



SERUM TIMES

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SERUM MEDICAL BULLETIN

From the desk of the Editor-in-Chief

Beware of type 2 diabetes among teenagers and young adults

Dear Readers/Doctors,

Hope you are well. We will be entering the festive season with Vishwakarma Puja on 17th September and concluding with Swaraswati Puja. In all the issues, we give some caution about your health and give dos and don'ts. We will discuss how to be safe in the festive season in the next issue, although our biggest festival, the Durga Puja, will start early this year, at the end of September. So, we request you to maintain rainy season health precautions.



We would like to make you aware of a growing health concern in our country. It is a common thing that many elderly people suffer from diabetes, especially type 2 diabetes. It occurs when one's glucose or sugar level is too high. Blood sugar is the main source of energy, which mainly comes from the food one eats. Insulin, a hormone made by the pancreas, helps glucose get into human cells to be used for energy. In type 2 diabetes, one's body does not make enough insulin or does not use insulin well. Too much glucose then stays in the blood and not enough reaches one's cells.

The main reason for type 2 diabetes has been a change in lifestyle, diet, physical activity, etc. Not only in the urban areas, even in the rural areas, diabetes has been rising because of the increasing practice of sedentary lifestyle. One published estimate projects that India ranks 2nd globally for the incidence of type 2 diabetes, with 397 per 1 lakh people in 2021. So, we request you to encourage a lifestyle that limits a sedentary lifestyle by increasing physical activities, eating healthy fiber-rich foods like vegetables and fruits, and whole grains, reducing sugar drinks and processed drinks, and promoting water drinks. This can save our next generation.

In this issue, we have discussed two important health matters. Story 1 touches upon a disease called alexia. It is a condition affecting the human brain that makes it difficult for someone to recognize or read written words or letters. This happens as a result of brain injury or damage. Story 2 has been about an advancement in research on Parkinson's. The scientists are yet to examine humans, but if they are successful on humans. A vast number of people, particularly the elderly, may get huge relief if they are going to have Parkinson's. We request that you read the stories carefully.

With regards to all of you

Sanjib Acharya

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Alexia - improvement possible, but a definite cure is yet to be discovered

Story 1

Alexia is a rare condition where a person cannot read written or printed words. This is why it is also called "word blindness". This happens due to brain injury, damage, or trauma. Specialists say alexia is an acquired disorder where affected patients can spell and write words and sentences, but cannot read or comprehend written language. So, writing skills, speech production, and comprehension may be retained in many cases.

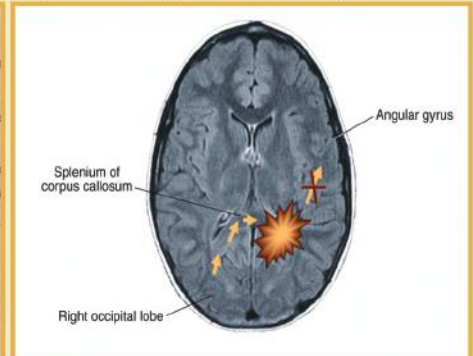
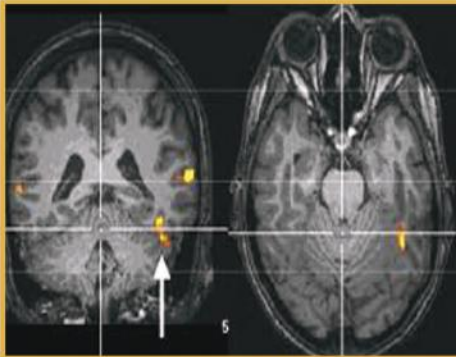
Alexia is a result of brain injury or damage. This happens, generally, from cerebral vascular accidents affecting the dominant hemisphere. This disorder is usually associated with other comprehension defects like 1) agraphia, that is, inability to write, 2) acalculia, that is, inability to complete arithmetic, 3) aphasia, i.e., spoken language and language recognition deficit. Studies have found that alexia without agraphia, that is pure alexia, means the loss of ability to understand written language but maintain the ability to spell and write. In this case, patients can write a full sentence, but then they cannot read back what was just written.

How to evaluate the status of the problem

First, to go for a physical examination to assess reading frequency and comprehension, and spelling level by allowing a patient to read a short story and then assessing her/his comprehension ability of the material. Secondly, patients have to undergo neuroimaging with a computed tomography (CT) scan or MRI to localize the affected area, severity, and acuity in both eyes. There are a few more tests, if needed, to assess the problems when complexity arises for diagnosis.

Treatment or management for the disease

The treatment and management of alexia are focused on rehabilitation strategies to improve reading. The



treatment modality for alexia depends on the neuroanatomical area affected. Patients can recognize letters, then a letter-by-letter approach to reading is used, where each letter is sounded out. These tactics will increase the reading speed. It is known that multiple oral therapies and tDCS therapy may have sped up the improvement of reading recovery with pure alexia.

