

SERUM TIMES

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SERUM MEDICAL BULLETIN

From the desk of the Editor-in-Chief

Dear Doctors/Readers,

Hope you are all well in this critical time. Some recent Government statistics show that the growth of Covid 19 infection is slowing down. If it is true then it conveys a very favourable message for us. Sometimes it may so happen that low infection rate is also due to slowdown of testing of infection of the people. In the USA new cases of Covid have risen to 1,00,000 per day as on second week of August. Experts say this is due to existence of many unvaccinated persons as well as emerging variants. If any part of the world is prone to large cases then there has been a chance of spreading it to several places. So, we are to think the problem as a global phenomenon.



In India high R-factor is a cause for concern

A few days ago, the Central government expressed a deep concern about the fact that several states had reported high reproduction value (known as R-factor) of SARS-CoV-2. This can lead to a larger spread of cases in future. What does R-factor or R-value mean? It indicates how many people can get infected from a single COVID positive person. In India this is highest in Himachal Pradesh and Punjab. Both states have R-value of 1.30. More worrying has been its rising trend. Moreover, some other states like Gujarat, MP & UP also have R-factor of 1.10. Again Andhra, Goa and Nagaland reported to have R-value at 1. At the same time 37 districts out of which 11 in Kerala are showing a rising trend of COVID infection. So, we need to be more cautious and keep on with the precautionary measures of COVID 19.

Now I like to turn to the subject matter of the present issue. In this issue we are going to discuss hepatitis B virus. The next story will discuss some relevant issues related to hepatitis B. There are a lot of confusions about this. The hepatitis B is a viral infection that attacks the liver. It can cause both acute and chronic disease. The virus is most commonly transmitted to child during birth and delivery. It can also be transmitted during sex with an infected partner as well as through unsafe injections or exposure to sharp instruments. WHO estimates that every year about 1.5 million people are being infected and about 296 million people were living with chronic hepatitis B infection in 2019.

Again, we like to request you to please maintain COVID guidelines and inspire others to do that if you can. Otherwise we can not survive. Lastly but most importantly, I would also like to request you to be vaccinated twice without delay and be a safer person.

With best wishes,

Sanjib Acharya

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Vaccination can prevent Hepatitis B almost completely

Hepatitis B has been a major global health problem. It is potentially a life threatening liver infection caused by hepatitis B virus. Why is it so dangerous? This is because it causes chronic infection and puts people at high risks of death from cirrhosis and liver cancer.

Most infected regions

According to a recent World Health Organization (WHO) report (27th July, 2021), the burden of hepatitis B is highest in Western Pacific Region with 116 million and African Region with 81 million people are chronically infected. About 60 million people are infected in Eastern Mediterranean and 18 million and 14 million are in South East Asian Region and European Region respectively. In Americas about 5 million people are affected by this disease.

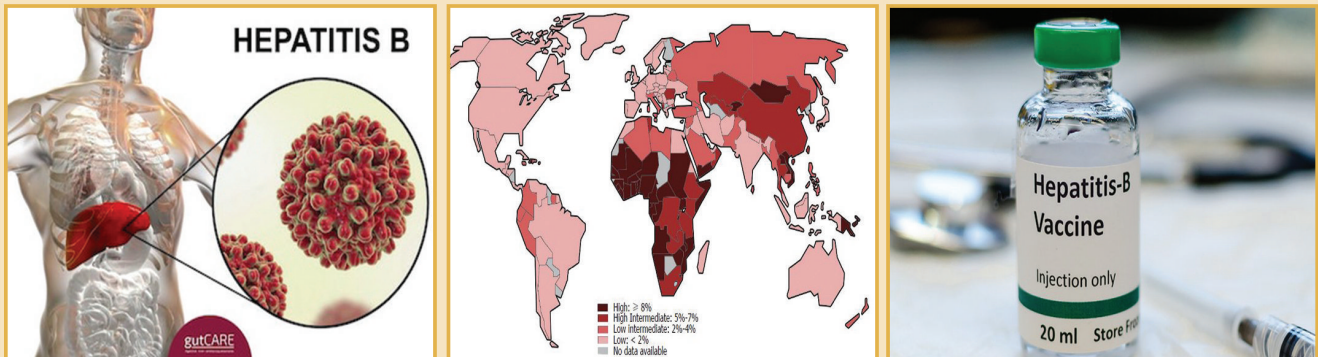
The virus can survive for at least 7 days outside the body and can infect anyone who is not vaccinated. The incubation period of the virus ranges from 30 to 180 days. The virus can be detected within 30 to 60 days after infection.

Symptoms

In the later stage of the infected person yellowing of the skin and eyes (jaundice), dark urine, extreme fatigue, nausea, vomiting and abdominal pain are common symptoms. In very acute case cirrhosis and even liver failure is also possible.

Diagnosis and treatment

Laboratory confirmations through several available blood tests are essential for diagnose and monitor



people with hepatitis B infection. They can be used to distinguish acute and chronic infection. There is no specific treatment for acute hepatitis B. Chronic hepatitis B infection can be treated with medicines. This includes oral antiviral agents. Treatment can slow the progression of cirrhosis, reduce incidence of liver cancer and improve long term survival. WHO recommends oral treatment as the most potent drug to suppress hepatitis B virus.

