SERUM TIMES

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SERUM MEDICAL BULLETIN

From the desk of the Editor-in-Chief

Dear Readers/Doctors,



I hope you have thoroughly enjoyed the Sharadotsav celebrations and the days since then. I convey Subha Bijoya greetings to all our readers of ST and their family members. We also hope that you have been preparing in various ways to enjoy the holidays during the Kali Puja, Deepawali and Bhatri Dwitiya festivals. Here are some health tips you can keep in mind to enjoy the festivities without interruption.

During the festival days, one must prioritise health and safety measures. First, one should protect oneself from fire-related mishaps. Every year, many such incidents are reported in the news, while many more occur locally and are known only to residents. These are mainly caused by bursting crackers. Secondly, air and noise pollution are very harmful. Loud sounds can damage the ears and cause hearing problems. Cardiac patients, children and animals can suffer severe harm during the Kali Puja and Deepawali festivals. Thirdly, crackers and fireworks often damage property. Fourthly, used crackers can sometimes cause injuries if they are not disposed of properly. Fifthly, one should not burst fireworks near LPG cylinders, electrical equipment or other items that can catch fire easily. Sixthly, one should wear light cotton clothes while bursting fireworks or crackers and keep buckets of water and a first-aid box ready. Seventhly, do not leave your hair loose; you can use a cotton cap. Eighthly, use cold water in case of a minor injury and do not use ice cubes. Ninthly, wash your hands before eating after bursting crackers.

We would also like to mention the winners of the Nobel Prize in Physiology or Medicine for 2026. The Nobel Assembly has announced three scientists as the winners for discoveries leading to a technique called optogenetics. This technique allows scientists to control selected nerve cells using light. Today, optogenetics helps scientists study schizophrenia, depression, Alzheimer's disease and Parkinson's disease, and test treatments to restore vision and hearing, according to the Nobel Assembly's press statement.

Please also read the two stories. Story 1 is about basal cell carcinoma, a common and curable skin cancer. Story 2 touches upon a discovery about the presence of a special type of sugar in red meat that is associated with an increased risk of type 2 diabetes.

Wishing you very happy days in the festival.

Sanjib Acharya

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Basal Cell Carcinoma—The Most Common Skin Cancer—Is Mostly Curable

Story 1

Basal cell carcinoma (BCC) is the most common type of skin cancer. It is also the most frequently occurring form of all cancers. These skin cells are called basal cells. BCC occurs due to DNA damage caused by ultraviolet light in the basal cells of the outer layer of the skin. Basal cells make new skin cells as old ones die off. Most basal cell carcinomas are caused by exposure to sunlight. This is why, in most cases, BCC occurs in areas such as the face and neck, which receive a lot of sunlight. BCCs arise from the abnormal, uncontrolled growth of basal cells found in the epidermis, the outermost layer of the skin. BCCs do not generally spread beyond their original site to other parts of the body. They grow slowly, are curable and cause minimal damage when detected and treated early.

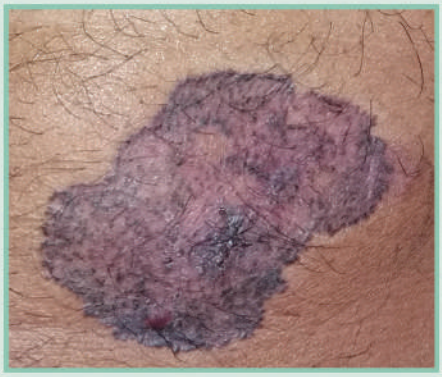
The Biology Behind the Occurrence of BCC

Experts have observed that certain gene changes in skin cells can cause these cells to become cancer cells. Some genes contain instructions that control when cells grow and divide. Changes in these genes can lead to cells growing out of control. It has also been observed that BCC cells often have changes in genes that normally keep cell growth under control or repair mistakes in a cell's DNA. Most often, gene changes related to BCC are acquired during a person's lifetime and are not inherited. However, in many cases, genes inherited from a parent result in a very high risk of BCC.

Some Symptoms

1. Open sores that do not heal.
2. A round ulcer that looks as though a bite has been taken out of the middle.
3. Red patches that have a sandpapery feel.
4. Shiny bumps that are raised, hard and pearly pink or grey.







