



SERUM TIMES

Monthly | Volume XI | Issue IX | September 2026

SERUM MEDICAL BULLETIN

From the desk of the Editor-in-Chief

Dear Readers/Doctors,

Hope you are all well. Hopefully, the rainy season will pass without causing too many health hazards. We would like to begin by highlighting some encouraging health-related developments in West Bengal while also drawing attention to certain areas of concern.

The new government has allocated ₹3,100 crore for implementing the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) in the state. However, the state government's existing Swasthya Sathi scheme will continue until everyone is brought under Ayushman Bharat. The new scheme will provide health coverage of up to ₹5 lakh to economically weaker sections of society. The government expects it to benefit approximately seven crore people across the state. Others will be covered under different state health insurance schemes.

Another encouraging development is the proposed establishment of an additional AIIMS, a cancer hospital and four new medical colleges in the state, according to government announcements and reports. Once fully operational, these institutions are expected to significantly strengthen healthcare services for the people of West Bengal.

However, dengue infections are rising in several districts, particularly Murshidabad, Bankura, North 24 Parganas, Hooghly, Howrah and Kolkata. As of 17 August 2026, Murshidabad topped the list with 382 new cases and a total of 851 cases reported so far. Kolkata alone reported as many as 328 cases. According to a PTI report published on 18 August, 1,633 fresh cases were recorded across 16 districts within 20 days, indicating a sudden surge in dengue infections throughout the state.

In this issue, we have discussed two important health topics. Story 1 focuses on Barrett's oesophagus, a condition related to gastroenterology. It occurs when the normal flat lining of the lower part of the food pipe changes into tissue resembling the intestinal lining. The condition develops gradually and may take about 10 years to emerge. It is also associated with lifestyle-related factors. Regional clinical studies indicate that between 2.6% and 23.6% of Indian patients who undergo endoscopy for chronic acid reflux symptoms are diagnosed with this condition.

Story 2 explores a new observation regarding how the bacteria responsible for gum disease may affect heart health. We hope both stories will be informative and helpful to our readers.

We are now about to enter the festive season—a time to celebrate and enjoy. However, staying healthy is essential to making the most of the festivities.

With thanks and best wishes.

Sanjib Acharya



For more details, visit: www.serumanalysiscentre.com | Follow us at



FREE distribution for Doctors and Medical Personnels



Barrett's Esophagus: A Gastroenterological Disease Related to Lifestyle and Age

Story 1

Barrett's Esophagus is a change in the cellular structure of the lining of the esophagus—the tube that carries food from the mouth to the stomach. The esophagus has a protective mucous lining. Prolonged irritation can damage this lining and lead to cellular changes. As a result, the structure and appearance of the esophageal lining begin to resemble those of the intestinal lining. Doctors call this change intestinal metaplasia.

Metaplasia occurs when one type of tissue is replaced by another type that is not normally found in that location. This change is associated with an increased risk of cancer, although the overall risk remains low.

Symptoms of Barrett's Esophagus

Barrett's esophagus itself does not usually cause symptoms. However, the long-term irritation and inflammation associated with it may cause discomfort. Inflammation in the lower part of the esophagus may cause heartburn or chest pain, while irritation higher up may feel like a sore throat. Some people may also experience difficulty swallowing.

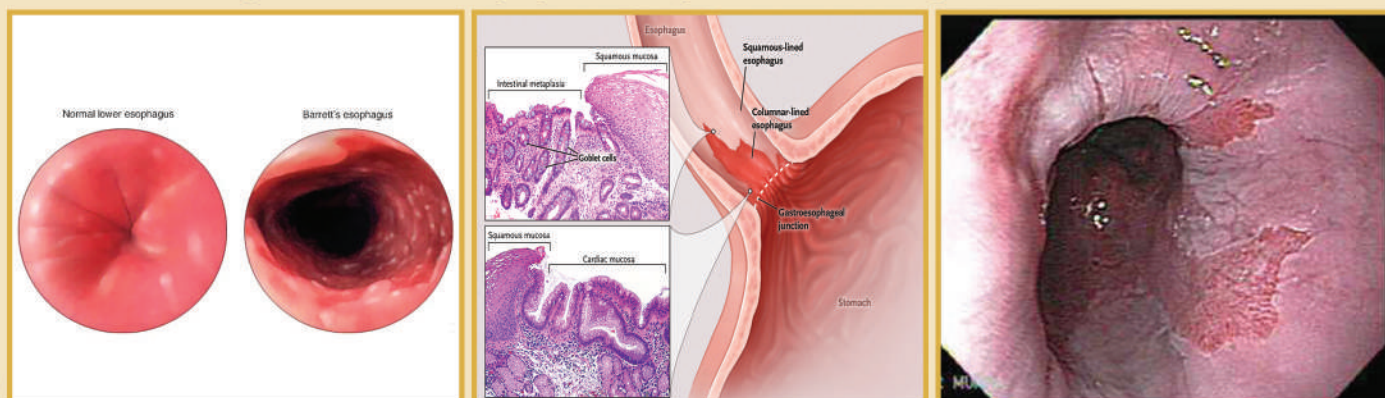
What causes it?