Prevention

WHO recommends that all infants should receive hepatitis vaccine as soon as possible. That will almost prevent them from having infections. Awareness development through mass campaign is also necessary for prevention, according to WHO.

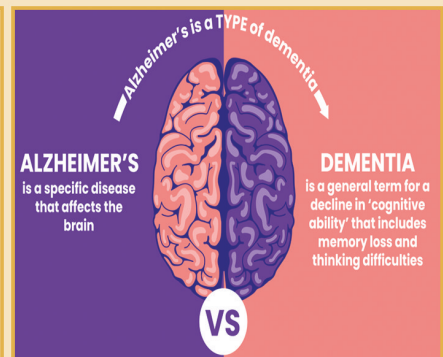
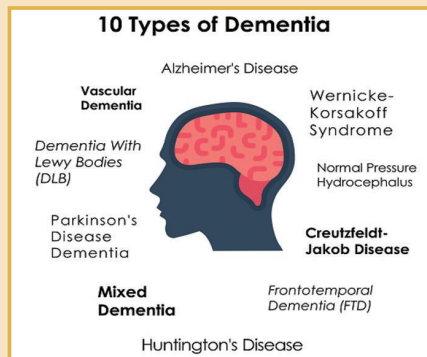
Dementia will rise three times in the world by 2050

A recent study by the researchers of the University of Washington School of Medicine, observes that dementia is going to be one of the of the biggest health problem of the world in coming three decades. MedicineNet, a medical news journal, has reported the news on last July 28. Simply dementia means memory loss. It is known that the cause and treatment of dementia are not fully understood even by the experts. Some believe that senility and senile dementia is the result of aging. Some other people think that evidence of memory loss is the evidence of dementia. Many doctors are not sure in differentiating Alzheimer's with dementia. Are these two similar?

Early signs of dementia are, simple forgetfulness, losing items, problems performing tasks or activities that were previously done without effort, difficulties with learning new materials frequently. But as the disease progresses, behavioural changes can become evident. Alzheimer's is the most common cause of dementia. Actually Alzheimer's is a specific disease. Dementia is not, different types of it exists.

Projection of increase in the world

It is estimated that by 2050 the number of persons suffering from dementia globally will rise to 152.8 million. It was 57.4 million in 2019. Such a high rise in this will mainly be due to growth in population and aging. The researchers reportedly said that the largest increases of dementia were expected to occur in eastern sub-Saharan Africa, North Africa and the West Asia. But this is not all about the trend of this. There is an opposite force also. Issues like higher education



access worldwide, improved lifestyle in developed countries and elsewhere, greater attention of heart health are expected to result in 6.2 million fewer dementia cases by 2050. On the other hand one has to be cautious about sedentary lifestyle, smoking, excess weight and high blood sugar. It is estimated that these factors boost dementia cases by 6.8 million.

Source of information

The study was based on the data from the Global Burden of Diseases (GBD) study. This is a set of worldwide health trends estimates. The projection covers 1999 to 2019. A very relevant comment of Maria Carrillo, the chief science officer of the Alzheimer's Association, should be noted. She reportedly said that her team used the same data to estimate that Alzheimer's diseases death rates had raised to 38% worldwide between 1990 and 2019.

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

CASE PROFILE: 60 years old lady, resident of Bihar, presented with a 3cm x 2cm Parotid swelling.

DIAGNOSIS: MYOEPITHELIOMA (HYALINE PLASMA CELL TYPE).

INCIDENCE: It is a rare tumour, only 1% of salivary gland tumours being myoepithelioma.

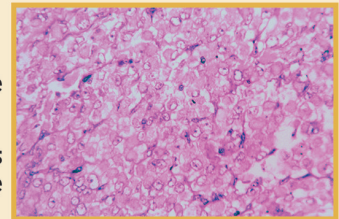
MICROSCOPY: In our case (hyaline plasma cell type) we could see cells with eccentric nuclei, some degree of pleomorphism and hyperchromasia but scanty mitosis. Cytoplasm is abundant. Cells are polygonal & sharply outlined.

DIFFERENTIAL DIAGNOSIS: With Oncocytoma.

IMMUNOHISTOCHEMISTRY: Cells show reactivity with keratin, S-100 protein, P63, CD 109 & in some cases vimentin, actin & myosin.

PROGNOSIS:

- Majority of cases of myoepithelioma of Hyaline plasma Cell Type (as in our case), behave in a benign fashion.
- All myoepitheliomas of clear cell type should be regarded as potentially malignant (high recurrence rate, lymph node metastasis, distance metastasis & tumour related deaths).



CSR Activities & Events of SERUM throughout August 2021

SERUM Half-yearly Sales Meeting

75th Independence Day Celebration



Aug 4: 24Pgs (S)



Aug 4: Kolkata



Aug 8: Burdwan & Birbhum



Aug 12: Free Doctor's Clinic
at Serum Auditorium



Aug 20: Sri Sanjib Acharya
honoured by Sri Avinash Almal
& Sri Subhojit Dutta of PIE



Aug 22: Free Health
Check-up Camp
at Gauribari Shristi



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