government and aided schools was initiated by Bengaluru South MP, Tejasvi Surya at the BES Aided School Auditorium, during this period.

The hospital will also offer a
free consultation at any centre
for the family members of the
children. Simultaneously, Fortis
Hospital at Bannerghatta Road
will also hold free health checkthe for 2500 students across age of technological gadgets, our children are facing eyesight prob-lems at a very young age. To avoid this, it is necessary to diagnose any early signs of vision loss & ups for 2500 students across Bengaluru South "Due to a sudden surge in usgaluru South MP, Tejasvi Surya. falls on September 17 The Hans India, September 14,2021, Fortis Hospital, Bangalore बारिश के बाद डेंगू का खतरा बढ़ा, रहे अभी हालात कंट्रोल में, दिल्ली में डेंगू के 158 मरीज 🔳 विशेष संवाददाता, नई दिल्ली दिल्ली में इस वार लगातार वारिश हो रही है। ऐसे में मच्छर वढ़ गए हैं और इसकी वजह से डेंग्, मलेरिया और चिकन्मनिया

Amar Ujala, September 11, 2021, Fortis Flt Lt. Rajan Dhall Hospital, New Delhi Now, Covid-19 patients admitted to pvt hosps to be part of genome sequencing tional travel history.
Civic officials said though
the Delta Plus variant is still
not a 'variant of concern', it
has been in Maharashtra
since April Recently, 128 samples were detected with the
Delta variant after the BMC
conducted genome sequencing on 194 samples collected
from the city's hotspots. Civie ve said that in creasing testing and genome sequencing will help the state soldier against the virus.

spread exponentially within the first few weeks in the entire region, Quick contact tracing can help prevent the spread of Nipah, they added.

On clinical symptoms, the yaid Nipah causes much rapid worsening of symptoms in the first four to five days of infection, involving lungs, heart and brain, leading to a severe disease. Covid, however, can remain asymptomatic or cause symptoms between day 5 and day 7, gradually affecting multiple organs.

Doctors said people infected with Nipah can between day 6 and day 7, so will also provided the service of Nipah is estimated at 40-75 tis Hospitals, Bannerghatta goods and also from human-to-intended with Nipah can between the covided and also from human-to-intended with Nipah can between the covided and also from human-to-intended with Nipah can between the covided and also from human-to-intended with Nipah can between the covided and also from human-to-intended with Nipah can between the covided and also from human-to-intended with Nipah can between the covided and also from human-to-intended with Nipah can between the covided and also from human-to-intended with Nipah can be transmitted through contaminated from human-to-intended with Nipah can be transmitted through contaminated from human-to-intended with Nipah can be transmitted through contaminated with those with Nipah was history of recent travel, attended to the transmitted through contaminated from the con though no cases in state, feel docs

नए मामले भी अधिक हैं। नए मामले 34 हैं, जिसमें से 23 मामले तीनों एमसीडी एरिया से हैं। वाकी मामले एनडीएमसी और दिल्ली केंद्र वोर्ड एरिया से हैं। यानी हफ्ते भर में डेग् के जितने नए मामले दर्ज किए गए हैं, उसमें से 67 प्रतिशत से भी अधिक मामले नॉर्थ, साउथ और इंस्ट एमसीडी परिया से हैं। डेंगू के नए मामले 11 हैं, जिसमें से नॉर्थ एमसीडी परिया से 2, साउथ और इंस्ट एमसीडी मामलों में 36 प्रतिशत केस तीनों एमसीडी एरिया से हैं। चिकनगुनिया के इस हफ्ते 8 नए मामले हैं, जिसमें से 50 प्रतिशत

counts were admitted to hos-

Amitabh Parti, director, Internal Medicine at Fortis Hospital, here, said that there was a rise in fever cases with the highest number of them

