



INDIAN COUNCIL OF MEDICAL RESEARCH

Department of Health Research – Ministry Health & Family Welfare
Government of India

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(Syed Adil Shamim Andrabi)
Information Interface Officer

Now listen to Mahatma Gandhi's heart beat at Gandhi Museum, Delhi

September 29,2018/National Herald

National Gandhi Museum, a storehouse of original belongings of Mahatma Gandhi near Rajghat in Delhi, is all set to welcome visitors after getting a face-lift on Gandhi ji's birth anniversary, October 2. A new addition to its audio-visual section is the facility for visitors to listen to his heartbeat.

"We have got the heart-beat of Mahatma Gandhi recreated from one of his old ECG (Electrocardiography) reports—which was done in 1934, when he was not keeping well. The ECG, according to cardiologists, is found to be normal. The idea is to connect the people to Gandhi not just intellectually but also emotionally," said the director of the museum A Annamalai, adding that the museum also has several other health reports of Gandhi in its rich collection.

Gandhi—who took on the might of the British Empire armed only with a message of truth and non-violence—suffered from high blood pressure. When he observed fast during Indian Independence movement, his blood pressure was monitored regularly by doctors. On March 5, 1939, his blood pressure was 180/110 whereas on March 7, 1939 it was 178/112. "After analysing these reports at the museum, doctors say that most of the times, Gandhi's blood pressure would remain high whereas his blood sugar level would remain abysmally low hovering between 80 to 40," he said, adding that it was in February 1936 when his blood sugar level was recorded 40.

"Besides blood pressure and sugar, doctors would regularly monitor his heartbeat as well—which would invariably remain normal," he said, adding that the medical reports of Gandhi at the museum had value no less than a national heritage.

Dr Jeevram Mehta and Dr BC Roy were the prominent doctors who attended on Gandhi.

"All India Institutes of Medical Sciences and **Indian Council of Medical Research** are soon going to publish some interesting facts about his health in the upcoming issues of medical journals," said Annamalai.

Cardiac disease burden rising sharply: Doctors

September 29,2018/The Times of India

LUCKNOW: The number of patients coming to the cardiology department in KGMU for consultation has shot up by five times while the critical patients needing emergency procedures have recorded a ten-fold increase in numbers over the years. The KGMU data gives a glimpse of the growing cardiac disease burden.

"The increase in number of patients may be linked to rise in population and awareness. But while the footfall has gone up, awareness has not increased in the same proportion," said Dr Rishi Sethi, faculty, department of cardiology, KGMU. The patient footfall at SGPGI has also seen an almost equal jump. "What's worrying is the fact that over 40% of patients are below 45 years of age. Also, the disease appears in a very lethal form as compared to western countries where a person in late 50s comes in young heart attack victim category," said Prof Satyendra Tewari, SGPGI.

Experts said that a Lancet and **Indian Council of Medical Research** recent study found cardiac ailments responsible for death of 28% Indians in 2016 against 15% in 1990.



[How the mother of all medical studies began in Delhi's Lajpat Nagar](#)

September 30,2018/The Times of India

A study has been tracking the height, weight, nutrition and development of 8,181 babies born in Delhi's [Lajpat Nagar](#) between 1969 and 1973, and of their children and grandchildren. It is the oldest such study in India, covering nearly 50 years and three generations, in some cases even the fourth. The project has provided material for several studies whose results are now so well accepted that their origins have been forgotten. Such as the finding that high child mortality has an adverse impact on family planning, or that children are getting taller with every generation because of better nutrition. Originally intended to study the problem of low birthweight, it has gone on to become a major study on how poor nutrition in the womb and early childhood increased the risk of diabetes and early onset of chronic cardiovascular diseases in adult life.

The study was initiated by Dr Shanti Ghosh, then head of paediatrics in Safdarjung Hospital, with a four-year grant from the US and the **Indian Council for Medical Research**. Dr Ghosh was then working on criteria for defining low birthweight and India was struggling to bring infant mortality down from 140 deaths for every 1,000 live births.

[Why early detection is key to deal with women's cancers](#)

October 1,2018/The Hindu

Writer-director Tahira Kashyap recently took to Instagram to tell the world that she had just undergone a partial mastectomy on being diagnosed with Stage 0 (pre-invasive) breast **cancer**. In a long, spirited post, she also jokes that except for the fact that she cannot give the Kardashians competition any more, she is doing okay. Other celebrities such as Sonali Bendre, Irrfan Khan and Manisha Koirala have posted earlier about how they are dealing or have dealt with cancer, and these have helped make it a part of daily conversation. But Tahira's post is especially relevant because it touches upon the singularly important aspect of cancer treatment and possible cure — early detection.

