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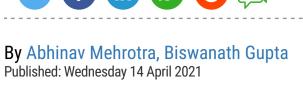
Tika Utsav and Vaccine Maitri: Finding the right balance 67% medicines produced in India are exported to developing countries f in (S) (6)

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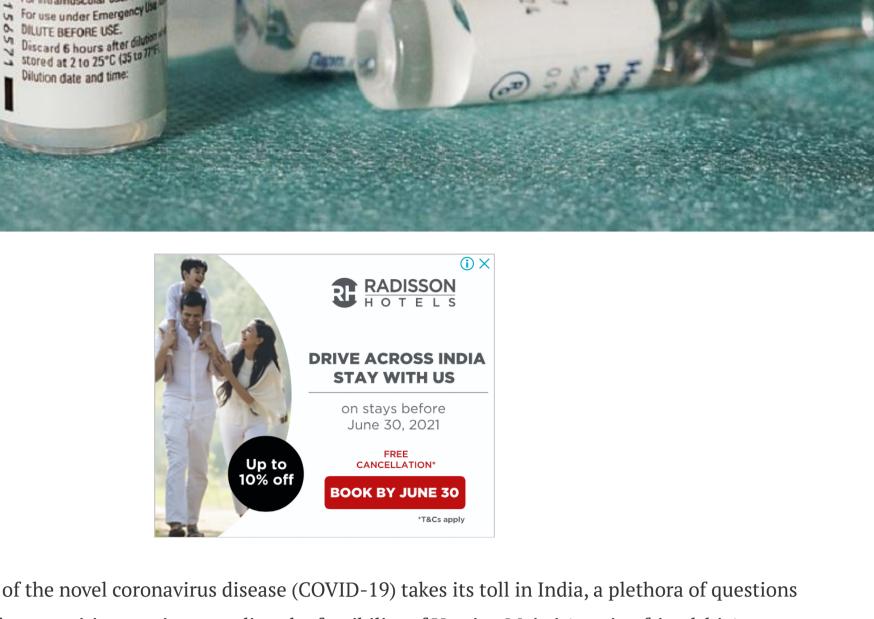


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This is something that India has done in the past as well, inspired by its ancient philosophy Vasudeva *Kutumbakam* that means the world is one family, especially in times of disaster and distress. According to Medicine sans Frontier, 67 per cent of medicines produced in India are exported to developing countries. Moreover, out of total tourists arriving in India in 2019, 6.4 per cent come for medical treatment in India. The prime challenge that Covid-19 has thrown to the civilisation is the restriction over travelling from one part of

is under serious crisis due to restriction of our movements.

The second option is obviously better for any country. Therefore, speedy vaccination is essential for saving our life and economy. But the Indian economy has close connections with its neighbouring countries. Therefore, unless herd immunity develops there as well, it is very difficult for us to restrain this virus.

COVID-19 management in the country. Coming back to Vaccine Maitri initiative, India not only exported doses of vaccines but also collaborated with its neighbours on vaccine trials by making its medical and public health expertise and capacity available to the

There have been doubts regarding the effectiveness of vaccines. These doubts have been based on the assumption that the government is trying to hide, through advertisements and other means, that many who have taken vaccines do not exhibit side effects. There are also doubts regarding the durations between vaccine doses. Though, the government came out with

clarifications, this direction of the government, somehow, is not clear in the mind of the people. Such

other countries, then such benefits must reach the citizens of the country as well.

the vaccine-producing companies from responsibility.

long-term benefits of "Tika Utsav".

its citizens.

diabetes

By Cecil Jack Weale

Published: Wednesday 14 April 2021

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What needs to be understood is how to find the balance between exporting vaccines as a common good, as well as avoiding the negative repercussions of the Vaccine Maitri initiative on the vulnerable Indians. It cannot be emphasised enough that the vaccine diplomacy will work well if India produces adequate doses for

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Seen in this light, the central government needs to assume the role expected from it to ensure that COVID-19 appropriate behaviour is followed by wearing masks and maintaining social distancing.

Further, the government must ramp up medical infrastructure and intensify vaccination drives by supplying

adequate vaccines to the state governments. It should also help people overcome vaccine hesitancy and ensure

