



SERUM TIMES

Monthly | Volume XI | Issue VIII | August 2026

SERUM MEDICAL BULLETIN

From the desk of the Editor-in-Chief

Dear Readers/Doctors,

Hope everything is going well. We are in the rainy season. However, this year, according to the Meteorological Department, rainfall is expected to be lower due to the El Niño effect. We request you to take the necessary precautions during this season, as discussed in the previous issue of ST.

In West Bengal, the new government has introduced some important health policies. Two of them deserve special mention. First, the state is rolling out the Ayushman Bharat scheme, the health insurance program developed by the Union Government. The earlier Swasthya Sathi scheme will be phased out gradually, and eligible individuals will be brought under the new scheme. Second, there has been a significant increase in the daily meal budget for patients in government hospitals, from Rs. 56.64 to Rs. 110. This is a welcome step. If leakages are prevented, it will greatly improve the nutritional quality of meals provided to patients.

In Mumbai, there has been a surge in monsoon-related illnesses. Dengue cases have increased by 27.8% compared to the same period in 2025. Between January 1 and July 14, 2026, the city recorded 938 dengue cases along with 3,681 malaria cases. This is a very concerning trend.

In Kerala, influenza, particularly Influenza A (H1N1), has become widespread across the state during this season. The disease has claimed many lives as well. As of July 16, the state had reported 4,405 influenza cases and 49 deaths. According to reports, if this trend continues, it may surpass the severity of last year. Therefore, we should remain watchful and cautious in light of this information, but there is no need to panic.

In this issue, Story 1 focuses on a growing women's health concern: Atypical Lobular Hyperplasia (ALH). This condition is associated with an increased risk of breast cancer, but ALH itself is not breast cancer. It is a benign, premalignant breast condition in which abnormal cells overgrow in the milk-producing glands. ALH is not routinely screened for because it does not produce any symptoms. It is usually detected as a microscopic finding during the examination of breast tissue. Globally, ALH occurs in about 1–2% of women. Among women who undergo breast biopsies, approximately 10% are diagnosed with ALH.

Story 2 highlights new research showing how the proper intake of vitamins A and D may help relieve asthma symptoms and improve lung health.

Please read these stories carefully and gain valuable insights into these important health issues.

We wish you a delightful, healthy, and fulfilling life.

With thanks.

Sanjib Acharya



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Atypical Lobular Hyperplasia Increases the Risk of Breast Cancer

Story 1

Atypical Lobular Hyperplasia (ALH) of the breast is not breast cancer. However, it is a sign that you have a four- to five-fold increased risk of developing breast cancer in the future. ALH is a mild, pre-malignant breast condition. Here, abnormal cells overgrow in the lobules, or milk-producing glands. In this condition, normal cells in the lobules begin to multiply and change in size, shape, and appearance, becoming atypical.

How to identify ALH, or what are its symptoms?

ALH of the breast usually does not cause any symptoms. It is mainly detected during a biopsy. A breast biopsy is a procedure in which a small sample of breast cells is removed for testing. But why does one undergo a biopsy? If a doctor detects something suspicious during a physical examination or finds an abnormality on a mammogram or ultrasound, a biopsy may be recommended. A biopsy may also be advised if a woman notices any symptoms or changes in her breast that concern her.

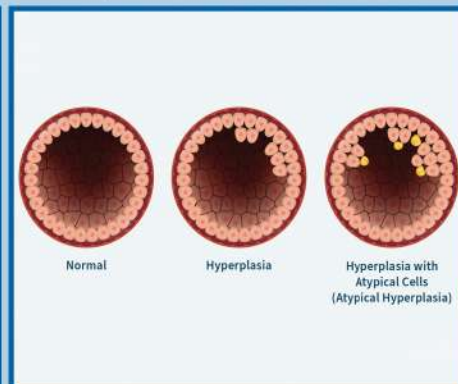
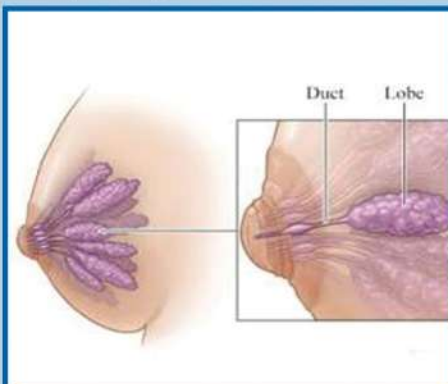
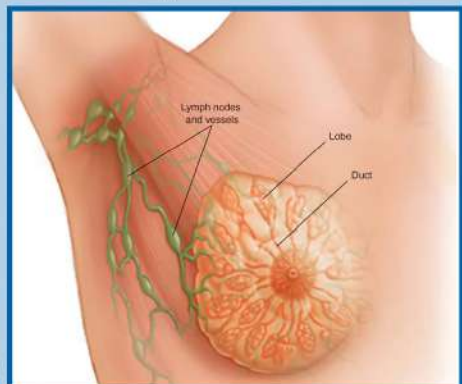
Why does ALH occur?

