

# SERUM TIMES

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## SERUM MEDICAL BULLETIN

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

Dear Doctors / Readers,

The ST has entered into the 8th years of its journey. Its circulation has increased by leaps and bound except for the period of deadly pandemic period. Hope we will go ahead with your blessings.

We hope that you all are well. Perhaps the Covid 19 has been subsiding. But we can not be sure of this as bad news keeps on coming from China and the lockdown has been reimposed in many places there. At the same time an anxiety of its spread to western world is also booming up. So, we have to be careful for any circumstances. But let us hope for the best. In this issue we are going to discuss a serious health problem, obstructive sleep apnea (OSA). It can be a serious health problem. It has become a living matter of discussion recently after the death of famous musician Bapi Lahiri of OSA.



What is OSA?

OSA is related to breathing problem when something blocks partially or fully someone's upper airway.

It occurs when the muscles that support the soft tissues in one's throat, such as someone's tongue and soft palate, temporarily relax. When these muscles relax one's airways is narrowed or closed. In that case breathing can be closed momentarily. So, OSA is caused by the repetitive collapse of the upper airway during sleep.

Most individuals with OSA are unaware of it. A bed partner or a family member can notice it. Symptoms may stay for years or decades without identification. In children it is more common, according to some reports. It affects up to 11% of children born at term. It is more prevalent at 3 to 6 times more, in children born pre term. In many cases it last to adulthood if not detected and treated. Despite many similarities with children and adults differentiating symptom has been excessive daytime sleepiness.

The OSA occurs in 25% of men but only 10% of women are affected with this. It affects at all ages but people with over 50 years and overweight are more prone to be affected. The adults with overweight and obesity have greater chance of having soft tissue of mouth and throat. So, during sleep throat and tongue muscles are more relaxed, this soft tissue can cause blocked airway. In the next story several issues on this subject will be discussed.

Wish you a very happy and prosperous Bengali New Year!

With regards,

Sanjib Acharya

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## Untreated OSA may lead to heart disease and depression

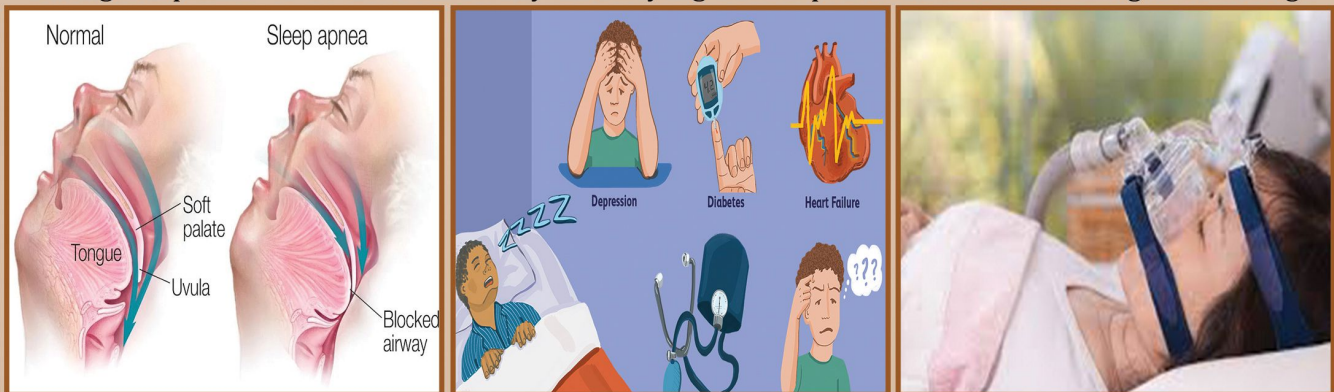
When a person suffers from obstructive sleep apnea (OSA), his/her breathing repeatedly stops and starts during sleep. This happens when there is a physical blockage in the upper airway. It should be determined by noticing some symptoms. While in sleep, person suffering from OPA, often stops breathing for a while followed by a noisy breath, gasps for air and snores loudly. But some of the symptoms can be noticed during other time as well. These include fatigue, restless sleep or insomnia, difficulty in mental concentration at anything, waking up several times at night to urinate and awakening with dry mouth or soar throat. Additionally headache, irritability, heartburn, decreased libido and erectile dysfunction are also symptoms of OSA.

### Causes of OSA

Various factors can contribute to block or collapse of the airway. Some important include lax muscles and other tissues in the mouth and the throat, nasal congestion, thickened tissues and additional fat stores around the airway, an underlying neurological problem. Causes may also arise from genetic factors, allergies, obesity, thyroid problem, heart or kidney failure and large and swollen tonsils.

### Can OSA be treated?

Yes, there are several ways to treat a person with OSA. Treatment looks for normalizing breathing during sleep. Also to be addressed any underlying health problem. The first thing is to change



lifestyle. This include consumption of heart healthy diet, developing healthy sleeping habit, stopping or lowering alcohol consumption and smoking, managing body weight and sleeping on the side.

