

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. We have entered into the festival season. It will continue for several months. So wish you all very happy days this season. Try to keep your health well. In this issue, we are going to discuss one of the most important organs of the human body. Of course, we know that all organs are important for our lives as they perform very important functions for a living person. But the heart is one of the most important organs of the human body. Without a heart, one cannot live for a moment. At the same time, this organ has several surprising qualities and functions. Many people know some surprising activities of it but we think one should be aware of very unique activities of the heart. Story 1 will point out some of the most amazing activities of the heart.



The second story will discuss a very important aspect of heart disease. That is the growing threat of heart disease among women. It is generally known that women are less affected by heart diseases. This is because periodical menstruations help to keep them safe. But when menopause starts the situation may turn differently. At the same time, the number of women smokers have been rising. It is known that women with smoking habits are more prone to heart attacks or heart diseases. So, the second story will cover some information about the rising threat of women's heart problems.

The coming danger is dengue

We like to warn you of the danger of dengue. In the last few years, the world faced a severe pandemic, Covid 19. Now Covid 19 fades but dengue is increasing in our state and some other parts of the country. In West Bengal, the number of cases has crossed the 15,000 marks as 26th September. The Government of the state has been taking the matter very seriously. Several diagnostic centres have been very active in examining the blood of the persons coming to these centres for examinations. Some districts, like Kolkata, 24 Parganas, Howrah, Hooghly, Murshidabad, and Darjeeling are reporting more cases, according to reports. The laboratories of SERUM Analysis Centre are also very careful to deal with the situation and are open 24 hours a day.

This is why we like to request you be very careful about the danger of dengue and follow the protective measures so that you can remain unaffected.

Thanking you

With best wishes,

Sanjib Acharya

For more details, visit: www.sserumanalysiscentre.com | Follow us at



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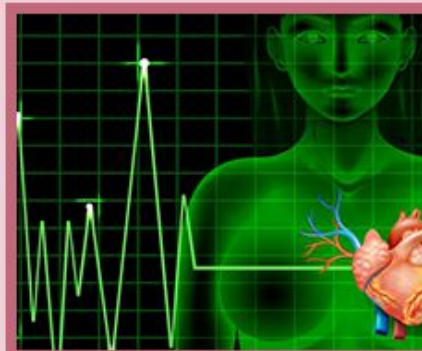
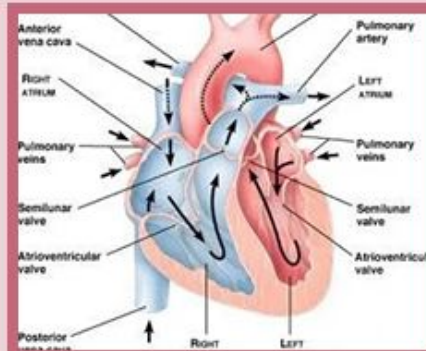


Some interesting and less known facts about heart

For heart-related matters, one must have heard about the cardiovascular system. What does it mean? It simply means the system that consists of the heart and a network of arteries and veins. The human heart is in the central position and responsible for pumping blood, supplying oxygen to nutrients, and removing metabolic waste like carbon dioxide from all the tissues in the body. This is why even a small problem with the function of the heart may create serious consequences in the human body.

Some interesting facts about heart

1. On average, an adult's heart beats 72 times a minute. Women's heart beats slightly faster than men's heart, which beats 80 per minute.
2. A normal heart weighs 11 ounces. A man's heart is 2 ounces heavier than that of a woman. It can pump 2000 gallons of blood a day. If one stretches out his/her blood vessel system it would extend over 60,000 miles.
3. Heart cells generally do not divide. It means heart cancer has been an extremely rare case.
4. Blood in the human body takes six seconds to go from the heart to the lungs and back, eight seconds to go to the brain and back, and 16 seconds to reach the toes and travel all the way and come back to the heart.
5. There is only one living organ, the cornea, that receives no blood supply from the heart.



