

SERUM TIMES

Monthly | Volume VIII | Issue XII | December, 2023

SERUM MEDICAL BULLETIN

From the desk of the Editor-in-Chief

Dear Readers/Doctors,

Hope you are well. We are now entering into winter season. It is considered a period of festivity and gaiety. Several festivals like Christmas, New Year, Nabanna, and Paus Parbon in the country areas and lastly Saraswati Puja are observed with great vigor. So enjoy all the festivals but with care. The winter is also a season of cold-related diseases. The dengue problem is expected to subside in the winter season. But please be watchful about mosquito bites.



Another cause for concern

Since mid-October people of northern China have been facing an increase in influenza-like illness. The symptoms of this disease include sore throat, fatigue, fever, and lingering cough that can last for months. The infection is most commonly treated with antibiotics. It is reported that the government of India has sought complete and detailed information from the WHO on the mysterious respiratory illness that spreading in China. Health Ministry officials reportedly said that the government had been fully vigilant and observing the situation and there was nothing to worry about as of then.

Air quality problems in the winter season

Air quality deteriorates in the winter season. Air pollution has been a “hidden killer” that would affect almost every organ, according to specialists. The Lancet, a health journal, last year pointed out that “Air pollution has been linked to lung cancer, stroke, heart attack, and many other diseases. About 1.67 million Indians died prematurely in 2019 alone due to air pollution, accounting for 18% of all fatalities”, India ranks 8th in the list of countries with the worst air index, according to the Annual World Air Quality Report released by Swiss air quality technology company, IQAir, earlier this year. In that report, it was mentioned that of the top 20 most polluted cities in the world, 14 were from north India.

Some winter season-related diseases

We also like to point out some diseases that emerge as a result of the attack of viruses and bacteria on our body due to cold weather. Some of these have been common colds, pneumonia, bronchitis, and strep throat. So, one has to prevent all these or get a suitable remedy to get rid of all these. As preventive measures, we suggest staying away from infected persons washing hands and face frequently, and avoiding smoking as well as secondhand smoke. Adopt a healthy lifestyle, exercise regularly, and eat healthy food to enhance your immune system. You can consult doctors if you have any problems.

In this issue, we are going to discuss agnosia or primary visual agnosia. This is a rare neurological disorder that makes people unable to recognize and identify objects or persons or sounds using one or more of the senses. The next story will explain it in detail.

With best wishes

Sanjib Acharya

For more details, visit: www.serumanalysiscentre.com | Follow us at



FREE distribution for Doctors and Medical Personnels



In many cases, AGNOSIA is quite treatable

Agnosia is a rare disorder whereby a patient is unable to recognize and identify objects, persons, or sounds using one or more of their senses despite otherwise normally functioning senses. The deficit cannot be explained by memory, attention, language problems, or unfamiliarity with the stimuli. For example, a patient with agnosia may not be able to identify a cup by sight, although he/she may be able to tell its color and identify it by touch by its shape and texture.

What causes agnosia?

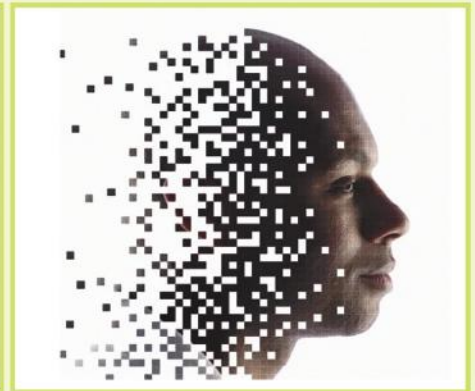
It is a result of damage to specific areas in the brain but without hampering thinking ability in other areas. This is because it usually only affects one information pathway.

It can be caused by anything that can cause damage or degeneration to one's part of the brain that links memories to senses and perception. The common causes of this condition include ischemic stroke, brain tumor, brain abscess, traumatic brain injury, Alzheimer's disease, and Parkinson's disease.

