TRINITY MIKKOK

Health Matters

Plant-based, low-sugar diet lowers heart failure risk

Heart failure continues to remain a serious disorder that affects millions of people all around the world. Prevention is a crucial component of heart failure management strategies.

A new study published in JACC: Heart Failure examined the impact of one particular diet on heart failure. In an analysis of over 23,000 participants with a median follow-up of 25 years, researchers found that stronger adherence to a specially devised diet rich in plant-based foods — called the EAT-Lancet diet — appeared to help decrease the risk of developing heart failure.

Researchers also identified key proteins associated with heart failure and inversely associated with the EAT-Lancet diet

when the heart cannot authors of this study

pump adequate amounts of blood to the body. Heart failure can lead to fluid buildup in the body, liver and kidney damage, and even to other severe heart conditions.

Certain risk factors can increase someone's chances of developing heart failure. These include having diabetes, high blood pressure, or a previous heart attack. Lifestyle choices, such as smoking and low physical activity, can also increase risk.

It can be a struggle to manage heart failure , but some medications and lifestyle changes can help. For example, losing weight, limiting alcohol, and decreasing salt intake may help. Because of the

significant burden of heart failure, preventing it when possible is a positive step toward healthier individuals and Heart failure happens communities. As the



note, dietary changes are one intervention that may help limit the number of heart failure cases.

This particular study was a Swedish population-based cohort study and included 23,260 participants. Researchers excluded participants who had a history of other heartrelated health events, stroke, previous heart failure, or cancer at baseline.

The average age of participants was just under 58. The median follow-up time was 25 years, allowing for adequate examination of long-term health outcomes. Researchers looked at participant adherence to the EAT-Lancet dietary index. The EAT-Lancet diet focuses on plant-based food sources but focuses more on components like legumes and cereals than the Mediterranean

diet. However, it still of fruits and vegetables. It also does not remove animal food sources it only limits them, and reduces foods with high amounts of sugar.

Based on participants' dietary assessments, researchers divided them into five groups, depending on how closely they adhered to the EAT-Lancet diet index. Researchers ran three different analysis models, accounting for different covariates like age, sex, and total energy intake. During the study, 1,768 participants developed heart failure.

Upping fruit, unsaturated oil consumption good for the heart Overall, researchers

found that increased adherence to the EAT-Lancet dietary index was associated with a decreased risk for heart heart failure. failure

When looking encourages a good intake at individual diet components, researchers found that eating more fruit and unsaturated oils was associated with a reduced risk for heart failure, and that moderate dairy intake at baseline was associated with a lower risk for heart failure compared to high dairy intake.

Researchers were also able to examine certain plasma proteins in 4,742 participants. They examined how these proteins were associated with risk for heart failure and the EAT-Lancet diet index. Ultimately, they identified eight plasma proteins related to both components. They noted that these proteins "provide information on potential pathways mediating such an association," meaning the association between the EAT-Lancet diet and

at the EAT-Lancet diet, time. Some data also which promotes eating grains, vegetables, fruits, and fish and avoiding foods like red meat. saturated fat, and added sugar. A diet like this will bring positive lower blood pressure, cholesterol reduction, and a more ideal body weight. The study showed that a healthy diet leads to fewer cases

> commented. Study limitations and continued research

of heart failure," Basit

Despite the actionable and encouraging findings of the recent study, it is also critical to acknowledge its limitations. First, populations. As research the authors note that they only collected one baseline dietary measurement. This means they could not capture how participants' dietary intake may have changed "This study looked during the follow-up health.

relied on participant healthy foods like whole reporting, which may have affected results. Second, researchers

may not have looked at all the critical plasma proteins related to the EAT-Lancet diet, so health benefits, including future research may be able to expand in this area. The study was also observational, meaning it cannot establish causation. Researchers further acknowledge the risk for residual confounding and that the study population was predominantly white. Future studies should include other population groups to verify this link between diet and heart failure risk in different moves forward to confirm the best possible diets to prevent heart failure, doctors can assist their patients in implementing food choices that are the most beneficial for heart

Did Bournvita lose its health drink tag?

A year after facing controversy over the branding of its product 'BournVita' as healthy and beneficial for child growth, Mondelez-owned Cadbury, has again landed in soup after the Ministry of Commerce issued an advisory. In its letter to e-commerce websites, the Ministry asked them to remove beverages like Bournvita from the 'health drink' category.

Even though the advisory mentioned Bournvita, it referred to a larger category of similar products that have been sold by e-commerce websites as 'health drinks', and asked their removal of the tag from all such products.

The advisory issued by the Commerce and Industry Ministry focused on the blatant use of the term 'health drinks' on e-commerce websites, as well as in advertisements. Referring to an inquiry by the National Commission for Protection of Child Rights (NCPCR), the Ministry underlined that there is "no 'health drink' defined under FSS Act 2006, rules and regulations submitted by FSSAI and Mondelez India Food Pvt Ltd." Since, there is no such term as 'health drinks' in FSS Act 2006, the use of the term for beverages is inappropriate. Hence, all the e-commerce companies/portals have been advising to remove drinks and beverages, including Bournvita, from the category of health drinks from their platforms/sites. "National Commission for Protection of Child Rights (NCPCR), a statutory body constituted under section (3) of the Commission of Protection of Child Rights (CPCR) Act 2005 after its inquiry under Section 14 of CRPC Act 2005 concluded that there is no 'health drink' defined under FSS Act 2006, rules and regulations submitted by FSSAI and Mondelez India



Food Pvt Ltd," the Commerce and Industry Ministry said in an advisory to all e-commerce companies.