Experts have yet to establish the exact cause of Barrett's esophagus. However, most people who develop the condition have experienced prolonged irritation of the esophageal lining, often for at least 10 years.

Other forms of irritation may also contribute to the condition. Although the esophageal lining has some protection against acids and other irritants, it is not as resistant as the intestinal lining.

Who is more prone to this disease?

The condition is more common in men around 55 years of age. People with gastro-esophageal reflux disease (GERD) have a 10%–15% higher chance of developing it. Smoking is also a contributing risk factor.



Tests and Diagnosis

Doctors generally diagnose Barrett's oesophagus through an upper gastrointestinal (GI) endoscopy and a biopsy. In some cases, doctors may also use capsule-shaped diagnostic devices that patients can swallow. Clinical trials explore new ways to prevent, diagnose and treat the condition, to improve patients' quality of life.

Diet and Lifestyle Measures

Dietary and lifestyle changes may help relieve symptoms of gastro-oesophageal reflux and reduce irritation of the oesophageal lining. These measures include:

1. Avoiding foods that increase stomach acidity.
2. Avoiding foods and drinks that may reduce pressure at the lower end of the oesophagus or worsen reflux, such as fatty foods, alcohol, peppermint, coffee and acidic drinks.
3. Avoiding large meals and foods that slow stomach emptying, particularly fatty foods.
4. Remaining upright after meals and keeping the head elevated while resting.
5. Maintaining a healthy body weight and losing excess weight when necessary.

Bacteria in the mouth can affect heart health- scientists find this surprising observation

Story 2

A group of scientists from the Chinese Academy of Medical Sciences in Beijing has recently made a surprising discovery about how the bacteria responsible for gum disease may affect heart health.

The World Health Organization estimates that around one billion people worldwide suffer from severe periodontal disease. But what is periodontal disease? It refers to inflammation and infection of the gums and the bones that support the teeth. Although it can result from poor oral hygiene, some people are more susceptible to this type of infection than others.

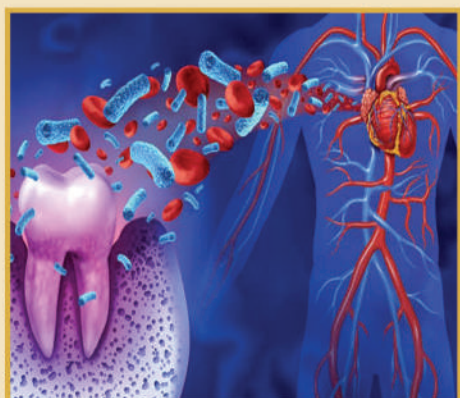
Periodontitis is a severe form of periodontal disease that damages the tissues and bones supporting the teeth. Previous studies have found that periodontitis may increase a person's risk of several health conditions, including rheumatoid arthritis, pneumonia, diabetes, Alzheimer's disease and cardiovascular disease.

What Is New About the Study?

The recent study found a link between periodontitis and calcific aortic valve stenosis (CAVS), a serious cardiovascular condition. CAVS causes the aortic valve to narrow, which can restrict the flow of blood from the heart to the rest of the body.

How Does It Happen?

When a person has periodontitis, bacteria from the infected gums can enter the bloodstream and travel to other parts of the body. Chenyang Li, one of the leaders of the research, reportedly explained that *Porphyromonas gingivalis* (*P. gingivalis*), one of the main bacteria responsible for periodontal disease, can enter the bloodstream during routine activities such as brushing or chewing, particularly in people with poor oral health. The bacterium has previously been associated with several cardiovascular diseases.



The Researchers' View

Li reportedly said: "Our findings suggest that repeated systemic exposure to *P. gingivalis* may actively contribute to the development of CAVS rather than simply being an incidental finding. We also observed that preventive antibiotic treatment reduced bacterial accumulation in the aortic valves and attenuated valve calcification, further supporting the possibility that bacterial infection promotes disease progression."

However, the study was conducted using animal models. Therefore, according to the researchers, its findings should not be interpreted as evidence that antibiotics can prevent CAVS in humans.

The researchers suggest that inflammation caused by infection may represent a potential therapeutic target that warrants further investigation. It is therefore expected that research in this area will continue and lead to further developments.



SERUM TIMES

Monthly | Volume XI | Issue IX | September 2026

ABP Ananda Swasthya Sanman Award 2026



Another Triumph. Another Milestone. Another Recognition

Proud to receive **ABP Ananda Swasthya Sanman 2026** by
Sanjib Acharya, CMD, SERUM Group for
Excellence in Thalassemia Prevention & Awareness
from **Dr. Sharadwat Mukherjee, Hon'ble Health Minister** and
Dr. Sankar Ghosh,
Hon'ble Minister-in-Charge, Dept. of Tourism &
Parliamentary Affairs, Govt. of WB



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

Information & Local Booking Centre,
SERUM Group