



# Top Wellness & Health

## Newsletter



### 74' SYNAPSE ANNIVERSARY EDITION



*Eat Yourself Healthy*

# Health NEWS



## SYNAPSE TEAM



INTERNATIONAL INSTITUTE OF  
HEALTH MANAGEMENT RESEARCH





# Health **NEWS** eNewsletter



**HELLO READERS!!**

**My name is SYNAPSE..**

**I work on the mission to provide concise and comprehensive information on multi-facet aspect of healthcare.**

**On my anniversary issue, I would like to tell some interesting facts about me.  
This one is my 74th issue.**

**My founders are Dr. V. K. Singh, the then Director of the institute and Dr. Sandeep Bhalla, (Associate Professor) of the institute.  
I got my name by Dr. Debashish Mohanty, On 7th February, 2009, I became the only platform where the complete information could be provided for the latest development related to public health.**

**In my 27th issue, i got a face in the form of a logo.**

**Few years back, i was converted into blog.  
But looking at my readers interest getting lost in me, i returned to my original form E-newsletter.**

**I am thankful to my readers who spare some time to read me and give critical reviews.**

**This is the reason, I am growing better with every issue.**

**Hope to stand upto your expectations by providing relevant information and news.**

**HAPPY READING !**



**INTERNATIONAL INSTITUTE OF  
HEALTH MANAGEMENT RESEARCH**

**NOV 2015-16**



# SYNAPSE

.....Monthly health e-newsletter

International Institute of Health Management Research, Delhi

Improving healthcare through research



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## HOSPITAL AND HEALTH INSIGHT

### State Health Spending: Salaries get the maximum share

Bulk of the total public money spent in State-level healthcare system is not spent on medical services, but goes to wages and salaries of human resource, reveals a study of health accounts of six States.

Wages and salaries account for 86 per cent of the total public expenditure in Punjab, 72 per cent in Maharashtra, 65 per cent in Kerala, 52.5 per cent in Madhya Pradesh and 35 per cent in Odisha. [Read more](#)

### AIIMS performs 50th heart transplant

NEW DELHI: In a milestone surgery, the All India Institute of Medical Sciences (AIIMS) performed its 50th successful heart transplant -- a first for any public hospital in the country -- on Diwali eve this year.

The institute was the first to conduct heart transplant in India in 1994, but the rate of surgeries went down in the following years due to lack of donors. However, the hospital authorities said that it has improved significantly over the last two years.

[Read more](#)

### Health ministry's plan to focus on lung disorder

NEW DELHI: The Union health ministry will soon release, what is being called the "New Delhi declaration on mitigating effects of air pollution". This will offer a time-bound action plan to different ministries to address various sources of air pollution.

The health ministry has also decided to include chronic obstructive pulmonary disorder (COPD)—a health condition closely associated with exposure to toxic air—in the non-communicable diseases (NCD) program. [Read more](#)

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.

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## Only 39 per cent TB patients complete therapy through govt. program, says study

India accounts for the highest burden of tuberculosis globally, which is 23 per cent of the global burden of incidence of active TB patients. [Read more](#)

## Centre sets up high-level panel to monitor bird flu situation

In the wake of the bird flu scare in Delhi and other parts, the Centre today set up a high-level committee to monitor the situation and help state governments take steps to contain the disease. A control room (with telephone numbers 011-23384190 and 09448324121) has been set up in the Department of Animal Husbandry, Union Agriculture Ministry to provide advice and help round the clock. [Read more](#)

## India needs to talk about mental illness

At least 13.7 per cent of India's general population has various mental disorders; 10.6 per cent of them require immediate interventions.

While nearly 10 per cent of the population has common mental disorders, 1.9 per cent of the population suffers from severe mental disorders. [Read more](#)

### WORLD AT GLANCE

## WHO seeks special U.N. session on TB

Frustrated with a lack of political shown by nations with a high burden of tuberculosis, the World Health Organization (WHO) is calling for the first United Nations General Assembly on the deadly but curable infection.

Speaking to *The Hindu*, Mario Raviglione, Director of the Global Tuberculosis Program at the WHO, said, "We are now insisting on a UNGA on TB. We are not happy any more just talking to Ministers of Health because they have limited power." [Read more](#)

## First Cases of *Candida auris* Infection Emerge in US

Thirteen cases of fungal infection by *Candida auris* have been identified in the United States since 2013, according to an article [published online](#) November 4 in *Morbidity and Mortality Weekly Report* (MMWR). *C. auris* infections are potentially lethal. [Read more](#)

# Life expectancy in Australia hits new high: Report

The Australian Bureau of Statistics (ABS) report showed that life expectancy had hit 84.5 years for females and 80.4 years for males. [Read more](#)

## QUICK FACTS

1. [Delhi pollution: How to survive and safeguard yourself from the city's toxic air](#)
2. [Diet diary: Bigger the meal, easier it is to slip into food coma](#)
3. [8 reasons your eyes are itchy](#)
4. [How FDA helps you make healthy food choices](#)

## RECENT RESEARCHES

### MRI emerges as promising tool for identifying PTSD in kids

Researchers from China recently used MRI to compare brain structure in 24 pediatric PTSD patients and a control group of 23 trauma-exposed children without PTSD.