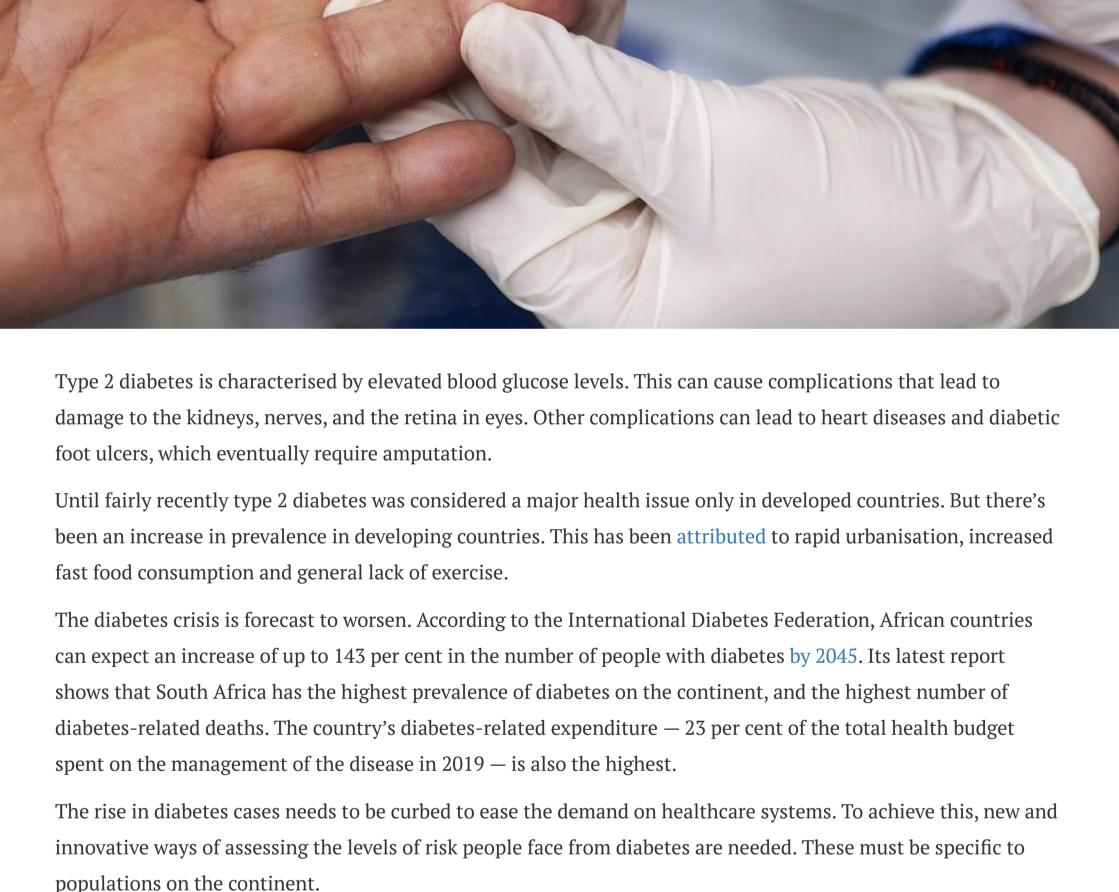
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We're on the hunt for novel ways to assess the risk of type 2

How well can miRNA expression analysis perform in identifying prediabetes and full-blown diabetes?

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aim is to measure how well, or poorly, their body is able to return their glucose levels back to normalcy. There are also concerns about the overall accuracy of these tests. (i) X

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Diabetes diagnosis and management

ethnicity and anaemias.

us to certain diseases.

diabetes.

HbA1c test. But these have serious shortcomings.

All this points to the need for novel, and more sensitive approaches to diabetes diagnosis and therapy. One area of research that appears to offer the promise of a solution is the booming field of epigenetics. This field of study looks at how our behaviours and surrounding environment may induce genetic changes that predispose

For its part, studies have shown that the results of the HbA1c test may be compromised by factors such as age,

genetic make-up and the environments we live in. Doing this will redefine therapies and management of lifestyle diseases and curb their growing prevalence. One such avenue is research in miRNAs. MicroRNAs in prediabetes and type 2 diabetes In a recent study we identified miRNAs — specifically two, 30a-5p and 182-5p — which are associated with abnormal glucose levels. We screened three separate groups: a control group with normal glucose levels; a

prediabetic group of people with intermediate glucose levels; and a group of people with newly diagnosed type 2

We observed higher levels of the miRNAs in the prediabetic and diabetic groups, in comparison to the normal

reason, people with early-stage diabetes have higher levels of these miRNAs. This could indicate that this is

either a compensatory response by the body to curb the disease progression, or a knock-on effect of disease

group. There was more of an increase in the prediabetic group versus the normal group. This told us that for some

progression. Either way, our results showed that measuring the expression of these miRNAs could be used as a tool for potentially identifying people with prediabetes. Our next question was: How well can miRNA expression analysis perform in identifying prediabetes and full-

that the miRNA 182-5p outperformed the HbA1c test in distinguishing prediabetes. This demonstrated that the miRNAs, in particular 182-5p, could be considered as potential novel biomarkers in identifying people at risk of developing diabetes early enough for interventions to be implemented.

