

SERUM TIMES

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SERUM MEDICAL BULLETIN

From the desk of the Editor-in-Chief

Dear Doctors / Readers,

Hope you are well. The severe heat wave situation is soon going to be over. Now we have to wait for a few more days for the rainy season. India's Meteorological Department has forecast a normal monsoon this year. At the same time, we have to be more cautious about dengue viruses in the coming months since they remain active in the rainy season and our concern is the already raising number of dengue cases in some parts of the country. We also like to point out the recent opinion of WHO on Covid19.



On WHO's recent comment about Covid 19

A recent World Health Organization (WHO) report has been misunderstood by many. On 15th May 2023 WHO declared, the Covid pandemic is no longer a global emergency. But we should not think that the Covid virus is completely a fact of the past. WHO only declared that Covid as an emergency phase of the world was over and nothing else. This is because the agency fully observes the recent spike in cases in South Asia and West Asia and the pandemic had not ended. WHO Director-General Tedros Adhanom Ghebreyesus reportedly said, "It's with great hope that I declare Covid 19 over as a global health emergency, that does not mean Covid 19 is over as a global health threat." At the same time Ghebreyesus also said that we have to be careful about the new variant of the virus which may "put our world in peril." So, now the message of WHO is clear. We have to be careful about the virus many more times.

In this issue, we are going to discuss autoimmune diseases. This is one of the serious health problems, mainly, for the aged people. What are autoimmune diseases (AMA)? The standard medical textbook explains as the immune system protects one from diseases and infection by attacking germs like viruses and bacteria that enter the human body. The human body tries to destroy them. But a person with autoimmune diseases or ANA its immune system attacks the healthy cells of the body's organs and tissues by mistake.

There are about 80 types of ANA and these can affect almost any part of the human body. Some examples may clarify the matter. An autoimmune disease known as alopecia areata affects the skin and causes hair loss. Secondly, hepatitis affects the liver. In type 1 diabetes the immune system attacks the pancreas. Thirdly, there is rheumatoid arthritis. These attack many parts of the body, including the joints, lungs, and eyes. The next story will explain other matters relating to this in a better way.

Again, wishing you good health!!

With thanks,

Sanjib Acharya

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Go for ANA test to help diagnose autoimmunity disorder

It is known that a person with ANA disease means she/he has lost the immunity system to an extent. An ANA test is required to help diagnose autoimmunity disorders. Doctors suggest for ANA test in the case of systemic lupus erythematosus (SLE). This is the most common type of lupus. This affects the joints, skin, heart, lungs, blood vessels, kidneys, and brain. Secondly, is Rheumatoid arthritis, thirdly, it is Scleroderma which affects the skin, blood vessels, kidneys, and brain. Fourthly, is Sjogren's syndrome, a rare disease that affects the glands, and fifthly, Addison's disease which affects adrenal glands causing fatigue and weakness. Lastly, it is Autoimmune hepatitis, i.e., swelling in the liver.

When one should go to the doctors?

If a patient feels some problems depending on the parts of the body that includes fever, rash, blisters or change in skin colour, feeling fatigued, joint pain, stiffness and swelling, and muscle pain she/he should go to the doctor.

Test for ANA

For this, only a blood test is suggested. One does not require any special preparation for giving blood for ANA testing. Sometimes the test result may be negative, but that does not always mean that the person is free from ANA disease. In some cases, doctors may suggest another test for diagnosis if the doctor doubts ANA. But if the result is positive, it means that ANA is found in the blood. A positive result may be a sign of SLE, a type of autoimmune disease. It is a viral infection (a temporary type of ANA) or another type of health problem that can cause ANA.



Can ANA lead to cancer?

Several studies have found that ANA is not only related to autoimmune disease but also to different types of cancer. ANAs could be associated with the pathological processes of cancers and other premalignant diseases.

Prevalence in India

ANA disease takes root when the body's immune cells, which are supposed to fight invading germs and toxins, turn against one's own cells. As it is not an easily curable disease, it spreads to many parts of the body. Aged women are more prone to this disease. A study a few years ago observed that nearly 700 million people globally, i.e., one-tenth of the population suffer from some kind of autoimmune disease. It ranges from mild to moderate to severe. The two most prevalent among Indians are rheumatoid (in women) and ankylosing (in men), according to experts. The third most common is lupus (1 in 1000 in India, Decan Herald 10 May 2022) and 9 out of 10 patients are women. It involves huge costs as drug prices are high.

