

# SERUM TIMES

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SERUM MEDICAL BULLETIN

## From the desk of the Editor-in-Chief

Dear Doctors / Readers,

Hope you all are well. Again, we have been facing another viral attack in our country. But this is particularly more severe in West Bengal. Little children are more prone to suffering from this viral infection. In many cases, the infection has been coming from elderly people in the family or locality. The type of viral infection is called ARI, that is, Acute Respiratory Infection. It is reported that from January to the first week of March, as many as 103 children have died due to this ARI. Out of this many were infected with Adenovirus. But there is no report of Covid 19 infection in this situation as of the first week of February 2023.



What are ARI infections and adenovirus?

ARIs are among the most common viral illness. These affect the nose and throat and continue generally for about one to one and a half weeks. In the common form, these may not require treatment. Common symptoms of these are cough, sneezing, a stuffy and running nose, sore throat, head and muscle ache, high temperature, tight chest, etc. Adenovirus is a group of viruses that can cause many different types of infection. It is known that more than 50 different adenovirus infections occur around the year. But it is experienced that in summer this infection reduces.

In West Bengal

In West Bengal this year, infection of this virus among children is high. Many cases of the district or rural areas have been referred to the medical colleges and other speciality hospitals in Kolkata. But the government is trying to lower the number of referred cases and trying to strengthen the clinical system of the health facility centres in the districts. In spite of that many patients have been coming to Kolkata. Government health facility centres were equipped with arrangements to treat Covid 19, infected patients. But in the present situation, it seems to be lacking in many cases. But the government of the state has been trying to enhance treatment facilities to treat ARI with sincerity. It is expected that as summer advances the intensity of the ARI may subside. But it is very difficult to predict the viral infection trend. Government has to maintain proper infrastructure to deal with many health emergencies on a permanent basis.

In the next story, a more detailed discussion has been done. The West Bengal government has asked the people to use masks and maintain other types of measures to check the spread of viral infection. We hope we all will follow the government's instructions for our own benefit.

We are going to enter into Bengali New Year in a few weeks. Try to enjoy ARI free New Year.

With thanks,

Sanjib Acharya

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## Strong immunity and maintaining isolation of the children- is the way

### A small introduction to Adenovirus

The adenoviruses are DNA viruses common in both humans and animals. It occurs in both children and adults. There are more than 100 different types of Adenoviruses. But out of that, about 49 types affect humans. There are two types of this virus, one, the avian adenoviruses and two, the mammalian adenoviruses. These viruses last long periods outside of a host and they may be endemic throughout the year.

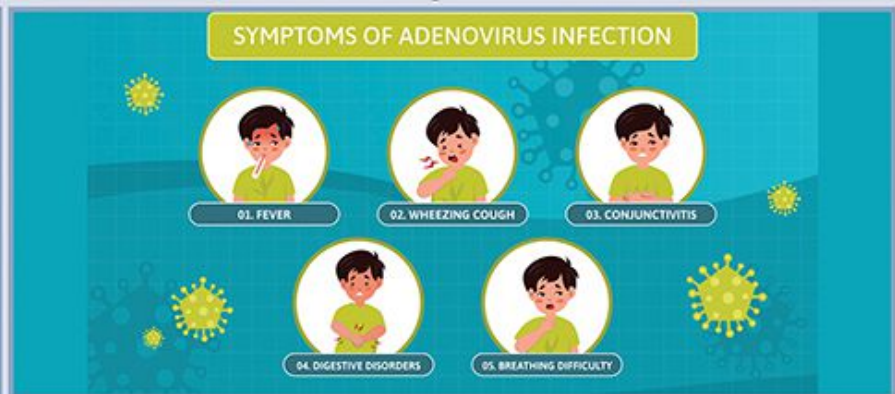
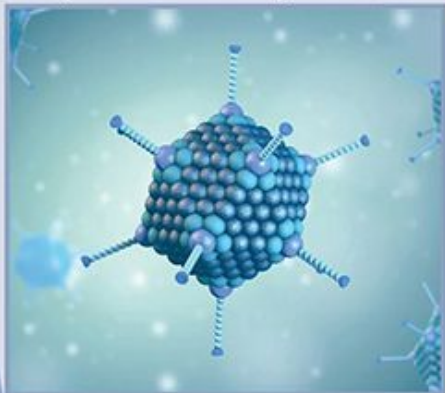
The Adenoviruses infect the multi-organ system. But most infections are asymptomatic. It is recognized to be oncogenic in rodents. But even today that has not been observed in humans. In general adenovirus infections are self-limited in immune-competent individuals requiring supportive measures only. An important thing should be noted carefully. That is in immune-compromised individuals the spectrum of disease is much more extensive, with outcomes potentially being fatal.