In the light of advances in epigenetics research, doors are slowly beginning to open when it comes to

personalised treatment regimens and disease management. Considering the influence our surrounding

Our findings are important because they underscore why personalised approaches and interventions offer potential solutions to designing innovative new breakthroughs in medicine. Identifying genetic trends that are specific to our population, such as these miRNAs, may improve overall diagnostics, therapy and management of type 2 diabetes.

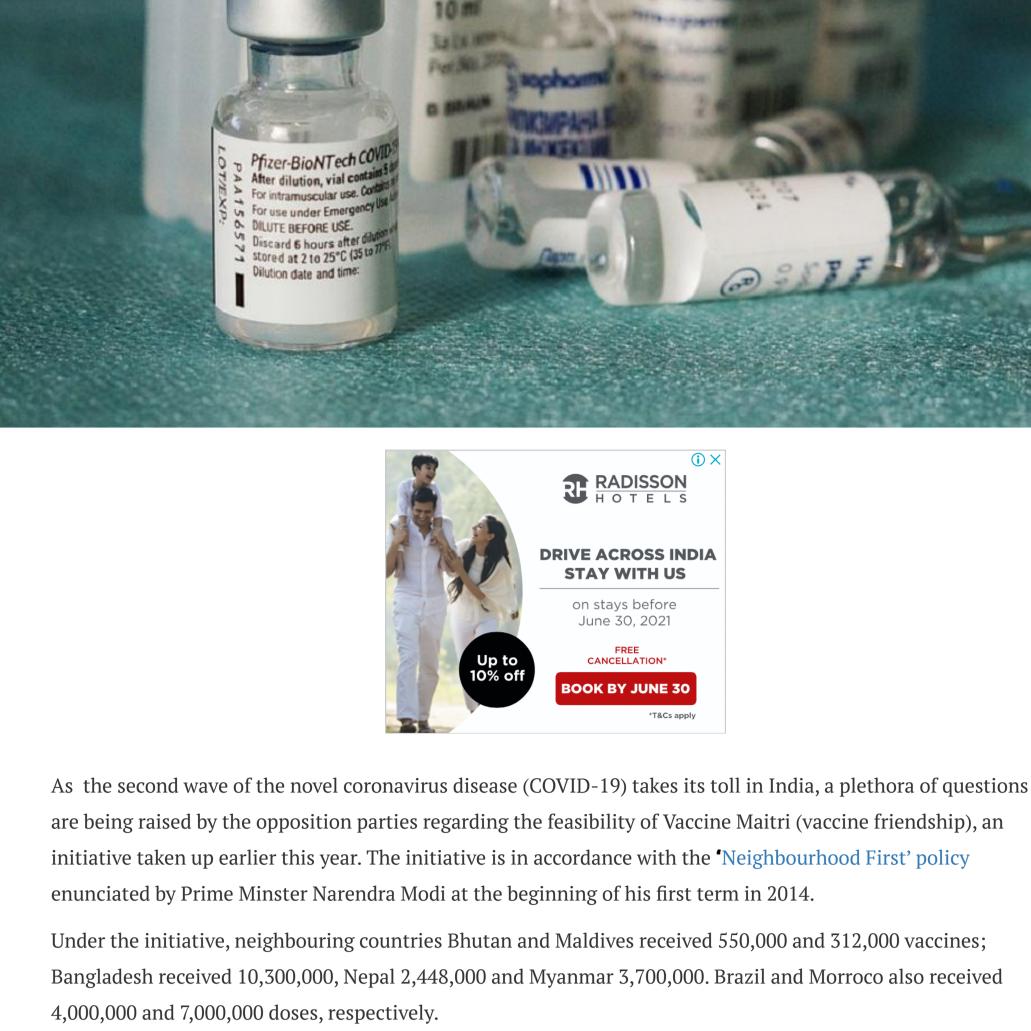
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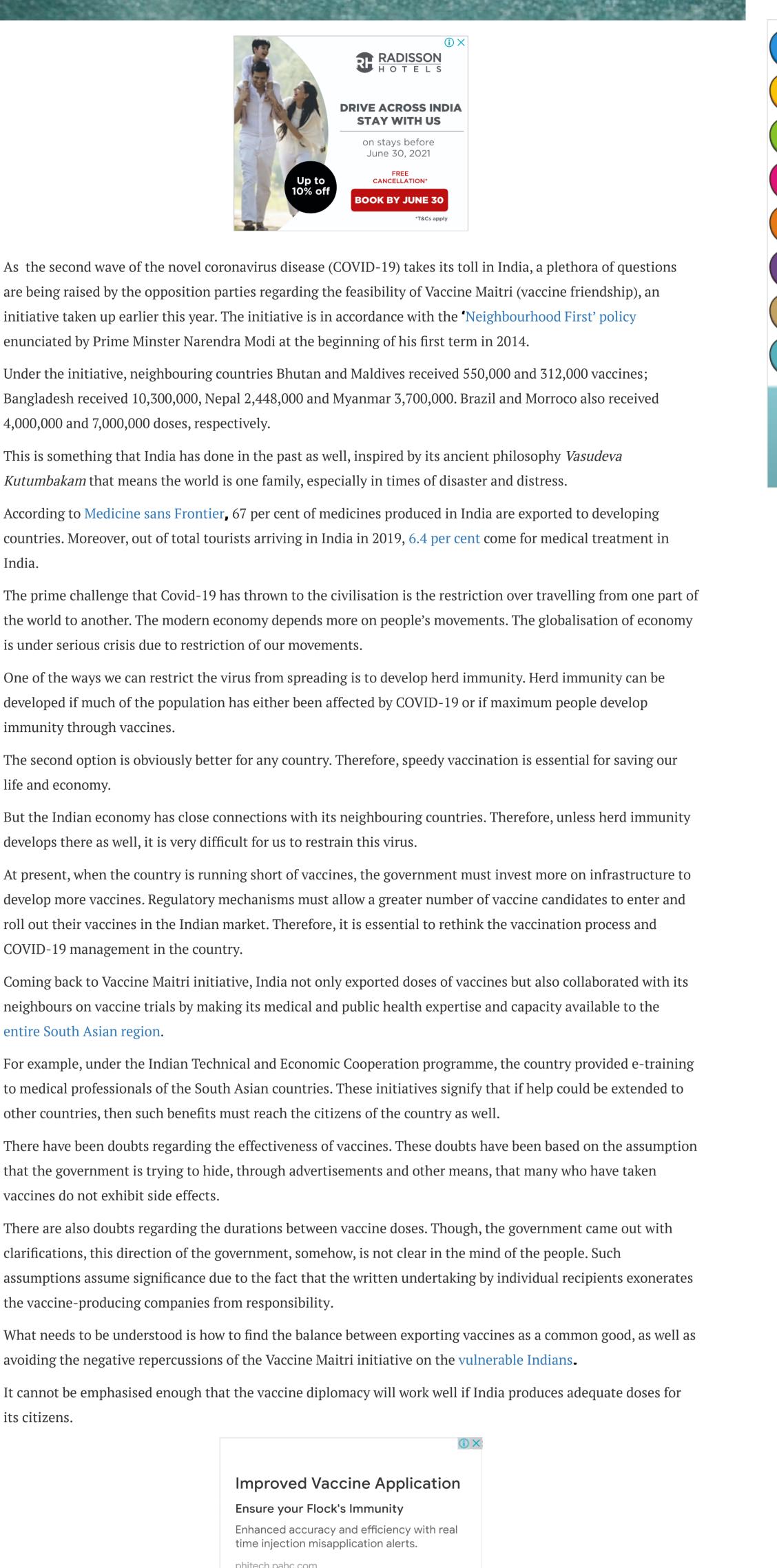
1st Grade