[Read more](#)

### Scientists identify gene mutation that ups risk of breast cancer in men

Researchers of the Anthropological Survey of India (AnSI) and the University of Calcutta, Department of Anthropology, have found that changes in a particular gene, called the BRCA2 gene, can increase the risk of breast cancer in men. A two-year study, which ended earlier this year, identified certain 'novel mutations' in the BRCA2 gene (BRCA refers to breast cancer), which makes men more susceptible to the disease. [Read more](#)

### Researchers: We Found Area of Brain That Responds to Placebo

Using a new type of MRI developed for the study, the investigators said they identified a region within the brain that responds to a placebo. The researchers said the findings have the potential to advance personalized pain therapy that is based on how a patient's brain responds to a drug. Knowing how the brain reacts to a drug could also lead to more precise clinical trials for pain medications by identifying and excluding patients with high placebo response, the researchers added. [Read more](#)

### Beware: Increased smartphone use may affect sleep, health of kids

LONDON: Does your child indulge in playing games or watching videos on a smartphone or tablet even during bedtime? Beware, he/she may be over double the risk of having inadequate sleep, which may lead to various health issues, a study has found. [Read more](#)

# IIHMR ALUMNI MEET 2016

(Dated: 22<sup>nd</sup> October, 2016 (Saturday); Time: 6:00pm onwards;  
Venue: IIHMR Delhi)

## UPCOMING CONFERENCES/ EVENTS

### Healthcare Excellence Through Administration and Leadership

Date-18-19 Nov'2016

Venue- Baby Memorial  
Hospital, Kozhikode

### The Smart Healthcare 2016 Summit

Date- 24-25 Nov'2016

Venue-The Lalit Ashok,  
Bangalore

The 6<sup>th</sup> Alumni Meet of IIHMR was organized on 22<sup>nd</sup> October 2016 at IIHMR, Delhi. A quick round of introduction of the alumni was conducted where they had expressed their appreciation for the IIHMR institutions and its role in their development. The event was made entertaining by a series of ice breaking sessions and games conducted by current batch Alumni representatives. The event was concluded with grand network dinner. It was a very good platform for the ongoing batch of students and a great opportunity to interact with Alumni members as alumni of the institute are the 'Brand Ambassadors' for the Institute and the existing batch of students can take advantage of their guidance and expertise by developing good networking with these alumni.



## India launches MAA-- a programme to promote breastfeeding

Despite breastfeeding being one of the most important interventions for child survival, a dismal 64.9% children are exclusively breastfed for the first six months in India.

“Around 20% newborn deaths and 13% under-five deaths can be prevented by early initiation of breastfeeding,” said CK Mishra, secretary (health), government of India.

The goal of the Programme that will continue for a year, is to enhance optimal breastfeeding practices, which includes initiation of breastfeeding within an hour of birth, exclusive breastfeeding for the first six months, and continued breastfeeding for at least two years.

The government will train nurses in government hospitals, Accredited Social Health Activists (ASHA), Auxiliary Nurse Mid-wives (ANM) to provide relevant information and counselling support to mothers for breastfeeding.

The programme will be monitored by UNICEF and other partners. Unicef has roped in actor Madhuri Dixit as brand ambassador to promote breastfeeding.



## NEWS IN PIPELINE

### Affordable diagnostics for all

“A simpler solution towards a jargon of complexities”

Designinnova in partnership with International Centre for Genetic Engineering and Biotechnology, New Delhi & Department of Biotechnology, Turku, Finland has developed a much better indigenous and affordable alternative platform that has potential to usher revolutionary changes in diagnostics .

#### **Innovative element**

It's a solid-state robust design, uses a novel up-converting phosphor technology technique as a detection system, Suitable for various Point-of-care diagnostics using standard lateral flow cassette format and Adaptable to various common diagnostic formats, ensuring an optimum design which is affordable & portable.

**[Read more](#)**

# More Reasons to Eat Fruit



Strawberries can potentially fight against cancer and aging



Bananas are great for athletes because they give you energy



Cherries help calm your nervous system



Grapes relax your blood vessels



Pineapples help fight arthritis



Blueberries protect your heart



Peaches are rich in potassium, fluoride, and iron



Apples help your body develop resistance against infections



Kiwis increases bone mass



Mangos protect against several kinds of cancer



Watermelon helps control your heart rate



Oranges help maintain great skin and vision

**NOTE:**

The newsletter is open for inclusion of any information or advertisement; however selection of information will be governed by the SYNAPSE Team, IIHMR, New Delhi  
**IF YOU DO NOT WISH TO RECEIVE FURTHER ISSUES, KINDLY MAIL US.**

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