

# 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. The present situation is not very congenial to us. West Bengal as well as many other places in the country have been experiencing a heat-wave-like situation this summer. The Bengal Government had even declared a week-long holiday from April 17 to 22, 2023 for all educational institutions due to this and requested people of the state to maintain several guidelines to protect themselves in this abnormal weather condition. The temperature crossed more than 44°C in Bankura (44.1°C), Burdwan (43.2°C), Asansol (43.1°C), Sriniketan (43.1°C), Malda (42.8°C), Barrackpore (40.4°C), Kolkata (38.6°C) for example as on 18th April.



Odisha recorded 43.5°C in Baripada on 13th April and the state has been feeling heat wave in actual sense. The Odisha government ordered to close the educational institutions on 12 April. In Maharashtra, 13 people died of sunstroke in the third week of April. It will have bad economic implications also in the country. We also request you all to maintain government guidelines.

Another concern is coronavirus reviving again but with fewer severity. The number of new coronavirus-infected persons on April 16, 2023 was registered at 10,089 and the total active cases have been 60,313 as of the same day. Although the number of fatalities has not been high compared to 2020, but we cannot neglect it. The government of West Bengal has announced Covid guidelines like avoiding crowds, using of masks and frequent washing of hands, taking booster doses of Covid vaccine, blood tests if fever last for several days, and meeting the doctors if needed.

In this issue, we are going to discuss a very common disease, i.e., cystitis. In India, about one crore people per year, mostly female, suffer from cystitis. In the beginning, it may be a simple matter and can be cured easily. But it can be a serious health problem if it spreads to the kidneys.

This is also called urinary tract infection (UTI). Why does it occur? Simply, it is inflammation of the urine bladder, i.e., the bladder is swollen and it may also be painful. The infection is caused by bacteria. It may occur, in many cases, as a complication of another disease. Even it may also happen as a reaction to certain drugs or radiation therapy.

The next story will explain it in detail. We hope you will remain safe in this critical situation. It is hoped that summer may be a little longer this year as there is a chance of shorter rainfall although to a small extent.

With regards,

Sanjib Acharya

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## Cystitis: if it lasts for three days, consult doctors

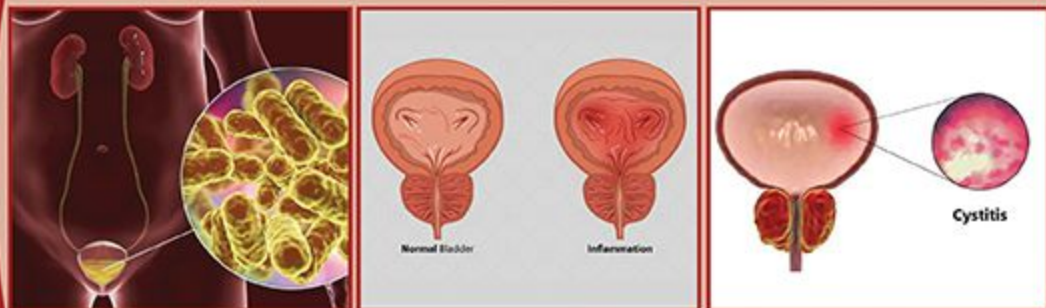
Cystitis refers to the bacterial infection of the bladder, a part of the lower urinary tract. Bacteria that typically live harmlessly on the skin or in the bowel enter the urethra and bladder and cause infection.

Types of cystitis based on their causes: 1) Bacterial cystitis. 2) Drug-induced cystitis some medicines can irritate the bladder as they exit the body. 3) Radiation cystitis where some chemotherapy can shrink tumours and kill cancer cells but also damage some healthy cells. It affects the pelvic region. 4) Foreign body cystitis which results from some forms of treatment. 5) Chemical cystitis that may develop as a result of soaps, gels, dyes, spermicide, etc.

### Risk factors according to UK's National Health Service

These include 1) inserting, changing, or prolonged use of a urinary catheter 2) using a diaphragm for birth control 3) difficulty in fully emptying the bladder 4) sexual activity 5) radiotherapy, and 6) diabetes due to high sugar in the urine helps to grow bacteria more.