A study published last month in *The Lancet Oncology* shows that while globally there is nearly 25% higher incidence of cancer in men than women, curiously enough, India bucks the trend. More Indian women than men are diagnosed with the disease, although more men die of it.

[Statistics are not the whole story](#)

The Indian Council of Medical Research estimates that by 2020, India might be staring at over 17 lakh new cases of cancer and over 8 lakh deaths. The *Lancet* study reveals that the incidence of breast cancer increased by over 40% from 1990 to 2016, making it the most common cancer among women in India today.

What's more, the average age of onset for breast and ovarian cancer in India is 45-50 years, a full decade earlier than the peak age (above 60) in higher-income countries.



Mahatma Gandhi's 150th Birth Anniversary: Museum Launches Series of Programmes to Mark the Day

October 1, 2018/News18

New Delhi: The National Gandhi Museum at Rajghat Monday launched a series of programmes, including "recreated heartbeats" of the father of the nation, kickstarting the year-long celebrations to mark his 150th birth anniversary. The "recreated heartbeats" has been formed by digitalising the electrocardiography (ECG) details of Mahatma Gandhi and it can be heard through a headphone, **Director General, Indian Council of Medical Research (ICMR), Dr Balram Bhargava**, said.

"Mahatma Gandhi is in our blood," he said after inaugurating the programme. The museum will also have for visitors a media kit, comprising a pen drive that will have rare pictures and video footage, and a documentary by A K Chettiar of Gandhi.

It also contains 100 specially-curated pictures, Gandhi's voice, a virtual tour of his ashrams and his favourite bhajans, a museum official said

Sree Chitra to breathe new life into heart studies

October 1, 2018/The New Indian Express

THIRUVANANTHAPURAM: Paving the way for the testing of treatment modifications suited to India and testing new devices in the field of heart failure (HF), a Centre for Advanced Research and Excellence (CARE) in HF will start functioning at the Sree Chitra Tirunal Institute for Medical Sciences and Technology (SCTIMST).

A proposal for the same submitted by the SCTIMST received the approval of the **Indian Council for Medical Research (ICMR)** which will grant an assistance of ₹5 crore over the next five years for establishing the centre.

ICMR had earlier invited applications for setting up 10 CARE in the areas of cancer, mental health, cardiology, nephrology and chronic kidney disease, air pollution/pulmonary medicine, diabetes/metabolic syndrome, gastroenterology and obesity, geriatrics and disability, forensic medicine and clinical pharmacology.

"The SCTIMST proposal had five components, including a national database of HF, a biobank of HF patients, a study on the micro-economic and psychosocial impact of HF, mobile health (mHealth) and development of point-of-care (POC) device systems," said Dr Harikrishnan S, professor of cardiology at SCTIMST, who made the proposal presentation with Dr Sanjay G and Dr P Jeemon.

GS Gupta gets Dr APJ Abdul Kalam Excellence Award

October 1, 2018/The Tribune

New Delhi, October 1

GS Gupta, Professor Emeritus in Department of Biophysics, Panjab University, Chandigarh, has been honoured with Bharat Ratna APJ Abdul Kalam Excellence Award of India International Friendship Society in recognition of his meritorious services and outstanding contribution in the field of scientific research and education.



The award ceremony was held on September 29 at India International Centre, New Delhi.

An awardee of WHO and INSERM French Government fellowships, and known for studies in the field of Reproductive Molecular-Biology and Cancer-Testis Antigens, Indian Society for Study of Reproduction and Fertility (ISSRF) has honoured Gupta with Lifetime Achievement Award of ISSRF-2013 for his contribution in the field of Reproductive Health.

He is also a recipient of **Indian Council of Medical Research** award and Rashtriya Gaurav Award of IIFS. His work on "Animal Lectins: Form, Function and Clinical Applications" with 46 scholarly research articles published by Springer Verlag in 2012 is internationally recognised.

Health experts want to cast Mahatma Gandhi as India's new fitness icon

October 2, 2018/The Print

New Delhi: Health experts are looking to invoke the frugal, nature-reliant life of Mahatma Gandhi to project him as the new fitness icon of an India grappling with a growing lifestyle disease burden.

The Indian Council of Medical Research (ICMR) is releasing a special edition of the *Indian Journal of Medical Research*, titled *Gandhi and Health at 150, Role of ICMR*, with one chapter dedicated to his health.