सब्जियां ज्यादा खिलाएं। दहलीज लांघते ही विद्यार्थी बीमारियों जिन बच्चों का पेट ज्यादा खराब की चपेट में आ रहे हैं। डॉक्टरों का रहता है उन्हें तला हुआ और जंक कहना है कि कोरोना महामारी के फुड न खिलाएं। कारण बच्चे लंबे समय तक घरों में सक्रिय हो जाते हैं। इसलिए बाहर रहे। नियमित दिनचर्या के साथ उनका स्वास्थ्य ठीक था, लेकिन अब स्कूल खाने से परहेज करना चाहिए। खुलने के बाद उनकी जीवनशैली पूरी पाचन तंत्र में गड़बड़ी : फोर्टिस तरह बदल गई है। उन्होंने बाहर का अस्पताल के पीडियाट्रिक विभाग के खानपान शुरू कर दिया है, जिससे निदेशक डॉ. राहुल नागपाल ने बताया कि विभाग में इलाज के लिए पहुंच रहे राजधानी के अस्पतालों में पहुंच कई बच्चों में इस समय गेस्ट्रो संबंधी समस्याएं देखी जा रही हैं। उन्हें पेट रहे लगभग 100 बच्चों में से 20 को पेट दर्द, आंतों में इंफेक्शन, उल्टी दर्द के साथ पाचन तंत्र में भी गडबड़ी और दस्त आदि पेट से जुड़ीं परेशानी हो रही है। इसका प्रमुख कारण यह है का सामना करना पड़ रहा है। कि अब बच्चों ने बाहर खाना शुरू विशेषज्ञों का कहना है कि बरसात के कर दिया है, जिससे गैस्ट्रोइंटेस्टाइनल (पेट से जुड़ी समस्याएं) संक्रमण भी इस मौसम में कई तरह के वायरस

इंस्ट एमसीडी एरिया से है। इसमें

pital.

being that of flu. "There has

kids than the earlier waves.

We need to understand that each
of us is susceptible to the infection Vitamin C, D, Zinc tablets to their children in the hopes of boosting their immunity. However, it may since the virus keeps mutating. Moreover, children remain the un-vaccinated lot. Hence, it is crucial to building immunity in children now more than ever: cause adverse effects like mouth ulcers, growth disturbance, muscle pain, etc. Instead, here are some of the ways to ensure immunity in children: Feeding them a nutritious and balanced meal. Fruits and veg-etables are a perfect natural Too much of anything is not good Do not overdo anything. Excess vi-

Arm or jaw discomfort while exercising Any uneasiness or heavy feeling in the chest THINGS ONE SHOULD FOLLOW Go for regular health check-ups Focus on a heart-healthy diet which is a balance of carbs, fats and protein Avoid smoking and stress, which are major

> you are getting breatness and naving chest, arm, or jaw discomfort while exer cising or physically exerting yourself, if steps could be taken during the time whithe warning signs are showing, then fata uld be reduced," says Dr TS Kler. Dr Balbir Singh, Chairman, Cardiology, Pan Max hospitals, adds that "any uneasiness or heavy feeling in the chest may be the warning." Dr Vivek Mahajan, Consultant Interventional Cardiologist, Fortis Hospital, adds, "Even patients with minor blockages can suffer a massive heart attack. It generally happens due to a rupture or bursting of the block-

चीजें, सूप और ताजी पकी हुई तो बैक्टीरिया खाने में चले जाते हैं और फिर पेट तक पहुंच जाते हैं। नतीजतन, पेट में दर्द और उल्टी

The Times of India, September 15, 2021, Fortis Hospital, Kolkata

सवसे अधिक डेंगू के 9 मामले नॉर्थ एमसीडी, 8 मामले साउथ एमसीडी और 6 मामले इंस्ट नए मामले सामने आए हैं।

Gurugram sees spike in fever, dengue cases Incidence of serious cases less compared to previous years due to more awareness days. There are cases of low platelet counts as well, but not very severe in nature. Unlike the previous years, peo-

> been only 10% rise in the number of dengue cases since the last month.

का खतरा भी वह गया | दिल्ली में डेंगू है। डॉक्टरों का कहना है कि सितंतर से का पीक सीजन, अक्टूनर के बीच डेंगू का पीक सीजन होता है।क्टूनर के बीच डेंगू है। हालांकि गनीमत है कि डेंगू कंट्रोल में है। सितंबर के महीने में लगातार हो रही बारिश के कारण तेजी से मच्छर पनपे हैं साथ ही डॉक्टरों ने लोगों को सावधान रहने की सलाह दी है। चिकनगुनिया के 40 मामलों की पुष्टि हुई है। पिछले 4 साल की रिपोर्ट देखें तो दिल्ली रिपोर्ट के अनुसार, 11 सितंबर तक दिल्ली में इस वार डेंगू के सिर्फ 158 मामलों की ही पुष्ट हुई हैं। फिछले साल इन दिनों तक में डेंग नियंत्रण में रहा है। 2018 में 2,798 डेंगू के मरीज आए थे और 4 की मौत हुई 131 मामले थे। हालांकि, अगस्त में डेंगू के थी। 2019 में 2,036 मरीज आए और 2 की मौत हुई। 2020 में 1,072 मरीजों की ही पहचान हुई और केवल एक की मौत 72 मरीजों की पुष्टि हुई थी और सितंबर के 11 दिनों में अब तक 34 मामले आ चुके हैं। वावजूद स्थिति नियंत्रण में दिख रही हैं। हुई। इस साल अव तक सिर्फ 158 मरीज इस साल अब तक मलेरिया के 68 और ही सामने आए हैं और कोई मौत नहीं हुई। Navbharat Times, September 15, 2021, Fortis Memorial Research Institute, Gurugram

