



SYNAPSE

.....Monthly health e-newsletter

International Institute of Health Management Research, Delhi

Improving healthcare through research



Dated: 7th September 2016 Issue: 72nd

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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HOSPITAL AND HEALTH INSIGHT

Centre, state governments spent 1.3% of GDP on healthcare in 2015-16

The expenditure on healthcare in last fiscal by the Centre and state governments was 1.3 per cent of the GDP.

As per the Economic Survey 2015-2016, the expenditure by government (Central and state governments combined) on health as percentage of GDP was 1.3 per cent, Minister of State for Health and Family Welfare. As per World Health Statistics 2015, India's per capita government expenditure on health in 2012 was \$60, while the US spent \$4,153. [Read more](#)

Made-in-India leprosy vaccine to be launched

A first-of-its-kind leprosy vaccine developed in India is to be launched on a pilot basis in five districts in Bihar and Gujarat. If it shows good results, the vaccine programme will be extended to other high-prevalence districts in the country, said Soumya Swaminathan, Director General, Indian Council of Medical Research.

Dr. Swaminathan said trials had shown that the vaccine, if given to people in close contact with affected persons, could bring down cases by 60 per cent in three years. It expedited cure rates if given to people with skin lesions. [Read more](#)

Improving access to DOTS is crucial



If there is already a long delay before TB patients in India start treatment, the Directly Observed Treatment Short-course (DOTS) strategy offered by India's TB control programme does not make it easy for patients to access and complete the treatment. In contrast, patients who took DOTS from private practitioners faced fewer

barriers and were more likely to complete the treatment. [Read more](#)

Health in India: Where the money comes from and where it goes?

National Health Accounts (NHA) monitors the flow of resources in a country's health system and provides detailed data on health finances. The NHA estimates for India for the financial year 2013-14 were published earlier this week, after a long void of almost a decade. The previous estimates were for the year 2004-05.

In 2013-14, the Total Healthcare Expenditure (THE) of India was Rs. 4.5 lakh crores, which amounts to 4 per cent of the Gross Domestic Product (GDP). [Read more](#)

Schools take healthcare beyond mere check-ups

Health check-ups at schools are no more about just queuing up before a physician and getting away from a few classes. In the past few years, many schools have started having specialized doctor visits and interaction with parents. [Read more](#)

Withings launches wireless BP monitor in India



Taking home health monitoring to a whole new level, French consumer electronics company Withings has announced the launch of a wireless blood pressure monitor for the Indian market. Sleek in design, the device features Bluetooth connectivity and Android compatibility, the company said in a statement on August 31st. [Read more](#)

WORLD AT GLANCE

World population may rise to nearly 10 billion by 2050

The world population will reach 9.9 billion in 2050, increasing by 33 per cent from an estimated 7.4 billion now, the latest report from the Population Reference Bureau (PRB) has predicted.

If the assumptions underlying 2050 projections by the PRB's World Population Data Sheet are applied to subsequent years, the world population would hit the 10 billion mark in 2053, with set to Asia gain about 900 million to 5.3 billion. [Read more](#)

QUICK FACTS

- 1) [Dengue and Chikungunya: Symptoms and Do's and Don'ts](#)
- 2) [Why you should snack](#)
- 3) [7 pm: Time to put your plate down](#)
- 4) [Is your office AC making you sick?](#)
- 5) [Vertigo alert: Don't ignore that dizzy feeling!](#)
- 6) [Had a long day at work? Exercise, not eating, will help you rejuvenate](#)
- 7) [Why you must avoid heavy meals in the night](#)

US bans antibacterial soaps that may do 'more harm than good'

Over-the-counter consumer antiseptic wash products containing certain active ingredients can no longer be marketed in the US, the Food and Drug Administration (FDA) has ruled. The rule removes one or more of 19 specific active ingredients, including the most commonly used ingredients — triclosan and triclocarban — from over-the-counter antibacterial hand and body washes. [Read more](#)

US maternal mortality rate increasing significantly: Study

While maternal mortality rates are on the decline internationally, the number of women who die during or soon after pregnancy is on the rise in the US, new research has found.

The US maternal mortality rate rose by nearly 27 per cent between 2000 and 2014, according to the study by the University of Maryland Population Research Center (MPRC). [Read more](#)

RECENT RESEARCHES

Obesity Is Linked to at Least 13 Types of Cancer

Review of more than a thousand studies has found solid evidence that being overweight or obese increases the risk for at least 13 types of cancer. Strong evidence was already available to link five cancers to being overweight or obese: adenocarcinoma of the esophagus; colorectal cancer; breast cancer in postmenopausal women; and uterine and kidney cancers. [Read more](#)

'10% increase in cardiac illness among women'

A survey conducted by the National Heart Institute here has revealed a 10 per cent increase in cardiac illness among women. The cases of 1,20,444 patients admitted to the hospital between 2012 and 2016 were studied for the survey. [Read more](#)

New dengue vaccine may up infection in low affected areas: study

The newly licensed dengue vaccine may actually increase the incidence of infections if used in low transmission areas, a team of international researchers has warned.

