



SERUM TIMES

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SERUM MEDICAL BULLETIN

From the desk of the Editor-in-Chief

COVID-19 anxiety again- be cautious but do not panic.

Dear Readers/Doctors,

Hope you are well. Perhaps you are anxious about the emergence of COVID again. But this is not a time to panic, as COVID is not as fatal as it was earlier. The scientists had predicted that when the virus returned again, it would lose its strength and would stay on Earth as many other viruses that were once very fatal. So, I tell you not to be worried very much. But you can maintain some restrictions that the government has been telling us.



We are to be rather more cautious about the diseases in the rainy season. In the rainy season, many diseases are prevalent. These include cholera, typhoid, and gastroenteritis. These are all waterborne diseases that are more active in humid conditions and in stagnant water. Also, one has to be cautious about mosquito-borne diseases like dengue, malaria, and chikungunya. In this season, problems of respiratory infection like common cold, flu, and viral fevers are common. All these diseases may be mild or severe, and, in some cases, some are life-threatening.

Precautions to be taken

So, do not allow stagnant water in and around your home. Follow a healthy diet, boiled water, if possible, keep yourself clean and wash your hands and face frequently, drink plenty of water, and keep food covered all the time. Eat less oily and spicy food. Moreover, avoid crowds, people with infections. Consult a doctor if needed.

In this issue, we have chosen two important matters for discussion. Story 1 explains a very common health problem, which is anaemia. This is one of the most common health problems. The National Family Health Survey-5 data indicate that 67.1% of children aged 6 to 59 months and 59.1% of adolescent girls (15-49 years), as well as 25% of men (15 to 49 years), are anaemic. Some of the challenges of this vital problem have been regional disparities, socioeconomic factors like children and women from lower backgrounds are more suffered, and micronutrient deficiencies like iron, folic acid, and vitamin B12 deficiencies. So, public health management should be better.

Story 2 touches upon a health problem on which many people, including health experts, have misconceptions. New research at Brigham University in Provo has reportedly observed that sugary drinks raise the risk of type-2 diabetes in a big way. This is a known matter. But the role of sugar contained in solid foods or eaten with them may actually lower the risk of developing sugar-related diseases. This is a path-breaking observation, according to many.

Thank you, all readers.

Sanjib Acharya

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Anaemia: a common disease, but it may be fatal in many cases

Story 1

Anaemia refers to a condition in which one's blood produces a lower-than-normal amount of healthy red blood cells to carry oxygen throughout one's body. Anaemia is not an uncommon disease. Even mild anaemia is a common and treatable condition that can develop in anyone. In many cases, it may come about suddenly or within a period. At the same time, anaemia may be chronic. Then it may last a long time and may never be cured completely. In many cases, anaemia is inherited. But the most common type of anaemia is iron-deficiency anaemia.

Many women are at high risk of anaemia

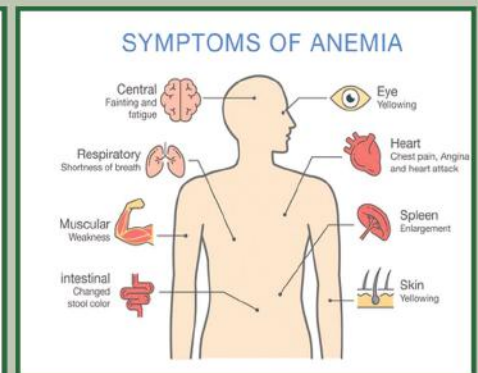
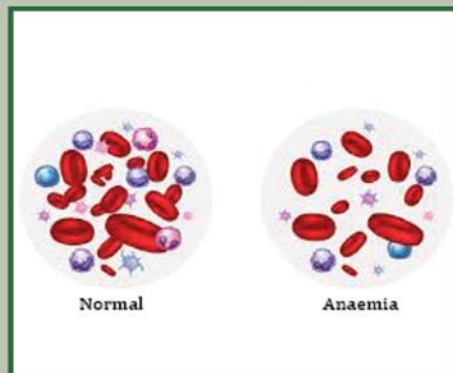
Women are at high risk of anaemia. This is more common for women during their menstrual periods and pregnancy. Women, including those who do not get enough iron or certain vitamins, are at high risk of anaemia. Moreover, those who take some medicines are also at high risk.