The exact reasons are not yet known. It occurs when cells in the breast tissue develop changes in their DNA. A cell's DNA contains the instructions that tell the cell what to do. These changes instruct the cell to produce many more cells, causing a build-up of cells in the breast. This build-up is called hyperplasia. The same changes also make the cells atypical, meaning they look different from normal cells.

At the same time, doctors observe that a family history of breast cancer can be a risk factor. Moreover, menopausal hormone therapy used to control the symptoms of menopause may also increase the risk of ALH and other benign breast diseases.

When does ALH turn into cancer cells?

According to medical theory, if ALH cells are allowed to continue growing, they may acquire additional DNA changes and eventually become cancer cells. However, this explanation is still considered incomplete.



Treatment of ALH

If ALH is confirmed by a specialist, there are three primary approaches to its management: surgical excision, enhanced screening, and preventive medications.

First, to remove the abnormal cells along with a small margin of surrounding tissue, doctors may perform surgery to confirm that no in-situ (non-invasive) or invasive breast cancer is present in the area. If the surgery reveals only ALH and no cancer, no further surgery is required.

Secondly, specialised screening plans, including annual mammograms, breast MRI, and clinical breast examinations, may be recommended. These can help reduce the lifetime risk of breast cancer through early detection.

Thirdly, certain risk-reducing medications may be prescribed to lower the risk of developing estrogen receptor-positive breast cancer.

A New Study Observes That Vitamins A and D Can Improve Lung Function and Relieve Asthma

Story 2

Recent research has found that vitamin A may help improve lung function in both children and adults with asthma. It is already known that vitamin D may help slow the biological ageing of lung cells in adults. Among the 13 recognised essential vitamins, vitamins A and D are best known for their roles in maintaining eye health and bone health, respectively. However, these two vitamins also play important roles in immune system regulation, cellular growth, and lung function.

Lung Health and Asthma

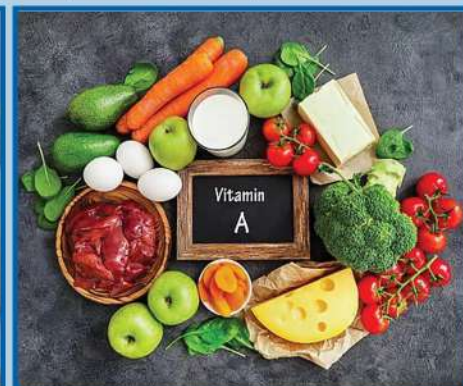
Lung health is primarily determined by measuring how efficiently the respiratory system moves air in and out of the lungs and how effectively it transfers oxygen into the bloodstream. Asthma is a chronic inflammatory disease of the airways. It occurs when the tubes that carry air in and out of the lungs become swollen, tighten, and produce excess mucus, restricting airflow. This makes breathing difficult and can trigger symptoms such as coughing, wheezing, shortness of breath, and chest tightness.

In India, about 3.5 crore people suffer from asthma, accounting for approximately 13% of the global asthma burden.

The Methodology of the Research

For this study, researchers analysed health data from nearly 1,200 children enrolled in the Genetic Epidemiology of Asthma in Costa Rica (GACRS) study. They also included about 1,000 adults from the Omic Determinants of Longitudinal Lung Function in Asthma study. The vitamin A and D levels of all participants were measured, along with assessments of their lung health and lung function.

One of the lead authors of the study, Rinku Sharma of Harvard Medical School in Massachusetts, reportedly told Medical News Today that because vitamins A and D share important biological pathways involved in immune function and tissue maintenance, the researchers wanted to study them together. She also explained that they were interested



in whether these vitamins could influence epigenetic ageing, as better lung health is closely associated with healthier ageing and longer survival.

Conclusion of the Study

At the conclusion of the study, the researchers reportedly found that children and adults with asthma who had higher vitamin A levels also had better lung function than those with lower vitamin A levels. Their findings add to the growing body of evidence suggesting that vitamin A may play an important role in maintaining lung health in people with asthma. The consistent association observed in both children and adults further strengthens the evidence that maintaining adequate vitamin A levels may help preserve lung function across different stages of life.



CSR Activities & Events of SERUM throughout July, 2026

Half Yearly General Meeting, 2026



July 4: Malda and Part Murshidabad



July 5: North Bengal and Lower Assam



July 11: Chingrighata Branch - 24 Pgs (S), 24 Pgs (N), Nadia, Hooghly



July 12: North 24 Parganas



July 12: Hooghly District



July 18: South Bihar



July 19: North Bihar & Part of Jharkhand



July 10: Sri Sanjib Acharya at Thalassaemia Awareness Camp at Begum Rokeya Smriti Balika Vidyalaya



July 14 and 15: Jeeban Debata Rath 2026 - Journey Through Service



An initiative of **SERUM Analysis Centre (P) Ltd.**

This is a Medical Bulletin. Edited, compiled & published by Editorial Board for and on behalf of S SERUM Analysis Centre (P) Ltd., 82/4B, Bidhan Sarani, Kolkata 700004. Chief Editor: Sanjib Acharya. Website: serumanalysiscentre.com e-Mail: serum.kol@gmail.com Phone: +91 62895 32188 / 98302 74990 / 98300 16594

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