SPECIAL CORRESPONDENT

Both the government and the

private hospitals have wit-

nessed a sudden spike in cas-

es of viral fever, dengue and

typhoid over the past few

weeks in the Millennium City.

rious cases is less compared

to the previous years with pa-

However, incidence of se-

The Hindu, September 15, 2021, Fortis Memorial Research Institute, Gurugran

GURUGRAM

की डॉ बेला शर्मा ने कहा कि डेंगू के स्ट्रेन होते हैं। डेना, डेन2, डेन3 और डेन4 स्ट्रेन। चार स्ट्रेन होने की वजह से मरीज को दोबरा संक्रमण का खतरा से संक्रमित हुआ है तो आगे उसे बाकी वीन स्ट्रेन का खतरा रहता है। हालांकि ध्यान देते रहना चाहिए।

डेना और डेन3 नॉर्मल होता है। सबसे खतरनाक डेन2 होता है और

CHETANA BELAGERE (B) Bengaluru WITH a Nipah virus outbreak in Kerala, doctors in Karnataka have started informing their patients on Nipah and its symptoms through emails. Patients are also being told about differences between clinical symptoms of Nipah and Covid-19.

"With Nipah cases in Kerala, it is important to be aware of the condition and take of the condition and take
the necessary preventive measures, especially when Covid virruss is still prevailing
as the symptoms are
similar. It is important to
understand the differences
or similarities in the two conditions and the way they manifest," said Dr Mahesh Kumar,
Consultant, Internal Medicine,
Narayana Health City.
Doctors said that Nipah virus remains isolated to one particular sauruce or area for initial rus remains isolated to one par-ticular source or area for initial few weeks, while Covid can

human contact. Greater vigil and stricter adherence to safe-ty norms are needed to contain Nipah," she added. She said, "Avoid half-eaten fruits. Ensure fruits and vege-tables are thoroughly cleaned before consuming. Wearing masks is important to prevent Nipah infection too." to Covid infection. Cough, sore throat, dizziness, drowsiness, muscle pain, tiredness and swelling of the brain (encephalitis), which can cause headache, stiff neck, confusion, seizures and sensitivity to light are some common symptoms. A person might also fall unconscious, ultimately lead-Indian Express, September 12, 2021, Fortis Hospital, Bangalore Hospitals Fast Filling Up With Ailing Children; Docs Say Count Is Alarming 'Skipping flu shots, less exposure to virus lead to viral pneumonia in kids' **SYMPTOM WATCH** Viral pneumonia strikes Cough, fever, sweating, chills, rapid breathing, shortness of breath, chest children in Covid times pain, low energy, loss of appetite, fatigue, nausea and vomiting Some of the symptoms are overlapping with Covid-19

But these children are Section of principles of particles of the section o ➤ But these children are testing negative to Covid-19 A September of Merce county of the Control of the C This time a good number of children are needing intensive care Institute of Child Health (ICH) as-sociate professor Prabhas Prasun Giri said similar kind of viral pneumonia outbreaks inchildren are being witnes-sed in the UK and the US. Both influenhree times in private hospitals. Doc-ors said places like NICED that have such facilities should be opened so that amples can be tested free for parents who cannot afford them. who cannot afford them.
"We are seeing a large number of kids with symptoms of flu like fewer and cough. A few of them have required admission. In most of these cases, they have tested positive for other viruses like RSV and influenza," said Rajesh Kumar Singh, pieddariri consultant, Fortis Hospital, Anandapur.

> डेंगू के 67 पर्सेंट नए मामले प्रस, नई दिल्ली : इस साल दिल्ली में अनुकुल होता है, जिससे इस हफ्ते डेंगू के जिस हिसाव से वारिश हुई है, उससे डेंगू और मलेरिया के मामले तेजी से वह रहे है। हफ्ते भर में डेंग के 34 नए मामले दर्ज किए गए हैं, जिसमें से 67 प्रतिशत से अधिक मामले तीनों एमसीडी एरिया से हैं। यानी 34 में से 23 मामले नॉर्थ, साउथ और

मलेरिया के मामलों में भी बढ़ोतरी

Sumati/engkhom @timesgroup.com

Kolkata: An increasing number of children are being admitted in hospitals across the state with viral pneumonia or similar symptoms. Doctors said that even while a few sportatic cases of viral pneumonia are not unexpected during monsoon, the count at present is quite alarming.

