



SERUM TIMES

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SERUM MEDICAL BULLETIN

From the desk of the Editor-in-Chief

Dear Readers/Doctors,

Hope you are all well. ST Circulation has completed another year this past March. We trust that our publication has been providing you with important health information that is relevant to almost all of us. We have also received your cooperation and encouragement over the past days, and we hope it will continue in the days to come.



Summer is approaching, and it is important to protect yourself from several health problems that occur frequently during this season. Some of these include dehydration and food-related illnesses. Heat-related health issues are also common during summer. At the same time, one must be cautious about various infection-related diseases. In many places, especially in rural areas, snake bites have also become a concern. We will try to discuss this topic in detail in the next issue.

A Growing Problem of Obesity in India

Recently, the World Obesity Atlas 2026 was published, revealing a highly troubling picture of childhood obesity worldwide. Most importantly, India ranks second after China in having the largest number of obese children. An estimated 41 million children in India are living with obesity. The report states that as of 2025, 14.92 million children between the ages of 5 and 19, and 26.4 million adolescents between 10 and 19 years of age in India, have been categorized as overweight or obese. It also cautions that if current trends continue, cases of fatty liver disease among Indian youth are expected to rise from 8.39 million to 11.88 million by 2040. Furthermore, hypertension is projected to affect 4.39 million Indian children over the next 15 years.

In this issue, as usual, two important topics have been discussed. Story 1 focuses on Atopic Dermatitis (AD), also known as eczema. It is a chronic, non-contagious skin disorder that causes intensely itchy, dry, inflamed, and flaky rashes. It is a prevalent chronic skin condition in India. Studies indicate that in India, the prevalence of AD among children ranges from 3.1% to 7.21%, while in the overall population, it ranges from 0.98% to 9.2%. The condition is known to be increasing, so awareness is essential.

Story 2 discusses new research on dementia. Some studies suggest that dementia does not originate in old age but begins many years earlier. Therefore, it is important to detect early warning signs in the body that may lead to dementia later in life. It is advisable to consult a doctor around the age of 50.

Once again, we wish you a happy and safe life.

Sanjib Acharya

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Atopic Dermatitis or eczema - starts in childhood, lasts for a long time

Story 1

Atopic Dermatitis (AD), also known as eczema, is a chronic skin disease that persists over a long period. Its symptoms include intensely itchy, inflamed, and dry skin, often appearing as rashes in skin folds such as the elbows and knees. It generally begins in childhood, although it can affect individuals at any age. It is not contagious and does not spread from person to person.

For some individuals, it appears in infancy and resolves before the teenage years, while for others, it continues into later life. The likelihood of developing this condition is higher in individuals with a family history of the disease.

Prevalence of AD

Globally, the prevalence of AD is rising. Reports estimate that AD affects 15% to 30% of children and 2% to 10% of adults in developed countries. In countries such as China and Iran, the prevalence is around 2% to 3%. The frequency is higher among individuals who migrate from underdeveloped to developed countries.

Interestingly, about 85% of cases occur within the first year of life, and nearly 95% develop before the age of five. The incidence of AD is highest during early infancy and childhood. The male-to-female ratio is approximately 1:1.4.

Why does it happen?

First, there can be a leaky barrier that allows moisture out and allergens or bacteria in. Secondly, it may be a result of dysfunction of the immune system. Thirdly, it is more of a hereditary disease. Fourthly, environmental triggers can also be factors for it to happen.

Symptoms of Atopic Dermatitis

During infancy and up to two years, a red rash appears on the face, scalp, and areas of skin around joints that



touch when the joint bends. In childhood, it appears on the elbows and knees, usually in the bend, and on the neck and ankles. During the teens and adulthood, it is most common for a red to dark brown scaly rash which may bleed and crust when scratched, to appear on the hands, neck, elbows, and knees, skin around the eyes, ankles, and feet.

Moreover, people with atopic dermatitis may have other conditions. These include asthma and allergies, including food allergies. Also, there may be other skin diseases that cause dry, thickened skin. Depression, anxiety, and sleep loss, etc., can also be among the causes of the disease.

Challenges Faced by Patients with AD

Several studies have reported that the financial burden of AD on families and governments is comparable to that of asthma, arthritis, and diabetes mellitus. In children, the disease can create significant psychological stress for both the child and their family, along with loss of school days.

