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Tobacco Aside, E-Cigarette Flavorings May Harm Blood Vessels

Flavoring chemicals widely used in e-cigarettes and other tobacco products may be toxic to the cells that line and regulate blood vessel function. The adverse effects observed with chemical flavor additives on endothelial cells could be early warning signs of future heart disease, researchers say. The health effects of "combustible" tobacco products including traditional cigarettes and hookah are well-established, but the potential dangers of e-cigarettes have not yet been extensively studied. E-cigarettes are battery-powered devices that heat a liquid -- including tobacco-derived nicotine, flavoring and other additives -- and produce an aerosol that is inhaled. Nine chemical flavorings -- menthol (mint), acetylpyridine (burnt flavor), vanillin (vanilla), cinnamaldehyde (cinnamon), eugenol (clove), diacetyl (butter), dimethylpyrazine (strawberry), isoamyl acetate (banana) and eucalyptol (spicy cooling) -- which are widely used in e-cigarettes, hookah, little cigars and cigarillos were tested for their short-term effects on endothelial cells, the cells which line the blood vessels and the inside of the heart. Researchers found all nine flavors were dangerous to cells in the laboratory at the highest levels tested and all the flavorings impaired nitric oxide production in endothelial cells in culture (outside of the body). Several of the flavorings -- menthol, clove, vanillin, cinnamon and burnt flavoring -- resulted in higher levels of an inflammatory marker and lower levels of nitric oxide, a molecule that inhibits inflammation and clotting, and regulates vessels' ability to widen in response to greater blood flow. "Increased inflammation and a loss of nitric oxide are some of the first changes to occur leading up to cardiovascular disease and events like heart attacks and stroke, so they are considered early predictors of heart disease," said lead study author Jessica L. Fetterman, Ph.D., assistant professor of medicine at Boston University School of Medicine in Massachusetts. "Our findings suggest that these flavoring additives may have serious cells were collected from volunteers users; six non-menthol and six men in the lab. Researchers found that tar deficit in nitric oxide production called A23187. Nonsmokers' cells clove flavoring also had impaired those flavorings cause damage like team also exposed commercially-cells to the flavorings. Burnt flavor, impaired nitric oxide production and called interleukin-6 (IL-6) at all con-endothelium is particularly sensitive the cells increased IL-6 at high con-ven at low doses. In smokers, sci-disease between menthol and non-cigarette smoke is overwhelmingly is certainly not a benign player, est levels tested, all nine chemicals levels cinnamon, clove, strawberry, Dimethylpyrazine/strawberry flavor els, suggesting endothelial cells are especially sensitive to it. Vanillin and eugenol also increased oxidative stress in the cells. Three flavorings were tested when heated, to mimic what happens in e-cigarettes. Nitric oxide production was impaired with vanillin and eugenol, but not with menthol. "Our work and prior research have provided evidence that flavorings induce toxicity in the lung and cardiovascular systems. Flavorings are also a driver of youth tobacco use and sustained tobacco use among smokers," Fetterman said. A key strength of the new research was that it directly tested effects of just the flavorings, at levels likely to be reached in the body. Limitations include the fact that testing did not heat all the flavorings or include other chemicals used in e-cigarettes. Also, the study gauged just the flavorings' short-term effects and captured these with cells outside the body, not inside. "We still don't know what concentrations of the flavorings make it inside the body," Fetterman said. Most adult e-cigarette users are current or former combustible cigarette smokers who may use e-cigarettes as an aid in smoking cessation or as a harm-reduction tool. In addition, e-cigarette use by youth is rising rapidly with 37 percent of high schoolers reporting they have had an e-cigarette in 2015. Flavored tobacco products are a major driver of experimentation among youth. The American Heart Association cautions against the use of e-cigarettes, stating that e-cigarettes containing nicotine are tobacco products that should be subject to all laws that apply to these products. The Association also calls for strong new regulations to prevent access, sales and marketing of e-cigarettes to youth, and for more research into the product's health impact.



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had that effect even at very low lev-

entists don't see differences in heart menthol users -- probably because toxic, Fetterman said. "But menthol based upon our work." At the high-caused cell death, while at lower banana and spicy cooling flavor did.



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Easy Exercises For Back Pain Relief

