

SERUM TIMES

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SERUM MEDICAL BULLETIN

From the desk of the Editor-in-Chief

Dear Doctors / Readers,

Hope you are well. But anxiety remains with us and it has been increasing. This is because there has been a perception among a big section of people that we may again enter into another COVID-19 wave phase. At least in some states like Tamil Nadu, Kerala, Telangana, Maharashtra, Karnataka, the death related to COVID-19 is high. In many other states cases are rising. In West Bengal the daily infection of COVID patients have crossed 1500 as of July 1. In some states many Covid restrictions have been reimposed. In West Bengal talks have been started about restrictions and closing of schools.



A few days ago World Health Organization (WHO) had declared monkey pox as a pandemic. We know that when a disease spread in several countries then it is called a pandemic. So in that sense, there have been two pandemics in this world at the same period of time. Although the number of fatality is not very high in the case of monkeypox but it has spread to more than 50 countries of the world. It is claimed that WHO has taken delayed step. According to many, when monkeypox cases began to rise high in several European countries only then WHO took it more seriously. When it was mainly concentrated in Africa, WHO was not very proactive to control the spread of the disease. But beside the controversy, we are to be careful.

In India there is no case of monkeypox yet. Union Health Secretary Sri Rajesh Bhushan wrote about Covid re-emergence to the states in early June and asked officials to keep vigil on patients influenza like illness and severe acute respiratory syndrome to detect early signs of the spread of the corona virus infection.

In the present issue we are going to discuss on celiac disease. It is caused by eating gluten. It is a chronic digestive immune disorder that damages the immunity system. Wheat, barley and rye are most common food that contain gluten. So, a celiac patient must try to avoid foods that contain gluten. It is important to discuss because the children are more affected by this disease than aged persons. At the same time at least 1 lakh persons per year are added in India in this illness. Actually celiac disease is hard to recover but it can be checked. The other story concentrates on monkeypox.

We again request you to be cautious and try to maintain some covid restriction to stay safe.

With good wishes,

Sanjib Acharya

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Celiac disease: a growing health epidemic in India

About the disease

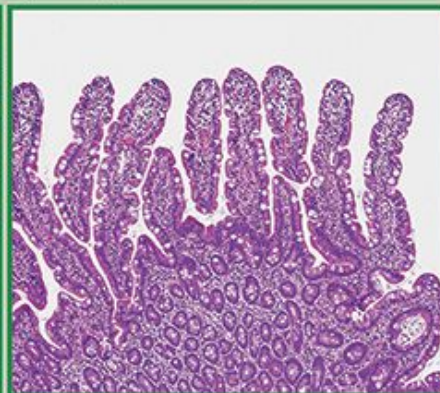
The origin of celiac disease arises due to sensitivity of gluten, a protein found in wheat, rye, barley, and sometimes in oats. The part of human body that fights diseases (immune system) hurts small intestine due to this illness. It attacks the tiny bumps (villi) that line small intestine. Without this villi small intestine cannot get enough nutrients, no matter how much food is eaten. Noticeably, it is, by and large, a genetic disease, that is, it can be passed down from parents to child.

The Indian situation

The experts in AIIMS, New Delhi reportedly said that the disease affects closed to 6 to 8 million people in India. It is a kind of an auto immune disorder occurring in people who are genetically predisposed. Another estimate points out that 1 in 100 people suffers from the disease. But experts think it is under-reported. According to them limited awareness about it is the biggest impediment to prevent it.

Symptoms of celiac disease

There are no common symptoms for the illness. In many cases persons having the illness show no symptoms. But in many cases symptoms are common like diarrhea or constipation, weight loss, gas, pale, bad smelling stool. Also there may be unexplained low blood count that makes one feel tired, infertility, early osteoporosis, teeth changing colour or losing teeth enamel. Moreover, sometimes it is painful as well. Stomach swelling or pain, muscles scramps, pain in the joints, painful itchy skin rash are



some examples. At times children who have celiac disease may not grow at a normal rate.

How to diagnose?

It is hard to diagnose as its symptoms look like symptoms of other digestive problems. Health care provider may advise for two tests. First, blood test to check the level of infection fighting cells or antibodies one has to gluten in your blood. Affected persons will have higher than normal levels of these cells. Secondly, a biopsy test which is the most accurate way of diagnosis. A tissue sample (biopsy) is taken from small intestine to check for damage to the villi. The sample is taken using tools passed through the tube and then it is tested in lab.