Sleep disturbances are common in AD patients due to persistent itching. These disturbances can significantly affect overall quality of life.

Dementia is not a disease of Old Age – Recent Studies Observe

Story 2

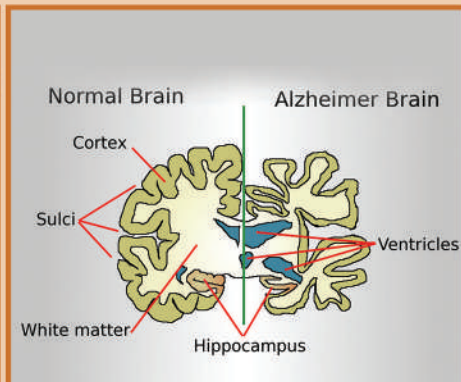
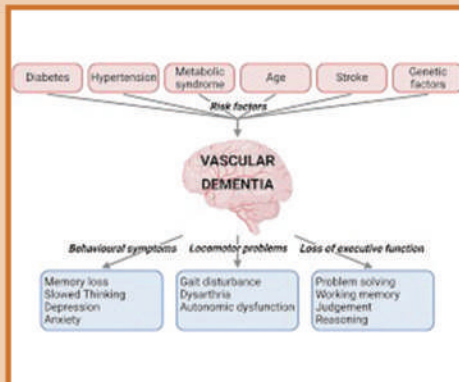
It is becoming increasingly clear that dementia is not merely a disease of old age. The causes of dementia are complex and multifactorial. Many cases have been linked to modifiable risk factors—factors that can be controlled or at least positively influenced with appropriate lifestyle changes. These modifiable factors are reportedly responsible for up to 54% of dementia risk. Vascular dementia, in particular, is strongly associated with such factors.

According to a report in Medical News Today (4th February), a study published in the Journal of Prevention of Alzheimer’s Diseases highlights that risk factors are associated with nearly half of all dementia cases. One of the key insights of the study is that dementia actually begins many years before symptoms appear. Addressing these risk factors early in life may help reduce the likelihood of developing dementia later on.

The authors of the study analysed data from 494 participants with an average age of 65. All participants were thoroughly evaluated and followed over a period of four years, during which changes in their brains were observed and recorded. The study found that vascular dementia accounts for approximately 17% to 30% of all dementia cases.

The report also quoted several well-established experts in the field. Dr. Dung Trinh of Memoria Care Medical Group, Irvine, CA, stated that the new research supports the model that dementia develops through interactions between non-modifiable factors—such as age and genetic predisposition (e.g., APOE gene)—and modifiable factors like hypertension, metabolic risks, and cardiovascular health. These factors may act through cerebral small-vessel disease.

According to Dr. Trinh, the findings strengthen the rationale that aggressive management of vascular and metabolic risks, along with educational and cognitive enrichment, can help slow the progression toward symptomatic dementia.



Another Study Suggests Alzheimer’s Could Be Detected in Advance

A very recent study has shown that scientists have developed a blood-based model that can estimate when symptoms of Alzheimer’s disease are likely to begin, with a margin of approximately three to four years. This suggests that a single blood test could act as a biological “clock,” helping to identify individuals who may develop cognitive symptoms within a specific timeframe.

However, this research is still in the early stages of observation. If validated in larger and more diverse populations, it could become a landmark development in the early detection and treatment of individuals at risk of Alzheimer’s disease.

Currently, more than 55 million people worldwide are living with Alzheimer’s disease and other forms of dementia, and this number is rising rapidly.



CSR Activities & Events of SERUM throughout March, 2026



Mar 4: Sri Sanjib Acharya at the Boshonto Utsav Celebration



Mar 7: Celebration of International Women's Day organised by Serum Thalassemia Prevention Federation



Mar 16: Free Medical Health Checkup Camp organised by SERUM Asansol



Mar 17: Iftar Party organised by SERUM Group at the Serum Auditorium



Mar 21: SERUM Newtown organised a Free Health Check-up Camp at UTSA Co-operative Complex



Mar 22: Health Camp organised by Serum Thalassemia Prevention Federation at Tala Park 15 Pally



Mar 25: Annapurna Puja organised by Serum Thalassemia Prevention Federation in different parts of Kolkata



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