[Read more](#)

**UPCOMING
CONFERENCES/ EVENTS**

Technological Applications
in Healthcare- TAHCON

Date: 17th-18th September'16

Venue: Manipal, Karnataka

Website:
<http://conference.manipal.edu/tahcon-2016>

Exposure of foetus to ultrasound in first trimester could increase autism severity: Study

Exposure to diagnostic ultrasound in the first trimester of pregnancy is linked to increased autism severity, say researchers. [Read more](#)

This medicine will know when you have fever

Scientists have 3D printed structures that "remember" their original shapes -even after being stretched, twisted, and bent -an advance that may lead to shape-changing solar cells and drug capsules that only release medicine when they detect fever. Researchers from Massachusetts Institute of Technology and Singapore University of Technology and Design were able to print micron-scale features as small as the diameter of a human hair. [Read more](#)

Internet, smartphones help improve diets, lose fat, cut alcohol abuse: Study



Internet- and mobile-based programmes can help people adopt healthy lifestyle, become more physically active, eat healthy and achieve modest weight loss, which may in turn reduce their risk of chronic disease, says a study.

The findings showed that participants in internet interventions improved their diets, became more active, lost body weight or fat, and reduced tobacco use as well as cut excessive alcohol use.

[Read more](#)

India, China, Pakistan, Bangladesh vulnerable to Zika virus: Study

A new study says that parts of Africa and the Asia-Pacific region may be vulnerable to outbreaks of the Zika virus, including some of the world's most populous countries and many with limited resources to identify and respond to the mosquito-borne disease.

The study said India, China, the Philippines, Indonesia, Nigeria, Vietnam, Pakistan, and Bangladesh may be at greatest risk of local outbreaks. [Read more](#)

OOPI Fifth Healthcare Access Summit- ACT on NCDs

Representing research-based pharmaceutical companies in India, the Organization of Pharmaceutical Producers of India (OPPI) has been at the forefront in developing the nation's pharmaceutical industry for the past 50 years. OPPI members have played a significant role in supporting Government's healthcare agenda, making essential medicines and vaccines available at affordable prices, to serve public requirements.

With NCDs posing a grave threat to public health in India, this year, the OPPI Fifth Healthcare Access Summit- ACT on NCDs has been organized on August 19, 2016 at Convention Centre, Hotel Ashok, New Delhi, with main focus on combating NCDs. OPPI Access Summit will seek to develop a road map to overcome the growing burden of NCDs in India. Mr Lars Rebien Sørensen, President & Chief Executive Officer, Novo Nordisk A/S delivered the keynote address at the Summit. Mr Sørensen has recently been awarded the 'Best Performing Global CEO' across industries by Harvard Business Review. Notable cricket personality Mr Sachin Tendulkar, Changing Diabetes® Brand Ambassador for Novo Nordisk also took pledge in Dr. S.D. Gupta, Trustee Secretary IIHMR group of Institutions has also chaired one of the plenary session on Scaling up NCDs awareness and diagnosis in India.



US- India Innovation Forum Launch



FICCI along with CSIS hosted the launch of US- India Innovation Forum on August 29, 2016. The launch was hosted at Federation House at 11:00 am and there were several panels during the day.

Our Director Dr. Dipanjan Roy, Dr. A.K. Khokhar and Dr. A.K. Agarwal also participated in this Forum.

Objectives of the Forum- The Forum will harness the power of innovation to propel job growth in both countries by developing connections and collaborations between stakeholders in the US and India across five dimensions. **Read more**

REVIEW PAGE

Janani Suraksha Yojana (JSY)



Janani Suraksha Yojana (JSY) is a safe motherhood intervention under the National Rural Health Mission (NHM). It is being implemented with the objective of reducing maternal and neonatal mortality by promoting institutional delivery among poor pregnant women. The scheme is under implementation in all states and Union Territories (UTs), with a special focus on Low Performing States (LPS).

Janani Suraksha Yojana was launched in April 2005 by modifying the National Maternity Benefit Scheme (NMBS). The NMBS came into effect in August 1995 as one of the components of the National Social Assistance Programme (NSAP). The scheme was transferred from the Ministry of Rural Development to the Department of Health & Family Welfare during the year 2001-02. **Read more**

Biochemists' discovery could lead to vaccine against 'flesh-eating' bacteria.

[Read more](#)

HEALTH TIP

HOW TO START MEDITATING



BREATH

Don't try to "calm your mind." Instead, appreciate the sensations of your breath in the same way that a wine snob tastes a cabernet. When your mind starts wandering away into thoughts, just recognize that you're thinking. Then return to appreciating the sensations of your breath.



EMOTIONS

Long-term meditators show increased size in brain regions associated with emotional regulation. "Larger volumes in these regions might account for meditators' singular abilities and habits to cultivate positive emotions, retain emotional stability, and engage in mindful behavior," according to a UCLA study.



ARMS/HANDS

Relax your shoulders and arms, letting your hands rest on your thighs. Alternately, place one hand on another in your lap.



EYES

Decide what you're going to do with your eyes. If you want the experience to be more body-based, close them. If you want to feel more anchored in the space you're in, keep them open.



LEGS/FEET

If you're sitting in a chair, keep your feet flat on the floor and your spine straight. If you're sitting cross-legged on a cushion, the important thing is to have your knees below your hips. If you need a higher seat, make one.



TIME

Meditation isn't about length; it's about frequency. In the same way you don't get strong by lifting one giant weight one time, you should try and sit regularly. Five or ten minutes a day is a great start.



Sources: "Start Where You Are: A Guide to Compassionate Living" by Pema Chodron; "The Miracle of Mindfulness: An Introduction to the Practice of Meditation" by Thich Nhat Hanh; "10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works—A True Story" by Dan Harris

BUSINESS INSIDER

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