

FOREWORD

MediTimes from the desk of Medical Services brings the latest trending healthcare news.

*The Infocus at the medical news comprises of articles on **Study finds outdoor nature-based activities can be effective for improving Mental Health** and **A Low Cost device can help to detect Heart attack in less than 30 minutes**. The COVID-19 infohub focuses on knowing about " **Do it all to stop Covid- 19**"*

*The Health benefits of Oils, in this issue provides an insight about the **health benefits of Coconut Oil**.*

Hope this October 2021 issue of Meditimes would be an informative reading

Happy Reading!!!

Best Regards,

Dr. Manjula S

Senior VP. Medical services

LATEST MEDICAL NEWS



Study finds outdoor nature-based activities can be effective for improving Mental Health



A Low Cost device can help to detect Heart attack in less than 30 minutes

COVID-19 INFOHUB



Do it all to Stop Covid-19

Health Benefits of Oil



Coconut oil



FUN CORNER



DIMAG KI BATTI JALOA

Study finds outdoor nature-based activities can be effective for improving Mental Health.



Mental health disorders are the 3rd leading cause of years lived with disability, with a global prevalence of greater than 10%. The problems associated with mental health disorders include low quality of life, increased unscheduled care, high economic and social cost and increased death. As mental health encompasses overall wellbeing and affects lives in many ways, therefore it is very important at every stage of our lives.

This systematic review published in the journal *SSM - Population Health* showed that participating in outdoor, nature-based activities led to improved mood, lower anxiety, and create positive emotions.

According to this study, activities like gardening, exercises and nature based therapy for 20 to 90 minutes and continued over the course of 8 to 12 weeks, have the most positive outcome for bettering mood and lowering anxiety. This study described that engaging in conservation activities can make people feel better. This study showed that nature-based interventions supports people to get involved with ecology in a structured way to enhance mental health. The reason why nature based activities are beneficial for us is that they help to connect us with nature in meaningful ways that go beyond passively viewing the nature. This study concluded that nature-based interventions can effectively improve mental health and wellbeing.

Nature based activities are increasingly being promoted as a way to improve mental health and wellbeing

Reference: Coventry PA, Brown JE, Pervin J, Brabyn S, Pateman R, Breedvelt J, Gilbody S, Standcliffe R, McEneaney R, White PL. Nature-based outdoor activities for mental and physical health: a systematic review and meta-analysis. SSM-Population Health. 2021 Oct 1:100934.

A low cost device can help to detect Heart Attack in less than 30 minutes.



Heart attack occurs when the blood flow to the heart is blocked because of build up of fat, cholesterol and other substances. A heart attack, also called a myocardial infarction can be fatal, if immediate medical treatment is not received. The sooner the diagnosis, the better the chance of survival.

Echocardiogram reports can quickly show indications of heart disease, but to confirm a patient is having a heart attack, blood sample and its analysis is required which can take up to hours to complete. According to the study published in the journal *Lab on a Chip*, a sensor has been developed by the researchers that could diagnose a heart attack in less than 30 minutes. This sensor works by targeting three distinct types of microRNA that can distinguish between an acute heart attack and a reperfusion injury and it requires less blood than traditional diagnostic methods to do so. The portability and cost efficiency of this device demonstrates the potential for it to improve the diagnosis of heart attacks and related issues in clinical settings. This study suggests that the technology developed for this sensor is beneficial to diagnosis heart attack within few minutes when compared to protein-based biomarkers, the traditional diagnostic target.

Portability and cost efficiency of this device brings benefits to human health by detecting heart attack in less than 30 minutes.

Reference: Ren X, Ellis B, Ronan G, Blood SR, DeShetler C, Senapati S, March K, Handberg E, Anderson D, Pepine C, Chang HC. A Multiplexed Ion-exchange Membrane-based miRNA (MIX-miR) Detection Platform for Rapid Diagnosis of Myocardial Infarction. *Lab on a Chip*. 2021.

COVID-19 : Infohub

**EVEN AFTER GETTING VACCINATED,
WHY IS IT IMPORTANT TO:**



KEEP A SAFE
DISTANCE



WEAR A
MASK



COUGH OR SNEEZE
INTO YOUR ELBOW



OPEN
WINDOWS



CLEAN YOUR
HANDS



**PROTECT
YOURSELF**



**PROTECT
OTHERS**



**PREVENT NEW
VARIANTS**



**BREAK THE CHAIN
OF TRANSMISSION**



**KEEP HOSPITALS AND
HEALTH WORKERS SAFE**

DO IT ALL TO STOP COVID-19.