### How to treat Adenovirus-infected patients

There is no adenovirus-specific therapy. Infection generally resolves by itself through isolation, bed rest, good hygiene, and medicines to relieve fever and other problems. But if the situation goes complicated then specific antibiotic treatment is required.

### How does adenovirus spread?

It spreads in two ways. One, the virus can be carried in airborne droplets that are released from an



infected person's coughs or sneezes. The virus can live for a long duration and falls on objects. Two, by touching the nose, eyes, or mouth with contaminated hands. So, hands and face should be washed properly.

Drinking water should be non-contaminated. Viral outbreaks have also happened at schools, summer camps, or contaminated pools. Once a child is exposed to adenovirus, there is an incubation period of two days to two weeks before symptoms start. Most often infection starts in the respiratory tract.

### Symptoms are similar to the common cold.

One should go to the doctor if there are high fever continues for five days, breathing problems, dehydration, decreased activity, poor sleep, chest pain, and some other complications are seen among patients. The common diagnoses include performing a swab of the patient nose to send for viruses. blood, stool, or urine sample tests.

## Eating 1 to 3 eggs per week reduces heart diseases by 60% - a new study observes

A recent Greek study has observed that eating one to three eggs per week can reduce the risk of cardiovascular diseases by about 60%. Actually, the study reportedly observed an even lower risk of developing cardiovascular disease, about 75%, for those eating four to seven eggs a week. The report published in Medical News Today on 9th February 2023 pointed out that the original research report mentioned egg consumption may have a protective role against cardiovascular disease when included in a healthy diet with low consumption of saturated fatty acid.

There has been a lot of research on the usefulness of eating eggs on heart health. Some are contradictory as there are some elements in eggs that are bad for health. It is known that one large egg contains 1.6 gm of saturated fat. Food having more saturated fat should be eaten in a controlled way.

### How the research was done

The study was conducted with Greek men and women. There were 1,514 men with mean age 46 plus/ minus 13 years. Also, there were 1,528 women with ages 45 plus/minus 14 years. The study started in 2001 with 3042 participants and continued up to 2020. Researchers asked the participants about some impacts of monthly consumption of eggs either alone or as recipe ingredients. Then it was converted into weekly consumption.

### Why is egg consumption beneficial?

Doctors say eggs help carotenoid absorption, increase high-density lipoprotein cholesterol function, and



increase bioactive compounds like lutein and zeaxanthin which in turn protects against atherosclerosis. Moreover, eggs also deliver high-quality nutrients like proteins, minerals, fat-soluble vitamins, and iron. Eggs are also sources of vitamins B2, B12, and selenium. These are all cardio-protective. These vitamins normalize homocysteine levels. At elevated levels, this results in arterial plaques. Selenium in eggs helps combat oxidative stress. This stress has been a main component of heart disease. Eggs may promote muscle growth, control weight and support brain function. In 2018 in May a medical journal, Heart, reported about a study. That said researchers studied nearly half a million Chinese adults over nine years and found up to one egg per day led to a lower risk of heart disease and stroke. It was also pointed out that the participants in that study did not eat a Western diet.

## CSR Activity of SERUM throughout February 2023



Feb 1: Opening of Serum authorised Sristi collection centre at Jangra Battala



Feb 5: Sri Sanjib Acharya at the Kolkata Book Fair, 2023



Feb 6: Sri Sanjib Acharya was at Sri Chaitanya Janmotsava & Mela



Feb 12: Sri Sanjib Acharya addressed the gathering from the platform of Sachetan Barahanagar



Feb 12: All Bengal Sit and Draw & Recitation Competition, 2023 at Childrens Park



Feb 12: Sri Sanjib Acharya at the Mass Wedding Kashipur Seva Welfare Society



Feb 15: Free Health Check up by Dr. Shekhar Ghosh at Serum Auditorium



Feb 16: Smt. Nivedita Acharya was at the class of Varsha the School for Special Children



Feb 19: Sri Sanjib Acharya at the rally on Swami Ji's return day in Kolkata on 19/2/1897

Feb 19 - 26: Thalassemia Awareness & Blood Donation Camp in various parts of Kolkata



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