"He had high blood pressure, for which he would take garlic and *sarpagandha* (a herb called Indian Snakeroot)," **ICMR director-general Dr Balram Bhargava** told ThePrint.

"He was a healthy man. He exercised, walked and was a minimal eater. He did not eat fried food," said **Dr Bhargava**.

Listen to Bapu's heartbeat!

October 3, 2018/The Tribune

Visitors to the National Gandhi Museum were pleasantly surprised today to hear the recreated heartbeats of Mahatma Gandhi as the country began celebrating his 150th birth anniversary. A special segment in the museum unveiled for people yesterday features a digital display of Gandhi's recreated heartbeats. The recreation was done over the past two years by a specialist team of engineers and artists led by Dr Subodh Kerkar, Director at the Museum of Goa, who used the ECG (electrocardiography) reports of the Father of the Nation to conclude the project. This is the first time people can actually hear how Gandhi's heartbeat for the nation and what it felt like.

But Director of National Gandhi Museum Annamalai is quick to clarify, "These are not the original heartbeats of Mahatma Gandhi. We have the ECG reports of Gandhiji from 1930 to 1940. These were enough to technologically recreate the heartbeat. This technology has been used for the first time to translate the ECG records of Gandhiji into his heartbeats." The digital panel at Gandhi Museum, Rajghat, shows the ECG of Gandhi and has headphones attached for people to hear his heartbeat. The unique project was inaugurated yesterday by **cardiologist Balram Bhargava, Director General of the Indian Council of Medical Research**.

Polio vaccine contamination: Risk of kids getting polio 'nil', says health ministry

October 3, 2018/The Week



At least five days after news of the contamination of polio vaccine by a Ghaziabad-based manufacturer broke, the Union ministry of health and family welfare has said that the risk of any child getting vaccine derived polio disease was “practically” nil. Officials from the ministry, **Indian Council of Medical Research (ICMR)** and World Health Organization (WHO) were “monitoring” the situation, it said in a statement issued on Wednesday. The statement came in light of concerns over what this instance of failure of

regulation and vaccine contamination could mean for a country that has been “polio-free” since 2014.

Last week, three batches of polio vaccines containing 1.5 lakh vials were reportedly found to be infected with type 2 poliovirus. However, in its statement, the ministry said that only “a few vials” of bivalent oral polio vaccine were found to contain traces of P2 vaccine.

Prestigious ICMR ‘Centre For Excellence’ Award In Cardiac Care Research Won By Kerala’s Sree Chithra Thirunal Institute

October 4, 2018/Swarajyamag.com

The Sree Chithra Thirunal Institute of Medical Sciences and Technology (SCTIMST) has been awarded the prestigious ‘Centre for Advanced Research, and Excellence (CARE)’ status by the **Indian Council of Medical Research (ICMR)** reports The Times of India (TOI).

Indian Council of Medical Research (ICMR), the apex body in India for the formulation, coordination and promotion of biomedical research, is one of the oldest and largest medical research bodies in the world.

ICMR plans to set up ten centres of advanced research and excellence in the country in areas like cancer, diabetology, cardiology, mental health, air pollution and has given its approval to SCTIMST for setting up a ‘CARE centre for cardiology in heart failure’ at the institute.

The mortality rate for cardiac diseases is greater than cancer at 45 per cent. says S Hari Krishnan Professor of Department of Cardiology.

ICMR is reported to have provided Rs 5 crore to set up a CARE at SCTIMST which under Dr Harikrishnan has established a database for heart failure. Such a registry is first of its kind in India.

Lion Deaths in Gir: ICMR doesn’t rule out CDV deaths, wants more tests

October 5, 2018/The Indian Express

After the death of 23 Asiatic lions over three weeks in the Gir forest of Gujarat, scientists at **the Indian Council of Medical Research’s** National Institute of Virology (NIV) have confirmed the presence of the Canine Distemper Virus (CDV) in at least five of 24 samples that were tested.

The CDV causes a highly contagious disease in lions, which is also life-threatening in dogs and several wild animals, including wolves, foxes, raccoons, red pandas, ferrets, hyenas, and tigers. The prevalence of this virus and its diversity in the wildlife of India has not been not studied. Only a few reports regarding the detection of CDV in captive wild carnivores are available, which includes the tiger and red panda.

ICMR Director-General Dr Balram Bhargava told The Indian Express that the virus has so far been detected in only five samples from the 24 tested. The institute however, has not ruled out a CDV infection, despite the other blood

samples testing negative for the virus. Forest officials have been asked to send appropriate samples to NIV for further investigations.