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Another has been a multi-component programme. This includes sight word drills, modified multiple oral reading procedures, functional reading tasks, and modified, etc. These have effectively promoted substantial improvements. Additionally, audiovisual reading training has effects on improving reading speed and behavioural changes of the patients.

It is to be noted that although several methods of treatment can improve the condition of the patients with alexia, a definite cure for the disorder is yet to be discovered.

A new breakthrough in Parkinson's research- possibility of early detection and treatment emerges.

Story 2

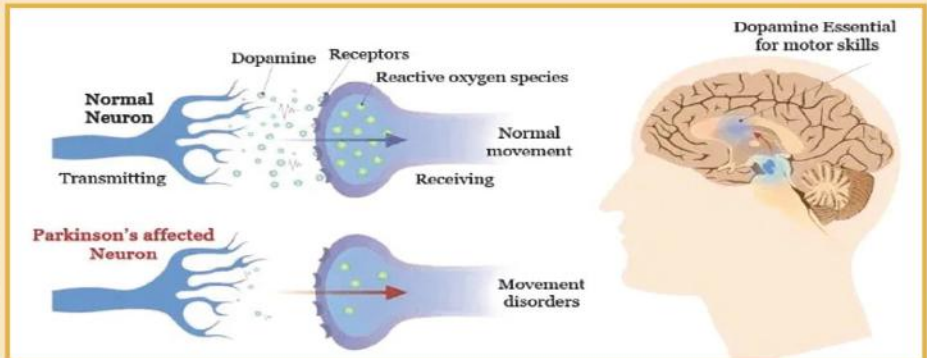
It is claimed that there have been two significant advancements in Parkinson's research that may create new hope for more than one crore people, mainly older people, around the world. Scientists have developed two important matters about it. One has been a very simple skin test that could detect Parkinson's several years before symptoms appear. This study was done by the scientists of the University of Manchester. Two, there has been a weekly injection that could be a substitute for the problem of intake of several pills every day. The discovery of the injection was made in Australia. But mind that the research is yet to be examined on humans.

About Parkinson's disease

Parkinson's disease is a movement disorder of the nervous system that worsens over time. It is known that the nervous system is a network of nerve cells that controls many parts of the body as well as movement. In the early stages of Parkinson's disease, it is barely noticeable. Tremor is common in this disease, but later stiffness, slowing of movement, and trouble with balance raise the risk of falls.

The details about the new breakthrough

The report about this has been published in Medical News Today recently. For early detection of the disease, the researchers have focused on sebum as the center of attention. Sebum is the oily substance that a person's skin produces. The researchers found that skin swabs can identify specific chemical compounds that differ in people with Parkinson's. It is known that one scientist, Joy Milne's six years earlier the work, has been the main guiding force behind the latest advancement. The lead researcher of this study at the University of Manchester, Dr. Dhruvad Trivedi, reportedly said, "The test that is a simple skin swab can potentially be the first test to detect Parkinson's before all the clinical signs start appearing".



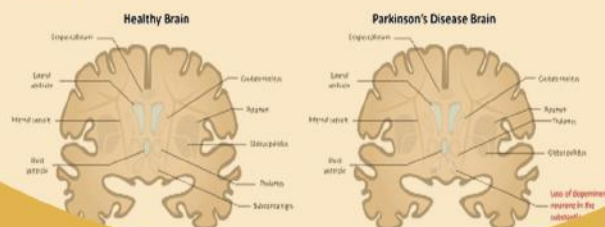
The discovery of Australian researchers is also a path-breaking discovery in this field of research. They have developed a weekly injection instead of multiple pills that are needed for Parkinson's patients.

But one thing has to be noticed. The latest research is still considered a primary level discovery, as it has yet to be proved whether the process of treatment has been effective for humans. But the advancements have so far has already created a new hope for crores of people around the world.

Parkinson's disease treatment so far cannot fully cure it

The disease cannot be cured. Medicines may help symptoms get better, according to experts.

The causes behind this are not fully known, but genetic factors, particularly when many family members have these problems, and environmental factors can be reasons behind. The order is yet to be discovered.



CSR Activities & Events of SERUM throughout August, 2025



Aug 2: Sri Sanjib Acharya at the blood donation camp organised by Shyambazar Nababikash



Aug 2: Sri Sanjib Acharya was present at the - A Tribute to the Legendary Singer Kishore Kumar



Aug 6: Sri Sanjib Acharya at the Thalassemia Awareness Camp at DAV Model School, Asansol



Aug 9: Sri Sanjib Acharya at the blood donation, health checkup & eye donation camp



Aug 15: Mega Car Rally from Shyambazar to Chandannagar to eradicate Thalassemia from the society on 79th Independence Day



Aug 20: Sri Sanjib Acharya at the Free Health Checkup Camp organised by Hindu Satkar Samity



Aug 24: Sri Sanjib Acharya at the Blood Donation Camp organized by Sobhabazar Gupatty Welfare Society



Aug 24: Distribution of life-saving medicines to Thalassemia Patients organised by Dakshindari Youth



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