TOI on September 11 had reported on how PICUs (paedistric intensive care units) across government and private hospitals in Kolkata were filling up fast with children suffering from viral pneumonia. The situation is not restricted to city hospitals. According to NRS Medical College associate professor and also paediatric nephrology unit in-charge Biswanath Basia, one of the reasons for the spike ought be because most children had given the pneumonia viaccine or the coster does a miss last year diest or he pandemic.

There could be several factors, including missing influence slots last year, less exposure to the virus due to more strict adherence to norms like masking and staying indoors during the lockdown, leading to falling immunity The programme is conducted un-der the 'Seva Aur Samarpan Ab-hiyan' of the BJP's Youth Wing Bharatiya Janata Yuva Morcha is commemorating Prime Minister Narendra Modi's birthday which डेंगू का डेन-2 और डेन-4 ज्यादा खतरनाक फोर्टिस हॉस्पिटल में इंटरनल मेडिसिन

आने वाला है पीक सीजन : हिंदुराव अस्पताल के डॉक्टर डीके दास ने वता कि 15 सितंबर से लेकर 15 अक्टबर के बीच डेंगू का पीक होता है, जो लगभग शुरू हो चुका है। राहत की बात यह है कि इस बार अभी तक डेंग् कंद्रोल में है। लेकिन, वारश थमने के बाद अगला 15 दिन मच्छरों की उत्पत्ति का खतरा रहता है। इसलिए, अभी

Civil Hospital, Sector 10, said

ple are reporting early due to

Study Finds High Prevalence Of Scarring In Such Patients the journal Clinical Nutrition. **DurgeshNandan.Jha** Non-alcoholic fatty liver disease (NAFLD) is an inte-@timesgroup.com New Delhi: If you have diabegral component of metabolic tes, it may be a good idea to get your liver condition examined syndrome, with insulin resistance as a central pathogenic factor. Patients with type-2 diperiodically. This is because, studies show, people suffering from type-2 diabetes, especially abetes (T2DM) have insulin resistance and metabolic those with a Body Mass Index (BMI) of more than 30 kg/m2, syndrome, the study said.
"Importantly, the i tionship between diabetes and NAFLD is bidirectional. are highly likely to have liver fi-brosis, a condition that can lead Dr Anoop Misra, chair-man of Fortis C-Doc, a hospital that specialises in the ma-When NAFLD and T2DM co-exist, the likelihood of developing non-alcoholic steatohe-patitis (NASH), an aggressive nagement of diabetes and other metabolic disorders, said they reform of fatty liver disease, is high. On the other hand, the presence of NAFLD increases the risk of T2DM. Furthercently conducted liver ultrasonography and fibroscan, tests to as-sess fatty liver and fimore, T2DM can pro-gress to NASH, hepatic brosis, in 250 diabetics. "Nearly 85% of the cirrhosis (irreversible scarring of the liver)

Any degree of fibrosis and seve-re fibrosis were seen in 205 (62%) and 46 (18%) patients, re-spectively. It was higher in men ciation of liver disease and dia-betes was known, focus was mainly on timely detection and management of complicawith BMI more than 30 kg/m2 and those with more than five tions related to the heart, kid-ney and eyes among diabetics. years of diabetes," added Misra. An increase of one unit in BMI above 23 kg/m2 led to ne-"Our study highlights the need to keep a closer watch on liver function as well. Timely arly 20 times increased risk of hepatic steatosis (accumulaintervention in the form of we dietary management, changes and medications can help prevent serious complication of fat in the liver). The stu-dy and its results have been published in the latest issue of tions," he added.