Diabetes catching them young

October 4, 2018/Bangalore Mirror

It not just older people who are falling prey to diabetes. Recently, the Health Ministry declared that the first phase of the Registry of People with Diabetes in

India has enrolled 5,546 patients with youth-onset diabetes. The ministry also declared that there were more than ten variants of youth-onset diabetes reported, in which Type 1 Diabetes Mellitus (T1DM) was the most prevalent (63.9 percent) followed by youth-onset Type 2 Diabetes Mellitus (T2DM) amounting to 25.3 percent. Anupriya Patel, the Minister of State in the Ministry of Health and Family Welfare, said, “The **Indian Council of Medical Research (ICMR)** established the Registry of People with Diabetes in India with Youth-Onset diabetes to get information on the prevalence of diabetes in youth. The primary objective of the registry is to understand the disease pattern or types of youth-onset diabetes including their geographical variations within the country and to estimate the burden of diabetes complications in youth.”

Virus wiping out Gir pride can be contained, says report

October 5, 2018/The Pioneer

Out of 23 Asiatic lions in Gir National Park, some died due to Canine Distemper Virus (CDV) which finds its connections in East Africa; however, the virus can be restrained by using the available CDV vaccinations, confirms **Indian Council of Medical research (ICMR)** report. The report was submitted to the Ministry of Environment, Forest and Climate Change by ICMR on Thursday.

“We tested 24 samples of 12 Asiatic lions for CDV and five samples were found positive. Out of these 12 lions, three were already dead, eight were under treatment and one had already recovered. Samples were found positive in three dead lions, one which recovered and one which was under treatment,” said a senior scientist of ICMR.

The samples were received by ICMR-National Institute of Virology (NIV), Pune after investigations were done by Department of Veterinary, Pathology and Animal Husbandry, the scientist added.

According to the report, the samples were collected between September 19 and September 24 2018 and were received by NIV on September 26. Further on October 2, 22 more samples were tested for the disease and were found to be negative, suggested the report.



HEALTH NEWS

Heart Failure - leading cause of mortality and repeat hospitalizations amongst all CVDs

September 29,2018/The Times of India

According a recent study published on Lancet, India bears 23 percent of the global disease burden for ischemic heart disease , which happens to be the

most common underlying cause of heart failure.

Myth Buster:

- Heart Failure is different from Heart Attack. Heart Failure is a chronic disease where the heart muscle responsible for pumping action weakens overtime while Heart Attack is a sudden cardiac event, caused due to blockage in the arteries.
- Heart Failure is not just the disease of the old. It can impact younger population below 50 years of age as well.
- Heart Failure is not end of the tunnel – Timely treatment can improve quality of life, reduce hospitalizations and improve life-span.

Risk of Ebola's spread from Congo now 'very high': WHO

September 29,2018/The Indian Express

The World Health Organization says the risk of the deadly Ebola virus spreading from Congo is now “very high” after two confirmed cases were discovered near the Uganda border.

The outbreak in northeastern Congo is larger than the previous one in the northwest and more complicated for health officials. Some of their work was briefly suspended in the past week following a deadly attack in Beni by one of several rebel groups active in the region.

READ | Congo confirms Ebola case at Ugandan border

WHO's emergencies chief has said the insecurity, public defiance about vaccinations and politicians fanning fears ahead of elections in December could create a “perfect storm” leading this outbreak to spread.

Uganda has said it is preparing to begin vaccinations as needed. As of Friday there were 124 confirmed Ebola cases including 71 deaths.

Appendicitis can be treated using antibiotics, does not require surgery always

September 30,2018/Hindustan Times

Most cases of uncomplicated acute appendicitis can be treated using antibiotics and do not require surgery, according to a large study from Finland that has turned on its head the standard treatment for the very common, painful and potentially life-threatening abdominal infection.

Using antibiotics alone treated three in five patients with uncomplicated, with only 39.1% of the patients initially treated with antibiotics alone needing surgery over the next five years, found the five-year observational follow-up of



257 patients ages 18 to 60 years in Finland.

“This long-term follow-up supports the feasibility of antibiotic treatment alone

as an alternative to surgery for uncomplicated acute appendicitis,” the say authors in the study published in JAMA, which is the Journal of American Medical Association.

The appendix is a finger-shaped pouch in the colon located in the lower right abdomen. Once considered a useless, vestigial organ that was expendable, the appendix has lately been identified as a reservoir for beneficial “good” gut bacteria, which helps the digestive system recover after bouts of diarrhoeal and other gastrointestinal illnesses.