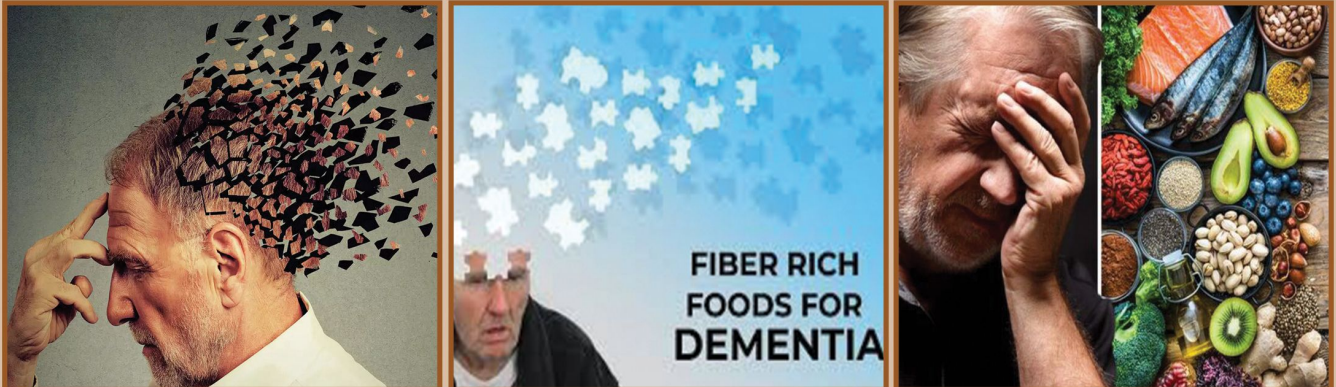
Other important treatment includes continuous positive airway pressure (CPAP) therapy. It keeps the airway open by gently providing a constant stream of positive air pressure through air mask. This is the main treatment of OSA. But this treatment should be continued until recovery. Many patients stop the treatment in mid-session or ever earlier. Moreover, there are various surgical procedures that can widen the airway in people with OSA. Surgery actually can stiffen or shrink obstructing tissue or remove excess tissue or enlarged tonsils.

## Food with high fibre content reduces dementia risk

A recent research shows that eating a high fibred food is linked to lower risk of incident disabling dementia. Out of all fibrous food the ones rich in soluble fibre is especially helpful to reduce the risk of dementia, according to the research. A recent report in MedicineNet, a well-known medical journal has reported the discovery. The main person behind the research has been Dr. Kazumasa Yamagishi, Professor of Medicine, Faculty of Medicine and Health Services and Research and Development Centre, University of Tsukuba, Japan. Dementia refers symptoms of memory loss and word finding difficulties, impaired judgement and problem with day-to-day activities. It is true that there are many things unknown about the cause of dementia, and hence, it is not proper to set a cause and effect of dementia. But the research in discussion has explained a long way in dealing the dangerous disease.

### Dietary fibre

It is a nutrient found in grains, potatoes, vegetables, and fruits, etc. It is known to affect intestinal bacteria. In the article of MedicineNet it is also mentioned that in an earlier study the researcher had observed that there had been an inverse relationship between eating beans and risk of disabling dementia. It is known that bean is high in fibre. In the present study many kinds of fibrous food items total, soluble and insoluble fibres along with other fibre-food like potatoes, vegetables and fruits were applied.



### Research method

The study continued for 20 years. The researcher experimented with 3700 healthy adults of middle ages. He applied dietary survey to them. The ultimate result the researcher found was who consumed fibre food most had approximately a 25% lower risk of developing dementia in later age.

### The science behind the observation

The interaction of brain-gut has been a recent matter of study. The article in MedicineNet pointed out that the concept of brain-gut interaction emerged from the idea that the central nervous system communicates bi-directionally with the gastrointestinal tract. This suggests that gut micro-biome may influence brain plasticity and cognitive function. Micro-biome bacteria and archaea live in the digestive tracts of vertebrates including humans and of insects. These organisms impact human physiology both in health and diseases.

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

**CASE PROFILE:** 46 year old lady, pregnant for third time, had continuous bleeding Pv.

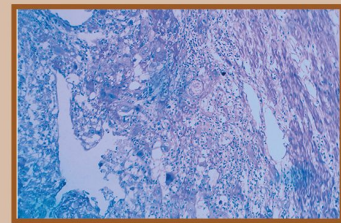
**DIAGNOSIS:** INVASIVE MOLE (CHORIOADENOMA DESTRUENS) (Part of GTD).

**CLINICAL FEATURES:** Along with bleeding PV, patient may have nodules vagina, lung, brain & spinal cord, clinical manifestations depending on the site involved. These nodules continue to secrete hCG.

**MICROSCOPIC FINDINGS:** Plenty of hydropically degenerated chorionic villi were seen with circumferential trophoblastic proliferation invading into myometrium. these colonies are surrounded by lymphocytes, neutrophils, giant cells and fibroblasts. Half of myometrial thickness was invaded by these villi.

**TREATMENT:** By chemotherapy & hysterectomy.

**PROGNOSIS:** Invasive mole may metastasize distantly and those with lung, brain or spinal cord metastasis may have a poor prognosis.



## CSR Activities & Events of SERUM throughout March 2022

### Zone Meeting



Mar 25: Govindpur



Mar 25: Dhanbad



Mar 25: Bokaro



Mar 26: Bagmudi

### Mar 26: FREE Doctor's Clinic &



Diagnostic Services



Mar 26: Purulia



Mar 26: Bankura



Mar 26: Durgapur



Mar 8: Women's Day Celebration



Mar 14:  
Inauguration of Varsha,  
a school for specially  
abled children



Mar 5: Franchise  
meet at Nimta



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