and even hepatocellu-lar carcinoma (cancer of the

liver)," it added. Misra said though the asso-

ऐसी घटना घटे, जिससे आप इमोशनल हो जाएं, तो भी अटैक का खतरा रहता है। • फिल्म इंडस्ट्री व स्पोर्ट्स जगत से जुड़े लोग फिट रहने के लिए दवाएं व स्टेरॉयड लेते हैं। इससे हार्ट की मसल्स पतली हो जाती हैं। अटैक का खतरा रहता है। दूसरी दवाइयों से भी हार्ट रेट अनियमित होती है। • परिवार में किसी को दिल की बीमारी है या हार्ट अटैक से मौत हुई हो तो सतर्क रहें। यह आपके लिए रिस्क फैक्टर है। • चलने और सीढ़ी चढ़ने पर थकान लगती है, सांसें फूलने लगे या बेचैनी होती हो तो यह दिल कमजोर होने के शुरुआती लक्षण हो सकते हैं। ट्रेड मिल टेस्ट (टीएमटी) या इको के जरिए दिल की सही स्थिति का पता लगा सकते हैं।

Influenza, dengue cases but they weren't at an alarming proportion. The and swine flu cases situation seems to be very on the rise critical for kids in some parts of the State. People are getting admitted for extreme **MONIKA YADAV** New Delhi, September 5 Amid the Covid-19 pandemic,

and

Fortis

नतीजतन हार्ट आर्टरी तेजी से प्रभावित होती हैं।

• डायबिटीज और आनुर्वाशिकता। कम उम्र ही डायबिटीज

symptoms but we have some viral infections, predominantly influenza (Flu) and patients who are having viral diarrhoea also and oxygen requirement is very minimal for such patients," Rakesh Pandit, Senior Consultant and Head of Department, Internal Medicine, Aakash Healthcare and Superspeciality Hospitality, Dwarka, said.

"There are very few cases

that turned out to be dengue

Medicine, Amrita Hospitals, Kochi, told IANS. Kochi, told IANS.

"The concept of herd immunity can be attained if the threshold reaches by around 60 to 70 per cent but it's now being complicated by the emergence of new strains. This has pushed the target immune population for achieving herd immunity beyond 80 to 90 per cent.

"Currently, in Kerala 70 per cent of the population above 18 years have received wave," Moni told IANS.

ATTACKS

नई दिल्ली। कक्षा 9 में पढ़ने वाला शर्मा जी का बेटा रोहन आजकल अस्वस्थ है। उसे भूख लगती है न ठीक से नींद आती है। अक्सर पेट में दर्द बताता रहता है। 10वीं में पढ़ रही मिसेज खन्ना की बेटी मुनमुन की सेहत भी खराब है। उसकी आंतों में इंफेक्शन हो गया है। उसकी सहेली सुनैना को भी उल्टी-दस्त की परेशानी हो रही है। बात अगर चोपडा जी के बेटे प्रतीक की करें तो उसका स्वास्थ्य भी दलम्ल सा रहने लगा है। आखिर, वजह है क्या? क्यों, घर की उनकी सेहत बिगड़ रही है।

उसी से मिलता जुलता डेन4 है। डॉक्टर बाला ने कहा कि डेंगू मरीज के पॉजिटिव होने पर उसके सैंपल की जांच से पता चलता है कि डेंगू का कौन सा स्ट्रेन है। हर साल एम्स ऐसे सैंपल की जांच कर बताता है कि शहर में फैले डेंगू का कीन सा स्ट्रैन ज्यादा मिल रहा है। अभी तक की सूचना के अनुसार इस बार डेन 2

एमसीडी से दर्ज किए गुए हैं। डेंगू के 11 - परिय से 1-1 मामले हैं। मलेरिया के 11 एमसीडी अफसरों के अनुसार, डेंगू के मामले वैसे सितंबर और अब्दूबर में तेजी मामले तीनो एमसीडी इलाकों से हैं। इस साल अवतक डेंगू के कुल 158 केस दर्ज से बढ़ते हैं। लेकिन, इस बार मौसम का अंदाजा पिछले कुछ सालों की तुलना में विल्कुल जुदा है। ऐसा मीसम डेगू और हो चुके हैं। मलेरिया के 68 केस दर्ज हुए हैं मलेरिया मच्छरों की बीडिंग के लिए काफी और चिकनगुनिया के 40 मामले हैं।

almost 40% of the OPD pafear of COVID-19," said Dr. tients came with complaint of fever and many had low pla-She said there were no telet counts. "Almost every confirmed cases of dengue so second, the patient that come far, but around half-a-dozen to us has viral fever these patients with low platelet Issued by: Corporate Office Communications

ही ज्यादा मिल रहा है। डॉक्टर ने कहा कि अभी तक शहर की स्थिति कंद्रोल में हैं। डरने वाली बात नहीं है। लेकिन, वचाव पर ज्यादा ध्यान देने की जरूरत है। tients reporting early because of an increased awareness and fear of pandemic. Physician Kajal Kumud at