





# SYNAPSE

.....Monthly health e-newsletter

International Institute of Health Management Research, Delhi

Improving healthcare through research



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IIHMR, Delhi works with a mission of improving standards of health through better management of healthcare and related programmes, prepare students for managerial positions with a focus on national and international healthcare management.

## In this Issue:

- [Hospital and Health insight](#)
- [World At Glance](#)
- [Recent Researches](#)
- [Reflections](#)
- [Review Page](#)
- [Events at IIHMR, Delhi](#)
- [Quick Facts](#)
- [Upcoming Conferences](#)
- [IIHMR Research findings](#)
- [Articles by IIHMR'ians](#)

## HOSPITAL AND HEALTH INSIGHT

### Cancer cases doubled in India between 1990 and 2013

Cancer has witnessed a 5% increase in its prevalence rate between 2012 and 2014 with the number of new cases doubling between 1990 and 2013, says government data. Globally, cancer is already the second-leading cause of death after cardiovascular diseases.

Proportion of deaths due to cancer around the world increased from 12% in 1990 to 15% in 2013. International estimates show deaths from cancer have increased by 60% in India over last two decades.

[Read more](#)

### About 70 Million Indians Have Life-Threatening Rare Diseases

Around 70 million people in India suffer from "life threatening" rare diseases, a clinical research body said today.

Indian Society for Clinical Research (ISCR) said there are close to 7,000 known rare diseases at present, most of which are "progressive, life-threatening and chronically debilitating conditions

[Read more](#)

### 70% of malaria cases in South East Asia reported from India

About 70 per cent of malaria cases reported from the South East Asia Region (SEAR) are from India, where the number of cases and deaths due to the vector-borne disease in 2014 saw an increase as compared to 2012, the government said on Friday.

"As per World Malaria Report 2015, SEAR contributes to 10 per cent of the global malaria burden. India contributes to 70 per cent of the total malaria burden in SEAR," Union health minister JP Nadda said in a written reply in Lok Sabha.

[Read more](#)

Costing & Cost Containment  
in Healthcare Sector  
April 18-20, 2016

Disaster Management  
May 16-18, 2016

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## World's first Dengue vaccine out

Dengue is one of the most devastating mosquito borne diseases in the world. Plaguing mostly the developing countries, Dengue is a health hazard that takes scores of lives every year.

Sanofi Pasteur, the vaccines division of Sanofi, announced that vaccinations with Dengvaxia® have commenced in Philippines following official receipt of the first shipment of the vaccine earlier this month. Dengvaxia®, a tetravalent dengue vaccine, was approved in Philippines on 22 December 2015 for the prevention of all four Dengue types in individuals from 9-45 years of age living in endemic areas.

[Read more](#)

## Three big things experts don't yet know about Zika

The Zika virus outbreak is now considered an international public health emergency by the World Health Organization, a rare move that illustrates the severity of Zika and the desire to encourage further research and tackle some of the biggest unanswered questions about the virus. As Zika gained the media spotlight over the past few weeks, there are still many unknowns about the mosquito-borne virus. The most well-documented, although yet unconfirmed, aspect of Zika is its association with microcephaly — brain damage in infants born to infected mothers.

[Read more](#)

## RECENT RESEARCHES

### Premier Research Institute Launches India's First Ayurvedic Anti-Diabetic Drug

The Council for Scientific and Industrial Research (CSIR) today launched the country's first anti-diabetic ayurvedic drug for type two Diabetes mellitus.

The drug BGR-34 is developed jointly by National Botanical Research Institute (NBRI) and Central Institute for Medicinal and Aromatic Plants (CIMAP), the Lucknow-based research units of CSIR.

[Read more](#)

### COPD may change brain structure

Patients with chronic obstructive pulmonary disease (COPD) demonstrate grey matter decreases in areas of the brain that process breathlessness, fear and sensitivity to pain, says a new study.

COPD is a progressive disease that makes it hard to breathe. Cigarette smoking is the leading cause of the disease.

[Read more](#)

## QUICK FACTS

- [Want to live longer? Walk every day](#)
- [Obese? You may become more forgetful](#)
- [Too much exercise bad for your heart](#)
- [Is eating Amla safe?](#)
- [How much water should I drink each day?](#)
- [Chikungunya: Causes, Diagnosis and Treatment](#)
- [Impatient young women may age faster](#)

## 3-D Printers May Soon Be Making Spare Parts For Flawed Hearts

In the cardiac operating room of the future, a surgeon may repair your damaged heart with personalized parts made to fit your precise anatomy - bypassing donor lists and immune-suppressing drugs.

