

# SERUM TIMES

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## SERUM MEDICAL BULLETIN

### From the desk of the Editor-in-Chief

Dear Doctors / Readers,

Hope you all are well. For the last several months we have been starting our editorials with good wishes and at the same time with an expression of anxiety about the lives and livelihoods of the common people. This issue is going to discuss about the importance of blood donation. Actually this has been a common practice of people with social awareness to be involved in blood donation camps and maintain supply of safe and quality blood to the needy persons.



But the pandemic has created severe panic and fear amongst the common people about their own safety and survival. Actually, supply of quality blood depends on the generosity of a section of people. This is because more than 80% of the county's blood supply comes from voluntary and non-remunerated blood donors. But after the announcement of the sudden lockdown on March 25, 2020, blood donation arrangements have been completely shattered except for a brief period between December 2020 and February 2021. Even the health workers of all categories have either been engaged in COVID 19 related services or been in quarantine. That has exaggerated the problem.

Every year June 14 is observed as World Blood Donation Day around the world. On that day I wrote an article in the Indian Express regarding why we should donate blood. We all believe that generosity of human being is the motivational force behind donation of blood. But one can consider it as a give and take policy. That is, if anybody donates blood it would save human lives. In case of thalassemia patients one can enjoy seeing many sweet laughs of many children or friends or relatives if someone donates blood for them. It is known that thalassemia is incurable as it is a generic disorder caused by 'defective gene' that creates defective synthesis of haemoglobin. The entire blood flowing in the body system becomes defective. As a result, a person with thalassemia needs blood infusion on a regular basis for his/her survival. So, we need a regular blood supply.

The next article we will touch upon the matters related to problems of supply of quality and safe blood during the COVID 19 phase and benefits of the blood donors.

Wishing you all good health and safe lives,

Sanjib Acharya

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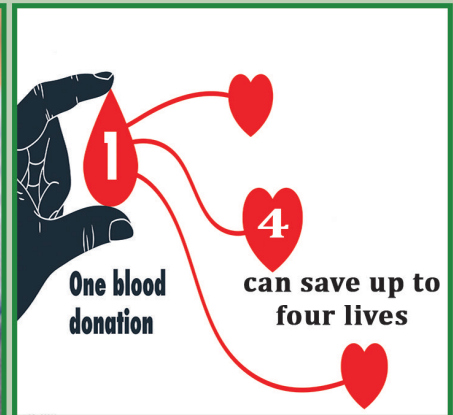
## Supply of blood to be matched with its need

A doctor wrote an article in a media more than a month ago and pointed out that “there isn’t nearly as much information available about the affects India’s COVID 19 epidemics has had on supplies of the tissue that disseminates oxygen through our body: blood.” From different sources we can get a rough idea about the requirement and availability gap of blood for patients in India during pandemic. WHO reports on June 7, 2021, mentioning that the supply of blood is painfully short around the world during pandemic. In India a report on Kerala, may be an estimate for our understanding of blood availability in the country.

The national Blood Transfusion Council has revised its guideline regarding donation of blood during pandemic a few week ago. Deferrable period after vaccination has been mentioned in that new guideline. So, it is a fact that the availability of blood is less than what India requires. At the same time requirement of blood has also been less in this phase due to lower incidents of road accidents and surgeries and any other incidents that need blood for treatments. It is reported that in Kerala 4 lakh units of blood were required on an average. But the present requirement has dropped to 2.5 lakh units. So, it is expected that in India as a whole blood requirement has dropped.

### Benefits of donating blood

It is not that donation of blood only help the receivers of the blood. Receivers can get a lease of life but



it also beneficial for the health of the blood donors. The well known benefits that blood donors enjoy are as follow:

- Firstly, a regular health check up is automatically done that too free of cost. This allows the donors to be warned of any underlying medical condition or risk factors for certain diseases.
- Secondly, it boosts the production of red blood cells and replenishes blood.
- Thirdly, for a regular blood donor, i.e., who donates blood twice or thrice a year, blood dation helps to lower the cholesterol level and decrease the incidence of heart attacks.
- Fourthly, doctors say that blood donation helps boost heart and liver condition.
- Fifthly, blood donation lowers the risk of cancer.
- Sixthly, it helps to maintain the balances of iron levels in the blood.
- Last but not the least, several studies have observed that regular blood donation provides a sense of belonging and makes a donor feel psychologically strong.