Back pain problems are amongst the most common medical conditions faced by millions. Fortunately, they are treatable, especially if the causes are diagnosed. Some of the common causes are muscle strain, ruptured disc, constricted spinal canal and osteoporosis. Most people recover without medication or surgery by not straining the spine, using ice packs or hot water bottles to ease the pain. An easy method of relief from back pain is with the help of exercises; some simple examples follow: **Lying on the back:-** Lie with your back on the floor with pillows under your head. Place a chair close enough to enable you to bend your knees and rest them on the seat of the chair. This takes pressure off the back. **Bending from a chair:-** Sit on a chair and lean forward to stretch, placing the palms on the feet, while keeping the head down and the neck relaxed. Hold this position for ten to thirty seconds. Then use your hands to push yourself upright. This exercise is to be repeated thrice at a stretch. **Cat bend:-** Begin this exercise by getting down on the hands and knees. Arch the upper back upwards, put your head down and contract your stomach muscles. This position should be held for five seconds. Continue by raising your head and dropping your back to the original position, taking care that the pelvis is not pushed forward to avoid a swayback. This position should be held for fifteen seconds and repeated three times at one go. **Single knee to chest:-** Lie flat on your back, then raise and pull your right knee forward towards your chest using your hands. Hold this position for ten seconds. This knee should then be put back on to the floor. Next, the left knee should be pulled forward to the chest in the same manner and held in that position; following this the legs are lowered. This exercise should be repeated thrice on each side. **Mid back stretch:-** In this exercise the person should stand upright with hands on the hips, and knees shoulder width apart. Following this, twist from the waist towards the right and turn your neck in the same direction as far as you can manage with comfort. Hold for ten seconds while breathing normally. Next do the exact opposite, this time twisting from the waist towards the left. **Tips for people suffering from back pain:-** When lifting heavy objects, do not lift by bending over, instead, bend the hips and squat • Lift heavy objects by keeping the back straight and holding the object close to the body • Do not twist the body while lifting • Push rather than pull while moving a heavy object • If you go for a long car journey or sit at a desk for extended lengths of time, try and remember to consciously take breaks and stretch • Keep in mind that flat soles with low heels help in avoiding back pain.

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पेरिफेरल वैस्कुलर इंटरवेंशन सर्जरी द्वारा किया हाथों की नसों का इलाज



उ.प्र. आयुर्विज्ञान विश्वविद्यालय सैफई के कार्डियो वैस्कुलर एवं थोरोसिक सर्जरी द्वारा मरीजों के बाँये हाथ की बन्द हो चुकी नसों का ऑपरेशन कर हाथ को कटने से बचा लिया गया। यह ऑपरेशन पेरिफेरल वैस्कुलर इंटरवेंशन विधि द्वारा हार्ट सर्जन अमित सिंह एवं उनकी टीम द्वारा किया गया। ऑपरेशन के बाद मरीज मुमताज की नसों में फिर से रक्तस्राव शुरू हो गया। सफल ऑपरेशन पर विश्वविद्यालय के कुलपति (ब्रिगे.) टी. प्रभाकर, प्रतिकुलपति डॉ. रमाकान्त यादव, संकाय अध्यक्ष डॉ. अभय सिन्हा, कुलसचिव पंकज कुमार जैन, चिकित्सा अधीक्षक डॉ. आदेश कुमार, फ़ैकल्टी मेम्बर तथा विश्वविद्यालय के पीआरओ अनिल कुमार पाण्डेय ने डॉ. अमित सिंह एवं उनकी टीम को बधाई दी। ऑपरेशन करने वाले हार्ट एवं इन्फ़ेक्शन सर्जन डॉ. अमित सिंह ने बताया कि औरैया निवासी 28 साल की मुमताज के बाँये हाथ की खून की नसें कलाई से ऊपर बन्द हो गयी थीं। ऐसा कुछ दिन पहले उन्हें बुखार में गँव के ही किसी व्यक्ति द्वारा बाँये हाथ में गलत इंजेक्शन देने के कारण हो गया था। इंजेक्शन दिये जाने के बाद उनके हाथों में दर्द होने के साथ ही रक्त प्रवाह भी बन्द हो गया। जिससे हाथों की अंगुलियों में सड़न शुरू होने लगी थी। परिजनों द्वारा औरैया में दिखाया गया लेकिन आराम न मिलने पर उन्हें विश्वविद्यालय के कार्डियो वैस्कुलर एवं थोरोसिक सर्जरी विभाग में रेफर कर दिया गया। विभिन्न जाँचों के बाद उनके बाँये हाथ की नसों का तत्काल पेरिफेरल वैस्कुलर इंटरवेंशन द्वारा सफल ऑपरेशन कर उनके हाथ को कटने से बचा लिया गया। विश्वविद्यालय के कुलपति डॉ. (ब्रिगे.) टी. प्रभाकर ने बताया कि विश्वविद्यालय के कार्डियो वैस्कुलर एवं थोरोसिक सर्जरी विभाग में हाथ, पैर, पेट व गले की नसों के अवरोध का उपचार बिना चीर-फाड़ के मिनिमली इन्वेसिव तरीके से किया जाता है। उन्होंने यह भी बताया कि इस प्रकार की इंटरवेंशन की आधुनिक तकनीक देश के कुछ गिने-चुने चिकित्सा संस्थानों में ही उपलब्ध है। इस तकनीक से प्रदेश में सर्वाधिक मरीज विश्वविद्यालय के कार्डियो वैस्कुलर एवं थोरोसिक सर्जरी विभाग में इलाज कराकर लाभान्वित हो रहे हैं।

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