Here’s how bingeing on alcohol can damage your health

October 1,2018/Hindustan Times

In the past three decades, there has been a 300% increase in the incidence of

coronary artery disease (CAD) among Indians. About two-to-six percent of those affected live in rural India and four-to-twelve percent in urban India. Among other things, lifestyle factors such as increased consumption of alcohol can exacerbate the risk of acquiring CAD, especially those with a family history of the condition.

Excessive alcohol consumption can cause a buildup of plaque in the arteries, a condition known as atherosclerosis. This leads to one or more of these arteries to become partially or completely blocked, thereby reducing the blood flow. Uncontrolled CAD can lead to a heart attack over time.

Speaking about this, Dr Manoj Kumar of Max Super Specialty Hospital, Patparganj, New Delhi, said, “Alcohol overconsumption can put your heart at risk. Excess alcohol can directly damage the heart muscle and cause arrhythmia (irregular beating of the heart). It is also a contributing factor for weight gain, high triglycerides and blood pressure, and strokes. It is imperative to avoid binge drinking and keep one or more alcohol-free days every week. The symptoms of CAD may begin to show up only after a long time and by then, there could already be a significant blockage in your heart.”

Viagra may cause irreversible damage to colour vision

October 2,2018/Hindustan Times

High doses of Viagra -- a popular erectile-dysfunction medication -- can cause irreversible damage to a person’s colour vision, a first-of-its-kind study suggests.

Researchers from Mount Sinai Health System in the US based their study on a 31-year-old patient who arrived at an urgent care clinic complaining of red-tinted vision in both eyes that had not gone away in two days.

He reported that his symptoms began shortly after taking a dose of liquid sildenafil citrate, sold under the brand name Viagra.

Sildenafil citrate can cause visual disturbances with normal dosage, but symptoms typically resolve within 24 hours. The patient told doctors he had consumed much more than the recommended 50mg dose, and that symptoms began shortly after ingestion.



PGI gets 30 new cases of celiac disease in children every month

October 4, 2018/Hindustan Times

Since 1984, over 11,000 children suffering from celiac disease have been registered with the 'Celiac Disease Clinic' run by paediatrics gastroenterology division of the Postgraduate Institute of Medical Education and Research (PGIMER).

Celiac disease, an immune reaction to eating gluten, a protein found in wheat, barley and rye, is one of the commonest ailments seen in children reporting to paediatric gastroenterology division.

If you have celiac disease, then eating gluten can damage your small intestine's lining and lead to malabsorption. There's no cure but for most people, following a strict gluten-free diet helps manage the symptoms.

"The clinic was established in early 2000s but the registry is being maintained since 1984," says Dr Sadhna B Lal, professor and head, division of paediatric gastroenterology, PGIMER.

Eating sausages and bacon regularly can cause breast cancer: Study

October 4,2018/The Indian Express

A new study has found out that eating sausages and bacon regularly can cause breast cancer. It was deduced that women who eat a lot of processed meat were 9 per cent more at risk of suffering from breast cancer as compared to those who do not. The study published in *International Journal of Cancer* has identified a link between eating processed meat and breast cancer but has not shed light on the specific kind of food that might cause it.

"Previous works linked increased risk of some types of cancer to higher processed meat intake, and this recent meta-analysis suggests that processed meat consumption may also increase breast cancer risk," said Dr Maryam Farvid, lead author of the study, as quoted by a report in *The Independent*.

India ranked 5th in pictorial warning on tobacco products

October 5,2018/The Hindu

India has been ranked fifth in the listing of countries that have pictorial health warning on tobacco products, with experts here quick to add that the country is making tremendous progress towards creating public awareness on the health hazards of tobacco abuse.

'The Cigarette Package Health Warnings: International Status Report' was released recently by the Canadian Cancer Society which documents global progress on plain packaging. It has ranked 206 countries and territories on the size of their health warnings on cigarette packages, and lists countries and territories that require graphic picture warnings.

East Timor is ranked first with 85% of the front and 100% of the back of the packaging being used for pictorial warnings. Nepal follows with 90% coverage on both sides. Indian packaging has the warning on 85% of both sides. The report found that 118 countries and territories have now made picture health

warnings on cigarette packages mandatory, up from 100 in 2016. Canada was the first to insist on picture health warnings in 2001.

India, meanwhile, is the only SAARC country to have a Quit-Line number on tobacco products and the fourth in Asia after Thailand, Malaysia and Singapore.

With regards,

Syed Adil Shamim Andrabi
Information Interface officer/PRO
ICMR Hqrs. New Delhi
ICMR Institutes
proicmr@gmail.com
extn. 286