Bournvita controversy

Last year, Bournvita entered into a controversy after a viral Instagram reel questioned the tall claims made by the beverage of boosting immunity and providing several health benefits.

released a clarification on the matter rejecting the claims made by the Instagram influencer. "As we continued to witness an abnormal and unusual amount of traction on the post, we were constrained to take legal recourse to avoid misinformation. We also stated to clarify and share the correct facts to allay the concerns of our consumers," Mondelez India said in its statement.

The company also clarified that every serving of 20 gm of Bournvita contains 7.5 grams of added sugar, which is approximately one and a half teaspoons. The said amount is less than the daily recommended intake limits of sugar for children.

"We would again like to reinforce that the formulation has

Nose-pickers beware! you are at COVID risk

The nose is the first place Covid enters the body - so scientists wanted to look in detail at what happens inside this so-called viral production factory. Researchers analysed cells from the nose lining of healthy people from three different age groups - under-12, 30-50 year olds and over 70s. They then grew the nasal cells in lab dishes, infected them with coronavirus, and watched closely.

Three days later, offered a vaccine in viewed under a the UK. microscope, the nasal epithelial cells - as they are known - taken from children were quick to defend against the virus and reduce viral load. But this protective effect was less obvious in middle-aged adults. And in nose cells from the over-70s, there was more virus, more shedding and more damage. Dr Claire Smith, study leader and associate professor from University College London, said age affected the balance of cells in the nose, leading to a "detrimental, dysfunctional repair" process in older people. This could be because they have had greater exposure to viruses over time and more infections. The risk of being dangerously ill with Covid rises with



age, which is why over- 2020, during the first 75s - as well as everyone wave of Covid - so in an adult care home how the body's reaction or with a weakened to the initial strain of immune system - is the virus compares with the current circulating

Dr Smith said

variant, Omicron, remains unclear.

The researchers said more work was needed to discover whether the level of infectious virus in the nose cells affected the spread of Covid.

The research, by UCL and the Wellcome Sanger Institute, was funded by UK Research and Innovation, the NIHR Great Ormond Street Hospital Biomedical Research Centre and the Chan Zuckerberg Foundation.

In April 2023, influencer Revant Himatsingka, known as foodpharmer by the Instagram community, shared a video, in which he claimed that every 100 gm of Bournvita contains 50 g of sugar. The giant confectionary producer took legal action against the influencer after which he removed the video from his social media account.

NCPCR inquiry against Bournvita

Within a month of the controversy, the apex child rights body asked Cadbury to withdraw all its misleading advertisements, packaging and labels. The instruction came after it received a complaint alleging that Bournvita brands itself as a health drink as it improves 'children's growth and development' even when it contains a high amount of sugar, reported Economic Times referring to PTI. The NCPCR also sent a notice to Cadbury asking it to send within seven days a detailed explanation or report on the matter.

been scientifically crafted by a team of nutritionists and food scientists to offer the best of taste and health. All our claims are verified and transparent and all ingredients have regulatory approvals. All the necessary nutritional information is mentioned on the pack for consumers to make informed choices," quoted Bournvita earlier. Bournvita slashes sugar content by nearly 15 per cent Months after the controversy,

the confectionary brand chose to reduce the added sugar content in Bournvita by nearly 15 per cent, Himatsingka claimed in another video released in December last year. "This is probably the first time in history that a social media video has led to a food giant reducing their sugar content! If one video can result in a 15 per cent reduction in added sugar, imagine what we can achieve if all of us start reading food labels before we buy anything!" he wrote in After the controvery, Bournvita the caption of his Instagram video.

findings, in Nature Microbiology, highlighted how important it was to take ageing into account when looking at treatments and therapies. The research team now wants to look at how the body - and the nose - responds to other viruses, such as flu and respiratory syncytial virus (RSV).

"Understanding the cellular differences at the initiation of infection is just the beginning," Dr Smith said. "We now hope to investigate the long-term implications of these cellular changes and test therapeutic interventions using our unique cell culture model."