6. The first open heart surgery occurred in 1893 and the first pacemaker was used in 1958.
7. The youngest person to receive heart surgery was only a minute old.
8. The fairy fly has the smallest heart of any living creature and whales have the largest heart of any living creature.
9. An interesting creature American pygmy shrew is the smallest animal but it has the fastest heartbeat at 1,200 beats per minute.
10. It is known that most heart attacks happen on a Monday. Again, Christmas Day is the most common day of the year for heart attacks to happen.

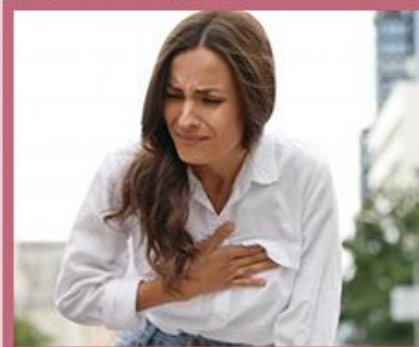
Heart disease in women rising alarmingly

It is generally thought that men are more prone to heart diseases. It is numerically true even today. But the rising incidence of heart disease among women has been a cause for concern. This has been particularly true for women who use tobacco sharply. This is primarily because tobacco use sharply declines HDL or good cholesterol. This markedly increases the risk of heart attacks among women, according to experts (Indian Express, 27th September for example).

Why men are more affected by heart problems?

Firstly, men's lifestyle has increased the chance of heart disease. Secondly, most of the research on heart diseases is male-dominated and women's cases are less studied. According to Dr. K Srinath Joshi, president, Public Health Foundation of India, prior to menopause, hormonal influences were protective in women. But after that phase women are not very different from men in this matter. Around the world, common ways by which women can suffer have been coronary heart disease and cardiovascular diseases. The former means heart attack and the latter refers to brain strokes. High blood pressure has been a widespread phenomenon among women.

An interesting fact that Dr. Joshi has pointed out has been the nature of the accumulation of body fat. For men, it accumulates in the abdomen. Women tend to have more fat around the hips than in the abdomen. But this distinction was abolished for women addicted to tobacco. In that case, women become physically inactive, grow obese, are highly stressed, less sleep, and develop diabetes. That increases the risk of a heart attack at a relatively young age.



Symptoms for heart problems for women are at times different from that of men

A common symptom of heart problems for men has been mainly, chest pain. But for women, the pain may be in the upper back, neck, lower jaw, arm, or upper abdomen rather than in the chest. In India, several studies indicate that women are increasingly prone to cardiovascular diseases, particularly it is more prevalent in urban areas. Cardiac arrest is more common for women than that for men. Cardiac arrest is different from a heart attack. Cardiac arrest means an electrical problem where the heart stops working altogether leaving the person with no pulse and unconscious.

Important research helpful for our conclusion

A study result published in the American Journal of Preventive Cardiology, Volume 2, June 2020 by Kiran Gaur and Gupta observed that Ischemic Heart Disease was increasing more rapidly among women than men in India and there was sex-associated convergence.

That was associated with a greater increase in overweight, diabetes, tobacco use, and periodontal infections in women.

CSR Activities & Events of SERUM throughout September, 2022



SERUM Sharod Baran, 2022



Sept. 2: Inauguration of the replica of the 13th SERUM Sharod Samman, 2022 at Press Club, Kolkata



Sept. 10: Free Health Checkup by Dr. Shekhar Ghosh at Serum Auditorium.



Sept. 21: Annapurna Bhandar for the underprivileged section of the society where food materials & sarees were distributed.



Sept. 23: Birthday celebration of Shri Sanjib Acharya, CMD, SERUM Group.



Sept. 23: Shri Sanjib Acharya, CMD, SERUM Group at the Food and Saree distribution program at the Bowbazar Friends Society



Sept. 25: Sri Sanjib Acharya distributed T-Shirts to the potters and helpers at Kalighat on Mahalaya.



Sept. 25: Sri Sanjib Acharya distributed prize to Students along with health cards in B K Paul Avenue, Kolkata at Ahiritola Banga Vidyalaya organised by Korok Foundation



Sept. 27: Sri Sanjib Acharya was present at the Shyama Khuti Puja at Brindaban Bose Lane



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