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5th Grade



My colleagues and I are involved in research aimed at integrating genetic mechanisms and risk factors associated with diabetes and its associated complications, specifically in an African setting. In particular, we have done research on diabetes diagnosis. Our research aims to shed light on new avenues for assessing diabetes risk. Conventional methods of diabetes diagnosis and management include the oral glucose tolerance test and the The glucose tolerance test is cumbersome and time-consuming. It also requires a person to fast before having blood drawn. They are given a glucose solution and blood samples may then be drawn at different intervals. The

When it comes to diabetes, microRNAs (miRNAs) have been the "talk of the town" in the past decade. These molecules control which proteins are developed, and which proteins aren't. Abnormal expression of these miRNAs may result in reduced amounts of proteins involved in essential bodily processes, or an overproduction of proteins which may have adverse effects. The underproduction of a miRNA involved in insulin production ultimately leads to reduced insulin levels and uncontrolled glucose levels in the blood. Emerging evidence suggests that altered expressions of these miRNAs may either precede or play a role in the development of diseases such as type 2 diabetes. The study of genetic mechanisms such as miRNAs is known as epigenetics. This is an umbrella of various mechanisms revolving around genetic changes that may occur due to our habits and surrounding environment. These adverse genetic changes may subsequently result in increased risk of disease. Our surroundings and how we live govern our predisposition to developing certain lifestyle-oriented diseases, such as type 2 diabetes. Research focus must shift towards understanding the complex interplay between our

blown diabetes, in comparison to known and acknowledged tests? To answer it, we statistically compared the use of the two miRNAs to that of the HbA1c test. The results showed

diseases. This would, in turn, alleviate the pressure on healthcare systems.

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Cecil Jack Weale, Assistant Lecturer and Medical Researcher, Cape Peninsula University of Technology

environment has on our health, scientists have begun exploring suggestions that treatment approaches specific

to population groups in a particular region may be the future, particularly when it comes to lifestyle-oriented



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Type 2 diabetes

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