It sounds far-fetched, but in some ways this future is already here. Doctors use 3-D-printed models of organs and tumors regularly to educate patients and plan surgeries. Some printed body parts have even made their way into human bodies as dental implants, prosthetics, skull and facial reconstructions, and more. Researchers are also working to print out cells, blood vessels and other living tissues, and experimental studies have created, among other parts, knee cartilage, bones and an artificial ear.

[Read more](#)

## Half the world's population to become myopic by 2050

Nearly five billion people, that is about half the world's population, are poised to become myopic or short-sighted by the end of 2050, indicates a study.

Also called nearsightedness, myopia is a vision condition in which people can see clearly the objects that are close to eyes but objects far away appear to be blurred to the sight.

With up to one billion people at an increased risk of blindness, myopia is all set to become the leading cause of permanent blindness globally.

The rapid increase in the prevalence of myopia globally is attributed to environmental factors and lifestyle changes resulting from a combination of decreased time outdoors and increased near work activities, among other factors.

[Read more](#)

## Oral bacteria may be a cause of esophageal cancer

Gum diseases are linked to many health problems. A type of bacterial species responsible for gum disease may also be a cause of esophageal cancer, finds a new study.

The findings, published in the journal *Infectious Agents and Cancer*, showed the bacteria *Porphyromonas gingivalis* is present in 61 percent patients with esophageal squamous cell carcinoma (ESCC).

*P. gingivalis* infection could be a novel risk factor for ESCC and may also serve as a prognostic biomarker for this type of cancer

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## UPCOMING CONFERENCES/ EVENTS

### 12<sup>th</sup> International Conference of Asian Clinical Oncology Society

**Theme :** Cancer in Asia: Bridging  
the Gaps

**Date:** 8th - 10th April 2016

**Venue:** The Ashok, New Delhi

**Contact:**

<http://www.acos2016.com/>

## REFLECTIONS

A Collage competition was organized on 18th February'16 as a part of Organizational Behavior Module in IIHMR, Delhi. All the students of First year (2015-17) participated in the competition. The Theme for the collage was "**Relationships**". The students presented their collage in front of the respective judges and the winners were awarded Certificates and Prizes.



## REVIEW PAGE

### Mission Indradhanush



Mission Indradhanush was launched by Ministry of Health and Family Welfare (MOHFW) Government of India on 25th December, 2014. The objective of this mission is to ensure that all children under the age of two years as well as pregnant women are fully immunized with seven vaccine preventable diseases.

The Mission Indradhanush, depicting seven colours of the rainbow, targets to immunize all children against seven vaccine preventable diseases, namely:

1. Diphtheria
2. Pertussis (Whooping Cough)
3. Tetanus
4. Tuberculosis
5. Polio
6. Hepatitis B
7. Measles.

In addition to this, vaccines for Japanese Encephalitis (JE) and Haemophilus influenzae type B (HIB) are also being provided in selected states.

### **First Phase of Mission Indradhanush:**

For the first phase, 201 high focus districts across 28 states in the country that have the peak number of partially immunized and unimmunized children were identified by the Government.

There were total four rounds in the first phase of the mission. The first round of the first phase was started from 7th April, 2015 and continued for more than a week.

Further, second, third and fourth rounds were held for more than a week in the month of May, June and July starting from 7th of each month. The first phase of this mission was very successful.

### **Second Phase of Mission Indradhanush**

The second Phase of Mission Indradhanush has been started from 7th October, 2015. The second, third and fourth rounds of this phase will start from 7th November, 7th December 2015 and 7th January 2016.

The aim is to achieve full immunization in 352 districts which includes 279 mid priority districts, 33 districts from the North East states and 40 districts from phase one where huge number of missed out children were detected.

**Read more**

## **NEWS IN PIPELINE**

The MIT team has achieved the thinnest and lightest complete solar cells ever made, they say. To demonstrate just how thin and lightweight the cells are, the researchers draped a working cell on top of a soap bubble, without popping the bubble.

**Read more**

## **HEALTH TIP**

Green tea is a big natural source of fluoride, so this in combination with its anti-bacterial effects provides a great natural way to help strengthen your teeth, prevent cavities and help reduce bad breath

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