SERUM TIMES

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SERUM MEDICAL BULLETIN

From the desk of the Editor-in-Chief

Dear Readers/Doctors,



I hope you are well, both physically and mentally. We are in the midst of the festival season, which continues for about three months, from October to December. We would like to talk to you about how to stay safe during this time, particularly during Durga Puja, Kali Puja and Diwali.

In a nutshell, please avoid large crowds, stay hydrated and be careful about what you eat outside your home. We hope you are taking these precautions. Still, I would like to elaborate on a few things you may have seen in the media.

First, avoid heavily crowded places. This is especially important for people with breathing problems. Second, young children, older adults, people who are unwell and pregnant women should avoid very popular, crowded pandals. If they wish to visit, they should go during quieter hours. These groups are particularly vulnerable. Third, wear a mask and carry hand sanitiser. Choose food carefully and wash your hands before eating. Fourth, we are in the dengue and viral fever season. The number of cases in Kolkata and many districts of Bengal was still rising in mid-September. Finally, keep your premises and the surrounding areas clean.

Recently, the Indian Council of Medical Research (ICMR) announced that India could potentially introduce its own indigenous dengue vaccine by the end of next year. This is good news for Indians and would be a success story for our country's health sector.

In this issue, we discuss two important medical stories. The first story (Story 1) is about bariatric surgery, also known as weight-loss surgery. Obesity is a growing problem. Recent data show that 30.7% of women and 27.3% of men aged 15 to 49 are overweight or obese. The problem is also spreading rapidly in rural areas. According to UNICEF India, over 2.7 crore children and adolescents aged 5 to 19 are projected to be living with obesity by 2030. We hope this story will be helpful to many readers.

The second story (Story 2) covers recent research showing how regularly climbing stairs may reduce the risk of cardiovascular disease, including heart attacks and strokes.

With best wishes for Durga Puja and Lakshmi Puja.

Sanjib Acharya

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Bariatric Surgery: A Treatment for Obesity

Story 1

Bariatric surgery, also known as weight-loss surgery, is an operation that changes the digestive system. People with obesity may consider it if they have been unable to lose weight through other means, such as dietary changes and exercise. It is not a common procedure or a quick fix. The type of surgery a person may need depends on several factors. It requires planning and commitment, and anyone considering it should discuss it with their doctor.

Benefits and Side Effects of Bariatric Surgery

Weight-loss surgery can improve many health problems related to obesity. According to many experts, it can also have both immediate and later-emerging side effects and complications. Patients need follow-up care after surgery.

How Does Bariatric Surgery Help?

The surgery changes the digestive system. It can limit the amount of food a person eats and the number of calories their body absorbs. It can also reduce hunger signals sent to the brain. With healthy eating and regular physical activity, these changes can help a person maintain weight loss.

Requirements for Bariatric Surgery

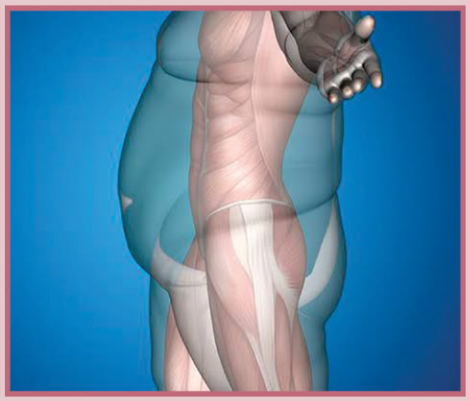
Experts say that surgery may be considered for someone diagnosed with class III obesity, which means having a body mass index (BMI) of 40 or higher. A person with a BMI of at least 35 and at least one obesity-related health condition may also be considered. Anyone considering surgery should discuss their individual circumstances with a doctor.

Bariatric Surgery and Other Health Conditions

Bariatric surgery can help improve several long-term health conditions related to obesity. These include high







cholesterol, high blood pressure, high blood sugar or diabetes, heart and kidney disease, obstructive sleep apnoea, osteoarthritis, and metabolic dysfunction-associated steatotic liver disease (MASLD).