Symptoms of anaemia

A person with it does not get enough oxygen-rich blood. So, the lack of oxygen can make him/her feel tired or weak. In that case she/he may also have shortness of breath, dizziness, headaches, or an irregular heartbeat. Additionally, chest pain, frequent infections, pallor, i.e., skin colour paler than usual, and pulsatile tinnitus are also some of the symptoms of anaemia.

Causes of anaemia

The most common cause has been iron-deficiency anaemia, the primary reason for which is insufficient intake of food with iron-rich elements. On the other hand, if one loses blood from injury or illness. There are two types of anaemia, acquired and inherited anaemia. Acquired anaemia happens in one's lifetime. First, if



any chronic disease happens that makes it hard for the body to use the iron it needs to make red blood cells. Secondly, the immune system attacks one's red blood cells and causes an autoimmune haemolytic anaemia. Thirdly, when bone marrow makes unusually large red blood cells and that may cause anaemia. Fourthly, one may have fewer red blood cells than usual. Fifthly, anaemia may happen due to vitamin B12 deficiency.

Some chronic diseases create anaemia. Autoimmune diseases, cancer, inflammatory bowel disease, kidney disease, liver and thyroid diseases are some of these. There are so many reasons behind the emergence of anaemia in one's body.

How to test anaemia

Some of the common tests are complete blood count, as well as the size and shape of blood cells, performed by the pathologists. The haematocrit test is used to determine the percentage of red blood cells in blood. Also, there is a reticulocyte count to know if one's bone marrow is producing enough healthy red blood cells.

Sugary drinks raise the risk of type 2 diabetes, but sugar eaten in foods does not- a new study observes

Story 2

A large study at Brigham University in Provo, Utah, collaborated with Paderborn University and the University of Freiburg in Germany, and has reportedly observed that sugary drinks raise the risk of type-2 diabetes in a big way. But the role of sugar contained in solid foods or eaten with them may actually lower the risk of developing diabetes. The specialty of the observation has been path-breaking. Common consideration has been that one should take sugar-containing solid food in a measured way, particularly for those who are at risk of diabetes.

So, the study reveals a beneficial role of sugar in a balanced healthy diet, as long as it does not include sweetened liquids such as soft drinks or fruit juice. Actually, the experts say that there is no safe level of sugar-sweetened beverage consumption when it comes to managing the risk of developing type 2 diabetes.

The study challenges the popular narrative that all sugar is inherently harmful

The researchers considered the findings of 29 different studies conducted in Europe, the USA, Asia, Australia, and Latin America. The study found that for each 12-ounce daily serving of a sugar-sweetened drink, the risk of diabetes increased by 25% relative to their existing level of risk. According to the research in a recent online medical journal, for each serving of fruit juice, the risk of diabetes increases by 25% in the meta-study. A surprising result came out in this study. The researchers found that an intake of 20 grams of sugar per day had an inverse relationship to the risk of developing type 2 diabetes. So, the study found that eating sugar may actually make a person less likely to develop diabetes. The science behind the new findings

One scientist, Karen Della Corte of Brigham Young University, reportedly said about the study that when sugar



was dissolved in liquid, it flooded the system fast, and that rapid delivery overwhelmed the body's ability to process it healthily. She also said that sugary drinks deliver large amounts of sugar quickly and without any of the components that would normally slow down digestion, like fibre, protein, or fat. The liquid sugars were absorbed quickly, leading to sharp blood sugar spikes and insulin responses.



CSR Activities & Events of SERUM throughout June, 2025



Jun 8: Sri Sanjib Acharya at the Blood Donation Camp organised by Oikotan at Ahiritola Street & Nather Bagan Lane Xing



Jun 21: Celebration of Barsha Baran, 2025 at SERUM Auditorium



Jun 26: SERUM Jiban Debta Rath, 2025 where free helath checkups with Doctor's consultation were provided

Half-yearly Meeting



Jun 14: For Kolkata & South 24pgs



Jun 15: For Howrah & Medinipore



Jun 22: For North Bengal & Lower Assam



Jun 28: For South 24pgs & Kolkata



Jun 29: For Jharkhand



Jun 29: For Bankura & Purulia



Jun 29: For Burdwan (Industrial) and Asansol



Jun 29: For Burdwan (Rural) and Birbhum



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