

FOREWORD

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

*The infocus latest medical news comprises of articles on **Chemicals present in hair and beauty products could contribute to pregnancy complications** and **Lack of the sunshine (Vitamin D) may put the heart health at risk**. The COVID 19 infohub focuses on knowing about " **Omicron- Things you need to know about the new COVID Variant**"*

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

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

Happy Reading!!!

Best Regards,

Dr. Manjula S

Senior VP- Medical Services

LATEST MEDICAL NEWS



Chemicals present in hair and beauty products could contribute to pregnancy complications



Lack of the sunshine vitamin (Vitamin D) may put the heart health at Risk

COVID-19 INFOHUB



Omicron- Things you need to know about the new COVID Variant

Health Benefits of Oil



Mustard Oil



FUN CORNER



DIMAG KI BATTI JALOA

Chemicals present in Hair and Beauty Products could contribute to Pregnancy Complications



Chemicals like phthalates, phenols, parabens, and toxic metals present in Personal care and beauty products may impact hormone levels in women. Alterations in hormone levels, during pregnancy can have a huge consequences affecting both mother and baby and may influence in development of hormone sensitive cancers like breast cancer, uterine cancer and ovarian cancer. A study published in *Environmental Research*, demonstrated the association between the uses of personal care product and the levels of sex hormones, including oestrogens and progesterone and thyroid hormones among pregnant women.

Participants in this study underwent physical examinations and completed a series of questionnaires regarding demographics, occupation, lifestyle and uses of personal care products like lotions, fragrances, nail polish, shaving cream, mouthwash, shampoo and other hair products, such as bleach, relaxers and mousse.

Employed People with a greater household income uses personal care and beauty products more frequent than unemployed people with lower household incomes. This study concluded that the use of hair products, particularly hair dyes, bleach, relaxers etc are linked with lower levels of sex hormones, which plays a crucial role maintaining pregnancy and foetal development.

Chemicals present in hair products may alter hormones during pregnancy which may contribute to growth restriction, pre-mature birth and low birth weight of the baby

Reference: Rivera-Nunez Z, et al. Personal care products: Demographic characteristics and maternal hormones in pregnant women from Puerto Rico. *Environmental Research*. 2021; Nov 17:12376.

Lack of Sunshine vitamin (Vitamin D) may put the heart health at Risk



Globally, cardiovascular diseases (heart diseases) are the leading cause of death, taking an estimated 17.9 million lives per year. In accordance with the WHO, India accounts for 1/5th of deaths because of the heart disease worldwide especially in younger population. A healthy heart is central to overall good health, so it is important to know the exact reason behind the occurrence of heart disease.

This study, published in **European Heart Journal** today, shows that people with vitamin D deficiency are more likely to suffer from heart disease and higher blood pressure, than people with normal value of vitamin D.

Vitamin D, a natural source from the sun is best known for its role in developing strong bones, but when there is deficiency of this essential nutrient, it not only affects the bones, but also increases the possibility of heart disease. According to the study, in participants with lower vitamin D level, the risk of heart disease was more than double when compared to those with sufficient Vitamin D participants. This study highlighted that increasing the amount of vitamin D in participants with less vitamin D level could have prevented 4.4 percent participant from getting heart disease. This study concluded that improving Vitamin D status is an important approach to reduce the burden of Heart diseases

The risk of heart disease can be reduced by population-wide correction of low vitamin D status

Reference: 1. Ang Zhou et al. Non-Linear Mendelian Randomization Analyses Support a Role for Vitamin D Deficiency in Cardiovascular Disease Risk, *European Heart Journal*, 2021;ehab309. 2. Kumar et al. Cardiovascular disease in India. A 360-degree overview. *Med J Armed Forces India*. 2020;76(1):1-3.


COVID-19 Infohub



Omicron

THE NEW COVID VARIANT- THINGS YOU NEED TO KNOW

- 1) What Is It?**
Variant of the corona virus which has large number of mutations (Changes in DNA sequence)
- 2) When was omicron first detected?**
The earliest sample was detected on 9 November 2021
- 3) Why are we worried about it?**
More transmissible (More easily spreads from person to person)
It causes increased risk of reinfection in people who previously had COVID-19
- 4) Severity of the Disease?**
It's not yet clear whether infection with omicron causes more severe disease compared to infections with other variants
- 5) What can you do to Prevent?**

 ● Get vaccinated	 ● Avoid crowded places
 ● Maintain social distance	 ● Wear a mask and use a sanitiser

Ref: <http://www.who.int/news/item/28/11/21-update-on-omicron>

Health Benefits of Oil- Mustard Oil

Mustard oil is a common ingredient in Indian cuisine. It is produced from the seeds of the mustard plant. Commonly used in stir frying, vegetables in many parts of the world and have a strong flavor and a pungent aroma. The small round seeds of the mustard plant belongs to the family *Brassicaceae*.



Nutrients	Amount/100 gm
Calories	884
Saturated fat	5-12 gm
Selenium	9.96 mg
Magnesium	49 mg
Sodium	1120 mg
Protein	1.88 gm
Vitamin E	34 mg
Vitamin A	3%
Vitamin C	5%
ω-3	0.20 mg
Nicotinic acid	0.60 mg
Calcium	38.92 mg
Potassium	151 mg
Zinc	0.44 mg
Dietary fibers	1.08 mg



Kaur Ret et al. Asian Journal of Dairy and Food Research 2019



DIMAG KI BATTI JALAO

- 1) The risk of heart disease can be reduced by population wide correction of low vitamin D status? True or False?
- 2) Mustard belongs to family.....?
- 3) Find the word using the clue given below?



Please send your quiz answers to medicalservices@microlabs.in and winner will get a surprise gift