Success Rate of Bariatric Surgery

Articles on the Cleveland Clinic health news portal describe surgery as successful if a person loses 50% of their excess weight and maintains a healthy target weight. By this standard, the success rate is about 90%. Some people regain weight two years or more after surgery, but the proportion is less than 25%.

In Short

Successful bariatric surgery can lead to significant, long-term weight loss. It can also reduce hunger hormones, improve metabolism, and help manage cholesterol and blood sugar.

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Climbing Stairs May Lower the Risk of Death from Heart Disease by 39%, Large Study Finds

Story 2

Elevators in homes, offices, and shopping malls have become increasingly common in urban life. But taking the stairs has health benefits. A large study found that regularly climbing stairs was associated with a lower incidence of cardiovascular disease, including heart attacks and strokes. Scientists at the University of East Anglia (UEA) and Norfolk and Norwich University Hospital in the UK conducted the research, and it was published in the American Journal of Cardiovascular Drugs last August. The study is timely, given the prevalence of cardiovascular disease. Professor Vassiliou, one of the study's authors from UEA, reportedly said that the number of people living with cardiovascular disease doubled worldwide between 1990 and 2019.

How Did the Researchers Investigate This?

Physical activity is known to play a role in cardiovascular health. However, it was unclear which types of activity might help adults meet physical activity recommendations. Climbing stairs is a vigorous form of physical activity.

The researchers analysed nine studies involving 480,479 participants, with a median follow-up period of 14 years. The participants were aged between 35 and 84, and some had a history of heart disease. Women made up 53% of the participants.

The researchers observed that people who climbed stairs regularly had a 39% lower risk of dying from heart-related causes and were 24% less likely to die from any cause than those who did not climb stairs regularly. The study also observed that climbing about 60 to 70 steps per day may reduce cardiovascular risk.

Further research is needed to determine which amounts and forms of stair climbing are most beneficial for cardiovascular health. Professor Vassiliou reportedly suggested that encouraging people to take the stairs in workplaces, public buildings and homes could form part of a wider strategy to reduce cardiovascular disease at the population level.







At the same time, some experts have noted that climbing stairs is not suitable for everyone. It may be difficult for people with osteoarthritis, musculoskeletal disorders affecting the legs or impaired mobility, for example. They suggest alternatives such as brisk walking, cycling, swimming, water-based exercise, rowing and adapted seated exercises. These activities can raise the heart rate and provide cardiovascular benefits.

lead to further developments.



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CASE PRESENTATION by Dr. Chirasri Goswami, MBBS, MD
Consultant Histopathologist

DIAGNOSIS: Adenocarcinoma of Appendix (HAMN) (High Grade Appendiceal Mucinous Neoplasm).

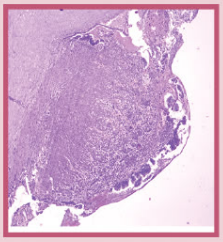
INCIDENCE: 0.12 cases per 10lakh people.

CLINICAL SYMPTOMS: Same as appendicitis due to obstruction.

RADIOLOGY: Thick walled appendix with hyper-enhancement.

GROSS: Lumen dilated with copious gelatinous mucin. Wall nodularity with obstructive features.

MICROSCOPY – High Grade Appendiceal Mucinous Neoplasm (HAMN). Pools of mucin containing mucinous glands with dysplasia lying in muscularis & perimuscular connective tissue (Stage pT2).



IHC: Positive for CK20, MUC2, CDX2, SATB2 Negative for CK7, PAX8.

CYTOGENETICS: Frequent mutations found in K-RAS, GNAS & TP53.

PROGNOSIS: 5yr survival rate (Stage I-III) - 51-82%. (Stage IV) – 11%. Signet Ring Cell - 7%.

CSR Activities & Events of SERUM throughout September, 2026



Sept 6: Sanjib Acharya at Blood Donation Camp org by 9-er Pally Sarbojanin Durgotsab Samity



Sept 13: Sanjib Acharya at Shree Shree Ganesh Puja org by Cossipore Prudential Youth Welfare Association



Sept 20: Sanjib Acharya at "Nazrul Smaran 2026"



Sept 20: Health Check-up Camp at Eden Gardens, organised by the Umpires of the Cricket Association of Bengal





Sept 23: Birthday celebration of Sri Sanjib Acharya

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