Treatment

The best way to check the intensity of the disease has been to stop eating gluten for the rest of life. Food habit may not be changes largely as it has very close substitutes. Then small intestine should heal completely in three to six months and villi will be back and work again. For older persons it may take up to two years for body to heal.

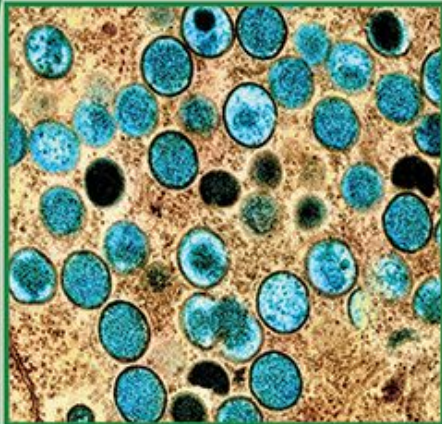
Monkeypox declared as a pandemic, Europe is highly vulnerable

A few days ago WHO declared monkeypox as a pandemic. It was mainly confined in Africa for several decades. But it has spread to Europe which Henri Kluge, head of WHO in Europe, called an "emergency event". Kluge warned against stigmatizing men who have sex with men, the highest risk group right now. The main thing is to clearly communicate the current reality of the outbreak to slow transmission of the virus.

Europe is the center of a global outbreak of the virus at present. About 90% of the confirmed cases reported there. New infections have tripled since June 15. In 31 countries there has been infection in 4,500 people. Almost 99% of monkeypox patients in Europe are men between the ages of 21 and 40.

Causes of spread of monkeypox and compare with COVID-19

It primarily spreads through closed physical contact. But there are instances have now been reported where patients did not catch during sexual contact. This is the most point of anxiety. Family members of infected individuals, heterosexuals as well as children have also caught the virus, according to Kluge. The virus can also spread through share of clothing and bed sheets. The virus can spread through respiratory droplets. It is said that it does not spread through aerosol particles like Covid 19. The droplets fall quickly the grounds but aerosol particles linger in the sir for longer period of time. Hence it is less contagious than COVID-19.



Symptoms

Monkeypox virus is in the same family of smallpox. Symptoms begin with similar to flu, such as fever, headache, soar throat, body ache, chills, exhaustion, diarrhea and swollen lymph nodes. A rash that looks like pimples or blisters then appears on their body. In this stage it is most infectious.

What about India

So far, no cases of monkeypox have been detected in India. But government has released detail guidelines of surveillance, identification confirmation and treatment of viral infection in the country.

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

CASE PROFILE: A 35 years old male patient from North Eastern states of India presented with a huge mass in right renal region, right Nephrectomy was done.

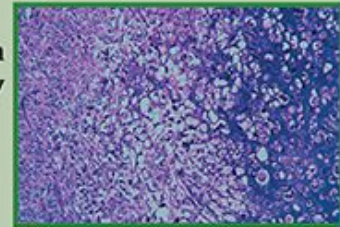
DIAGNOSIS: SARCOMATOID (ANAPLASTIC) CARCINOMA OF KIDNEY (Nuclear grade 4)

INCIDENCE: It is a rare tumour, incidence of RCC being 14.9 cases per lakh and incidence of sarcomatoid RCC is 8% of all RCC; amounting to 1.2/lakh.

MICROSCOPY: Areas of clear type of RCC was visible along with areas showing a sarcomatoid pattern with spindle cells in fascicles along with areas showing cartilaginous differentiation. Areas resembling squamous cell carcinoma is also seen.

MOLECULAR GENETICS: Most cases of RCC show a deletion of short arm of chromosome 3, beginning at 3P13. Few show translocations involving Xp11.2

PROGNOSIS: This is an extremely aggressive neoplasm. Most cases show extrarenal extension & bony metastasis at presentation.



CSR Activities & Events of SERUM throughout June 2022

Half-yearly Meeting



Jun 26: Hooghly



Jun 26: 24Pgs (N) & Nadia



Jun 25: Burdwan & Birbhum



Jun 24: Kolkata & 24Pgs (S)



Jun 17: Howrah



Jun 15: Chingrighata



Jun 12: Jharkhand



Burdwan Inds. & Asansol



Bankura & Purulia



Jun 11: North Bengal

Jun 18:
FREE Doctor's Clinic &
Diagnostic Services



Jun 30: Observed Ratha Yatra & birth & death anniversary of Dr. B C Roy, by creating Jibandebata Rath where Blood Sugar, ECG, Bone Density Test, BP & other health check-ups were done free.



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