Acute cystitis for both males and females include 1) pain, and burning when urinating 2) frequent urinating 3) dark and cloudy urine 4) strong smelling urinating 5) urgent need to pass urine 6) pain in the lower stomach 7) general aches, weakness, and tiredness. For children, it includes fever, weakness, irritability, lack of appetite, nausea, and vomiting.



### Treatment

If the case is mild cystitis, it will resolve automatically within a few days. If it lasts for more than three days one should go to a doctor. Doctors will prescribe antibiotic treatment depending on the individual.

### Diagnosis

Doctors may prescribe urine tests after asking some questions to the patients. The test may be laboratory or for quick results one may use a dipstick. A urine culture or catheterise urine specimen may be needed to determine the type of bacteria in the urine. Accordingly, a type of antibiotic will be prescribed. People who regularly develop cystitis may need an ultrasound scan, X-ray, or cystoscopy of the bladder using a fibre-optic camera.

### Is eating smaller but frequent meals best to prevent chronic diseases?

Modern society is more and more panicked by non-communicable and lifestyle diseases. Wrong food habits are one of the main factors for raising these diseases. A very big section of people believes that eating small meals in a day helps to improve the digestion of food and achieve good health. At the same time, many nutritionists suggest that fewer meals with larger quantities like the breakfast-lunch-dinner system are good for health. But some recent in-depth studies (published in a famous nutrition-related publication on 22nd July 2022), suggest that smaller but frequent meals are the best option for good health.

**Is the small but frequent eating better?** The believers of this pattern think that it improves satiety, prevent overeating, stabilize blood sugar, and control dips in energy. The article pointed out a study in 2019 that observed consuming more than four meals a day increases HDL (high-density lipoprotein) cholesterol which is associated with a reduced risk of heart disease and lower fasting triglycerides more frequently. The study also observed any difference in total low-density lipoprotein cholesterol which is harmful matter. The observation proves an association between food habits and good health but not any causation between these two. So, which one is better cannot be ascertained. In an experiment, there were two groups for a study. One ate three meals per day and another six smaller but frequent meals. The researchers observed that no difference in energy expenditure and body fat loss between



the two groups. But interestingly, the group that consumed smaller frequent meals throughout the day had increased hunger levels and they opted for more food than the person in the other group. Additionally, researchers hypothesized that those who consumed frequent meals likely to consume more daily calories compared to persons in the other group.

#### Another study shows the opposite results:

A large group study (Medical News Today) observed healthy adults can prevent long-term weight gain by 1) eating meals frequently, 2) eating breakfast and lunch 5 to 6 hours apart, 3) avoiding snacks, 4) consuming the largest meal in the morning, and 5) fasting for 18 to 19 hours overnight.

**Conclusion:** For the overall understanding, one should note the US Department of Agriculture's Scientific Report, 2020 Dietary Guidelines Advisory Committee observation. It pointed out that due to inconsistencies and limitations in the available documents, it is yet to be determined a relationship between meal frequency and body composition and the risk of overweight and obese. The researchers found no difference in energy expenditure and body fat loss between the two groups.

## CSR Activity of SERUM throughout April, 2023



Apr 16: Moments from Baisakhi Adda - Ek Sondhya Bahu Sur at Sovabazar Natmandir



Apr 2: Sri Sanjib Acharya was present as the special guest at the health camp organized by Sri Manish Mukherjee (Borough Chairman 24No. Ward) at Rabindrapally, Kestopur



Apr 8: Health camp organized by 'Champahati Swasthyamela Welfare Society', where Sri Sanjib Acharya has chaired as Chief Guest



Apr 16: Sri Sanjib Acharya was present at the seminar on National Integration and addressed the session



Apr 18: Serum Thalassemia Prevention Federation in association with S I Foundation organized Thalassemia Camp at Madanpur where along with Thalassemia Awareness, Hb & Sugar tests were also performed.



Apr 26: Musical evening Eka Arpita - A Tribute to the Legends, held at Minerva Theatre, where along with Sri Sanjib Acharya, Sri Saikat Mitra (eminent singer), Sri Brahmatoosh Chattopadhyay, and other distinguished guests were present



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