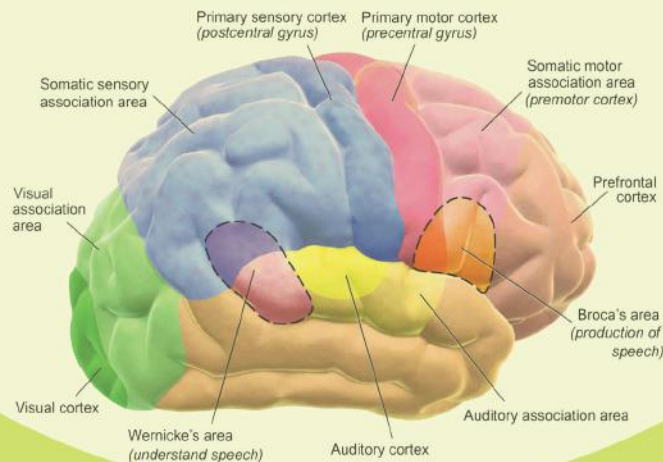
Agnosia can be diagnosed by brain imaging tests such as CT scans and MRI. These tests can identify if one can recognize objects with one's senses. The severity of the problem depends on some factors. These have been the location of the damage in the brain and its severity, the severity of the symptoms, and how effective the treatment of the underlying causes. It also depends on the age of the affected person.

How to treat agnosia?

There is no specific treatment for this. The underlying causes are to be treated if possible. Many doctors



suggest that speech and occupational therapy can help one know to compensate for one's agnosia. It can improve one's communication skills, and solve problems in one's interaction with others.



Even a little physical movement has a positive effect on the heart

Doctors say that a particular amount of regular exercise or brisk walking is needed to keep one's heart fit. However, a new study has observed that replacing sitting or sleeping with as little as a few minutes of moderate exercise a day can substantially improve heart health. It is reported in ScienceDaily (9th November), an e-health journal, mentions this discovery was first published in the European Heart Journal which reported how different movement patterns throughout the 24-hour day are linked to heart health.

Methodology of the research: The researchers at UCL analyzed data from six studies, encompassing 15,246 people from five countries to see how movement behaviour across the day is associated with heart health as measured by six common indicators. Each participant used a wearable device on their thigh to measure activity throughout the 24-hour day and had their heart health. They modeled what would happen if an individual changed various amounts of behaviours for another each day for a week to estimate the effect on heart health for each scenario. When replacing sedentary behaviour, as little as five minutes of moderately vigorous activity had a noticeable effect on heart health.

An estimate put forward by researchers to clarify the new findings: Think for a 54-year-old woman with an average BMI (basal metabolic rate, minimum energy to stay alive) of 26.5, for eg, a 30-minute change translated into a 0.64 decrease in BMI, which means a 2.4% fall. But replacing 30 minutes of daily sitting or lying time with moderate or vigorous exercise could also translate into a 2.5 cm or 2.7% decrease in waist circumference or a 1.33mmol/mol 3.6% decrease in glycated haemoglobin.



Dr. Jo Blodgett, the first author of the study, reportedly summarized the matter. He wrote, "The big takeaway from our research is that while small changes to how you move can have a positive impact on heart health, intensity of movements matters. The most beneficial change we observed was replacing sitting with moderate to vigorous activity- which could be a run, brisk walk, or stair climbing- basically any activity that raises your heart rate and makes you breathe faster, even for a minute or two."

The conclusion of the study

A person with any sort of physical ability can get the benefit of keeping his/her heart well. The person does not necessarily require having a heavily intensive activity to do as was thought earlier. Time spent doing vigorous activity has indeed been the quickest way to improve heart health. At the same time, there are ways to benefit people of all abilities to keep his/her heart well.

CSR Activities & Events of SERUM throughout November, 2023



Nov 4: Celebration of Bijaya Sammelan at SERUM Auditorium



Nov 10: Sri Sanjib Acharya at the inauguration of Sri Sri Shyama Puja organized by Netaji Tarun Sangha



Nov 11: Sri Sanjib Acharya at the inauguration of Sri Sri Shyama Puja organized by Royal Club

Annual General Meeting, 2023



Nov 18: North 24 Pgs



Nov 18: South 24 Pgs & Kolkata



Nov 25: East Medinipur



Nov 25: Howrah District



Nov 25: West Medinipur



Nov 26: Bankura & Purulia



Nov 26: Paschim Burdwan



Nov 26: Jharkhand



Nov 21: Sri Sanjib Acharya at the Jagadhatri Puja organised by Roudray Chaya Club, Maheshkala Budbud.



An initiative of **SERUM Analysis Centre (P) Ltd.**

This is a Medical Bulletin. Edited, compiled & published by Editorial Board for & on behalf of SERUM Analysis Centre (P) Ltd., 82/4B, Bidhan Sarani, Kolkata 700004. Chief Editor: Sanjib Acharya. Website: serumanalysiscentre.com
e-Mail: serum.kol@gmail.com
Phone: +91 62895 32188 / 98302 74990 / 98300 16594

Information & Local Booking Centre,
SERUM Group