5. An area of thickened skin.
6. A bump with a rolled edge.
7. A lesion with blood vessels that look like the spokes of a wheel.

How Is BCC Diagnosed?

Generally, a dermatologist can tell from its appearance whether a suspicious spot may be BCC. If needed, the patient may undergo a biopsy so that a tissue sample can be examined under a microscope.

Treatment

In general, there are three ways to treat BCC, as with other types of cancer. The first is surgery. For larger lesions, a technique called Mohs surgery is considered the most effective way to ensure that the cancer is completely removed. Secondly, radiation is used to treat older patients and patients in poor health for whom surgery cannot be recommended. The third is medication.

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A Sugar Present in Red Meat Is Associated with a Higher Risk of Type 2 Diabetes, New Research Suggests

Story 2

It is already known that red meat contains numerous compounds that could increase the risk of developing diabetes. These include haem iron and certain other nutrients and food components. However, a very recent study, reportedly presented at the Annual Meeting of the European Association for the Study of Diabetes in Milan, Italy, suggests that a higher intake of a special type of sugar present in red meat, known as N-glycolylneuraminic acid or Neu5Gc, is associated with a higher relative risk of developing type 2 diabetes.

The researchers observed that the relationship remained statistically significant when various factors, such as age, sex, physical activity, overall diet and existing health conditions, were properly adjusted for. It is also known that Neu5Gc is found in some dairy products. However, the study observed that the link with total dietary Neu5Gc appeared to be largely driven by meat-derived Neu5Gc.

The Importance of Diet in Increasing the Risk of Type 2 Diabetes

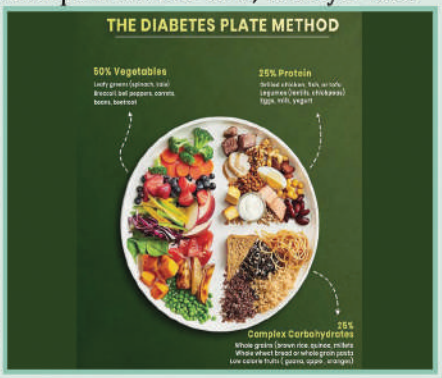
It is well known that diet plays a major role in increasing the risk of type 2 diabetes. It is also known that processed meat and sugar-sweetened foods and drinks are, to some extent, associated with a greater risk of this health problem. Many studies have also found an association between higher red meat consumption and type 2 diabetes. However, this evidence is observational and cannot establish a causal relationship. The sugar Neu5Gc is naturally produced by most animals and can be found in foods such as red meat, including beef and lamb, and, to a lesser extent, dairy products.

Study Method

The research reportedly analysed data from 89,593 adults who participated in the NutriNet-Santé study. This is a French prospective observational cohort study that examines relationships between diet, lifestyle and







health. Participants were, on average, 42 years old, and 79% were female. None had type 2 diabetes or cancer when they entered the study. Dietary intake was assessed using three 24-hour dietary records. Researchers then estimated participants' Neu5Gc consumption using a database containing measurements of the compound in various foods. Participants were divided into five groups according to their intake of meat-derived Neu5Gc. During a median follow-up of 7.2 years, 966 participants developed type 2 diabetes. Compared with the group with the lowest Neu5Gc intake, those in the highest intake groups showed statistically significant associations with type 2 diabetes.

The researchers observed a notable finding. The highest intake group had a 63% higher risk of developing type 2 diabetes, while the second-highest intake group had a 41% higher risk. The association was observed in both males and females.

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CSR Activities & Events of SERUM throughout October, 2026



Oct 4: Thalassemia Awareness Camp org. by Babathakurtala Puja Committee



Oct 6: Thalassemia Awareness Camp at Barisha Janakalyan Vidyapith for Girls



Oct 8: T-shirts gifted to the idol bearers of Kumartuli, sharing the joy of Durga Puja



Oct 10: Anna Annapurna Puja - gifted sarees and Punjabis on Mahalaya eve to the needy



Oct 13: Sanjib Acharya at the Blood Donation and Health Camp at the Calcutta High Court



Oct 27: Health check-up camp organised at Gariahat 4 Point Crossing









Oct 18: SERUM Sharod Samman, 2026

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Website: serumanalysiscentre.com
e-Mail: serum.kol@gmail.com
Phone: +91 62895 32188 / 98302 74990 / 98300 16594

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