Stop using sugar substitutes to lower body weight--recent WHO's guideline

Many people believe eating sugar has been a major factor in adding body fat in a bigger way. So, a large number of people try to avoid using sugar to sweeten their drinks and many other foods. Instead, they use sugar substitutes which are commercially called non-sugar sweeteners. According to the users, sugar substitutes do not add unnecessary fat to their body. But a recent study observed the opposite fact and WHO has declared guidelines about this and cautioned against using the sugar substitutes.

The WHO's caution

WHO said in its report, "because weight loss and maintenance of healthy weight must be sustained over the long term to have a meaningful impact on health, evidence of minor weight loss or reduced BMI over several months or less as observed in the... trials, without additional evidence of long-term impact does not represent a health benefit."

Research methodology and scientific observation

It is reported that the researchers studied over 4,000 people in the USA and Europe. They found that those with higher blood Erythritol levels were at elevated risk of experiencing a major adverse cardiac event such as heart attack, stroke, or death.

Correlation between higher level of Erythritol and cardiovascular diseases

It is reported (Indian Express, 16th May) that Dr Srinath Reddy, Professor at the Public Health Foundation of India considers the findings very significant. He said that a rise in the risk of incidence of



cardiovascular disease-related death, heart attacks, or strokes with Erythritol, in stable patients, indicated that consumption of artificial sweeteners carried a major health risk.

Why does it happen?

Erythritol activates platelets, the blood cells which cause clots when they clump together. Such aggregation of platelets blocks blood flow in blood vessels in different parts of the body in that case in blood vessels supplying blood to the heart or brain, fatal or non-fatal cardiovascular events occur.

So, what is suggested?

In most cases, the presence of artificial sweeteners is not mentioned in the food packets. So, one should consume natural foods and avoid sugar substitutes.

CASE PRESENTATION by Dr. Chirasri Goswami (MBBS, MD) Consultant Histopathologist

CASE PROFILE: 36-year-old lady, presented with excessive bleeding pv, detected with a 6cm diameter intrauterine tumour, radiologically a fibroid.

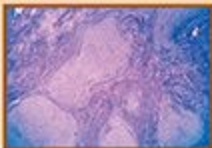
DIAGNOSIS: ENDOMETRIAL STROMAL SARCOMA.

INCIDENCE: It is a rare tumour, only 1% of the 4.3 cases per 10 lakhs of endometrial cancers as a whole per year.

MICROSCOPIC FINDINGS: Sharply defined tumour cell islands are seen to invade the myometrial stroma. These islands are composed of uniform round to oval cells representing endometrial stromal cells showing mild atypia. It is divided into a low-grade & high-grade type depending on mitosis. Our case was of Low-Grade type showing less than 10 mitosis/10HPF.

IMMUNOHISTOCHEMISTRY: The combination of ER+/PR+/CD 10+/GEM-/ caldesmon- / transgelin - can help to confirm diagnosis & differentiate it from leiomyosarcoma.

PROGNOSIS: Depends on size of tumour (less than 4cm diameter have better prognosis), extrauterine extension & mitotic count.



CSR Activities & Events of SERUM throughout May, 2023



May 7 & 8: Blood Donation & SERUM Jeevan Debata Samman, 2023 at Serum Auditorium



May 9: Sri Sanjib Acharya at blood donation and sit & draw prog org. by Birati Friends Staff



May 13: Sri Sanjib Acharya in the Sit & Draw org. by 'Sampratik North' at Halder Bagan

Half Yearly Meeting



May 20: Kolkata, 24Pgs (S & N), Hooghly & Nadia held at Newtown.



May 27: Howrah and Purba & Paschim Medinipur held at Santi Samaj Club



May 28: Kol., 24Pgs (S) & part of Howrah held at Serum Auditorium

May 27: Birth anniversary celebration of Kazi Nazrul Islam at Hari Ghosh street



May 28: Sri Sanjib Acharya at Blood Donation Camp org. by Pallibasi Brinda Club, Kumartuli



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