The nose cells were sampled in February



SALE NOTICE FOR SALE OF IMMOVABLE PROPERTIES auction sale notice for sale of immovable assets under the securitisation and reconstruction ancial assets and enforcement of security interest act, 2002 under rule 8(5) read with proviso

ule 8 (6) of the security interest (enforceme nt) rule, 2002 otice is hereby given to the public in general and in particular to the borrower (s) and guaran (s) that the below described immovable property mortgaged/charged to the secured creditor, the possession of which has been taken by the authorised officer of Fullerton India Home Finance Company Ltd. (hereinafer referred to as "FIHFCL") on 22.06.2021, and pursuant to the assignment of debt in favour of Kotak Mahindra Bank Limited by "FIHFCL", the property will be sold on "as is where is", "as is what is", and "whatever there is" basis on 03.05.2024 bet

Company Ltd. (Interfinate) relative to the service of the 200 2001 2200 2001 and the property will be sold on "as is where is", "as is what is", and "whatever there is" basis on 03.05.2024 between 12.00 pm to 01.00 pm with unlimited extension of 6 minutes, for recovery of rs. 66.33.688/(rupees sixty) six lakh thirty three thousand six hundred eighty eight only) as of 12.04.2024 along with future interest applicable from 13.04.2024 until payment in full with cost and charges under the loan account no.604107510619038, due to KMBL, secured creditor from Mrs. Veerammal N, Mr. Nagarajan T, & Mr. Naveen N. The reserve price will be rs. 26,10.000- (rupees twenty six lakh ten thousand only)and the earnest money deposit will be rs. 26,10.000- (rupees twenty six lakh ten thousand only)and the earnest money deposit will be rs. 26,10.000- (rupees twenty six lakh ten thousand only)and the earnest money deposit will be rs. 26,10.000- (rupees twenty six lakh ten thousand only)and the earnest money deposit will be rs. 26,10.000- (rupees twenty six lakh ten thousand only)and the admesting the size and the res. 26,10.000- (rupees twenty six lakh ten thousand only)and the agalanackenpatti Sub-Registration District, Danglanackenpatti Sub-Registration District, Danglanackenpatti

For detailed terms and conditions of the sale, please refer to the lin https://www.kotak.com/en/bank-auctions.html provided in kotak mahindra bank website i.e www.kotak.comand/or on https://bankauctions.in/

Place: Dindigul Date: 16.04.2024 Authorized Officer Kotak Mahindra Bank Limited

Pets pass antibiotic-resistant 'superbugs' to humans

Dogs and cats can pass antibiotic-resistant bacteria to their owners, raising concerns that household pets could be contributing to the world's antibiotics crisis, a new study says. Cases of these "superbugs" being passed between sick dogs and cats and their healthy owners have been identified in the U.K. and Portugal, according to research presented at the European Society of Clinical Microbiology and Infectious Diseases Global

Congress in Barcelona. The World Health Organization says antibiotic resistance is one of the greatest public health threats facing humanity, researchers said in background notes.

Drug-resistant infections kill more than 1.2 million people each year, and that number is expected to rise to 10 million by 2050 if no action is taken.

The study involved 43 households in Portugal containing 78 humans, 38 dogs and five cats,



and 22 U.K. households containing 56 humans and 22 dogs.

All the humans were healthy, but all the dogs were suffering from infections. Researchers tested fecal and urine samples and skin swabs taken from both pets and owners to look for bacteria resistant to

common antibiotics.

Researchers identified five households in which both owners and pets, one with a cat and four with dogs, were both carrying bacteria that had developed resistance to cephalosporins.

Genetic analysis showed that the strains were exactly the same, indicating that the bacteria had passed between pet and owner.

Cephalosporins are used to treat a broad range of infections, including

meningitis, pneumonia and sepsis, researchers said. The WHO classes them as among the most critically important antibiotics for human medicine.

Researchers also detected dogs containing bacteria which are part of the last line of defense in other antibiotics have failed

researchers said.

resistant to carbapenems, human medicine when

Ultimately, all the pets were successfully treated for their infections

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CIN: U65923K12010PIC039179

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POSSESSION NOTICE (For Immovable Property)

Whereas, the undersigned being the authorised officer of Manappuram Home Finance Ltd ("MAHOFIN" under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest *[Act] 2002 (54 of 2002) and in exercise of powers conferred under section 13(12) read with rule 9 of the security interest (Enforcement) Rules, 2002 issued a **Demand Notice** calling upon the borrowers and co-borrowers to repay the amount mentioned in the notice and Interest thereon within 60 days from the date of receipt of the said notice. The borrower having failed to repay the amount, notice is hereby given to the borrower and the public in general that the undersigned has taken **Actual** possession of the property described herein below in exercise of powers conferred on him/her under section 13(4) of the said *[Act] read with rule 9 of the said rules. The borrower in particular and the public in general is hereby cautioned not to deal with the property and any dealings with the property will be subject to the charge of the Manappuram Home Finance Ltd as mentioned below for each of the respective properties:

Sr. No.	Name Of The Borrower/ Co-Borrower/Loan account number/Branch	Description Of Secured Asset In Respect Of Which Interest Has Been Created	Date of Demand Notice sent & Outstanding Amount	Date of Actual possession
1	Kotchuthiracylelastin C & Jelastin A /MA90COLONS000005007657 & MO90LALONS000005012641/ Nagercoil	RE. SY. No. 126/5, Colachael SRO, Simoncolony Village, Kalkulam Taluk, Kanyakumari P.O. Kolachal, Kanyakumari, Tamil Nadu, Pin: 629251.	16-09-2022 & Rs. 4,59,642/-	13-04-2024
Sd/- Date: 16 th April 2024 Authorised Officer Place: NAGERCOIL Manappuram Home Finance Ltd				