Reference: World Health Organization (WHO)

Coconut Oil

Coconut oil is an edible oil which is extracted from the kernel of coconuts harvested from the coconut palm which belongs to the family *Arecaceae*. Coconut oil is a useful substance and has many health benefits.

Health Benefits

Antioxidant

Aids in Digestion

**Protects hair from
Damage**

**Improves Oral
Health**

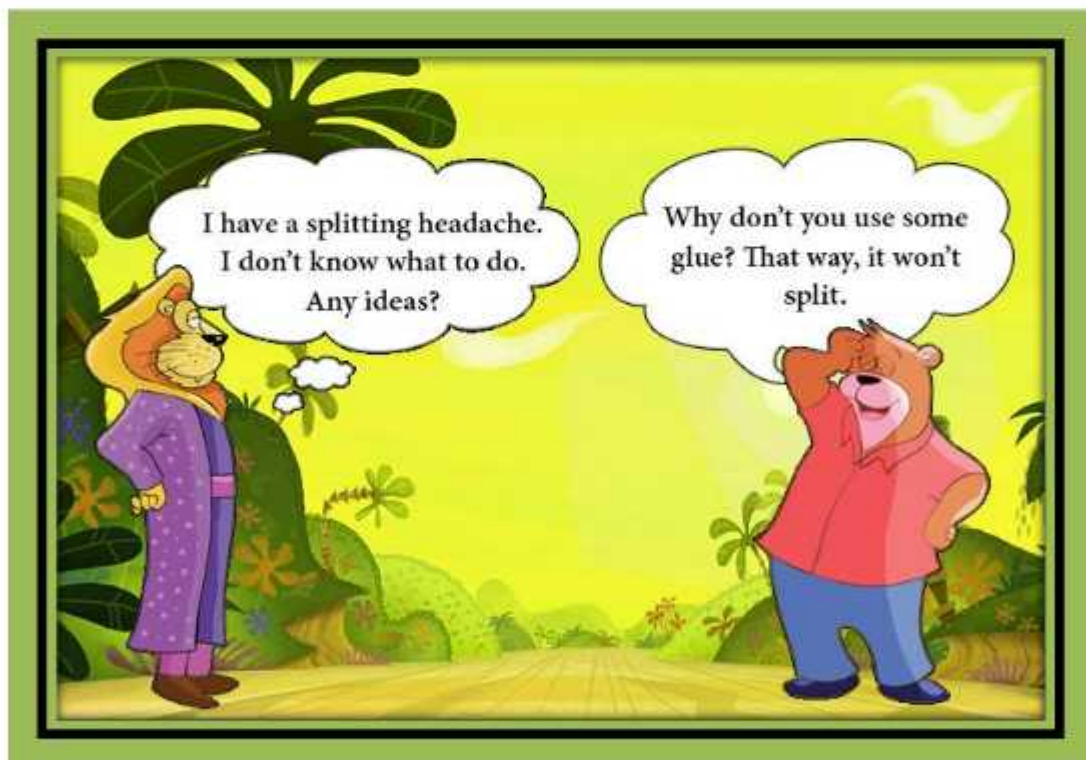
**Enhances Skin
Health**

U.S department of Agriculture

Nutritional Value Per 100g

Energy	3730kJ (890 Kcal)
Fat	99g
Saturated	82.5g
Monosaturated	6.3g
Polysaturated	1.7g
Vitamin E	3 mg
Vitamin K	0.6 µg
Iron	0.05mg
Calcium	1mg
Choline	0.3mg
Phytosterols	86 mg





DIMAG KI BATTI JALAO



1) Nature Based interventions can effectively improve mental Health and well being ? True or False?

2)Coconut belongs to family.....?

3) I will always shatter into tiny 'ittle pieces if you leave me but if you give me a smile I will definitely not forget to smile back at you irrespective of my condition . Can you guess Who am I?



Please send your quiz answers to medikalser_vic_s@micro.ab.in and winner will get a surprise gift