## Women's mental health has a higher association with food intake

Very recently a research from Binghamton University of New York has observed that women's mental health likely has a higher association with dietary factors than men. The main credit goes to Dr. Lina Begdache, assistant professor of health and wellness studies at the University.

### The subject of study and method of research

Prof Begdache had previously published research on diet and mood of the women. That had suggested a high-quality diet improves the mental health. Later she wanted to test whether customization of diet improves mood amongst men and women of age group of 30 or above. Prof Begdache along with her research assistant Cara Patrissy of the University dissected the different food groups that are associated with mental distress in men and women. They also studied the different dietary patterns in relation to exercise frequency and mental distress.

### The findings

The results suggested that women's mental health has a higher association with dietary factors than that of men. Mental distress and exercise frequency were associated with different dietary and lifestyle patterns, which support the concept of customizing diet and lifestyle factors to improve mental well-being.

Prof Begdache reportedly said that they found a general relationship between eating healthy, following



healthy dietary practices, exercise and mental well-being. She has been also known to have observed an interesting point that with unhealthy dietary patterns, the level of mental distress was higher in women than in men. They think that this matter confirms the fact that women are more susceptible to unhealthy eating than men.

Other important observations of the research on women's diet are

- Firstly, based on this study and others, diet and exercise may be the first line of defence against mental distress in mature women, according to Prof Begdache.
- Secondly, fast food, skipping breakfast, caffeine and high-glycaemic (HG) food are all associated with mental distress in mature women.
- Thirdly, fruits and dark green leafy vegetables (DGLV) are associated with mental well-being.
- Fourthly, the regular exercise significantly reduced the negative association of HG food and fast food with mental distress.

## CASE PRESENTATION by Dr. Chirasri Goswami (MBBS, MD) Consultant Histopathologist

**CASE PROFILE:** An elderly gentleman of 63 years age, presented with weight loss & upper abdominal pain and polyarthralgia. On radiology investigations, a mass in the head of pancreas was found.

**DIAGNOSIS:** ACINAR CELL CARCINOMA OF PANCREAS.

**INCIDENCE:** It is a rare tumour, they represent approximately 1% of adult exocrine pancreatic neoplasms with a peak incidence in the 60s.

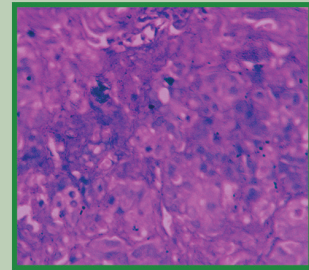
**MICROSCOPY:** In this case, a well differentiated acinar arrangement of tumour cells is seen, in some of the acini, lumen can be seen. The nuclei show mild pleomorphism, single prominent nucleoli & variable mitotic activity. Cytoplasm is abundant eosinophilic & granular with presence of PAS positive granules.

**DIFFERENTIAL DIAGNOSIS:** Mixed acinar endocrine tumours & pure endocrine tumours.

**IMMUNOHISTOCHEMISTRY:** Trypsin & lipase are positive. Less commonly, chymotrypsin & amylase are positive. Butyrate esterase histochemical stain for lipase is usually positive. Anti BCLIO antibody is a sensitive & specific marker.

**CYTOGENETICS:** High frequency of allelic loss of 11p and mutations in the APC / B catenin pathway are seen.

**PROGNOSIS:** These are highly aggressive neoplasms, with overall 5-year survival rate less than 10%.



## SERUM's Corporate Social Responsibility (CSR)



Jun 22: SERUM Group in association with The Friends United Club opened a Free Safe Home for COVID19 patients



Jun 13: Sri Sanjib Acharya present at the Blood Donation Camp organised at the time of crisis of COVID19



Food Distribution Programme by SERUM Group & East Bengal Club to the underprivileged section of the society whose lives were badly affected due to the lockdown at the time of COVID.



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