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News and Views

IV Esketamine, Ketamine Equally Effective for Resistant Depression

Intravenous (IV) esketamine has been found to be as safe and effective as IV ketamine for patients with treatment-resistant depression in a new research that was scheduled to be presented at the Anxiety and Depression Association of America (ADAA) Conference 2020. The randomized, double-blind noninferiority trial compared IV racemic ketamine and esketamine in 63 participants (61.9% women; mean age 47 years) with treatment-resistant major depressive disorder. The trial revealed that esketamine was noninferior to ketamine in remission of depressive symptoms 24 hours following a single IV dose and the two drugs had similar side effect profiles… (*Medscape*)

Pediatric-onset IBD may Double Cancer Risk in Later Life

Pediatric-onset of inflammatory bowel disease (IBD) could lead to a twofold increase in the risk of developing cancer in adulthood, suggests a Canadian study.

The population-based case-control study revealed that 1.7% of patients with childhood-onset IBD developed cancer, in comparison with 0.8% of controls (hazard ratio [HR] 2.00, 95% confidence interval [CI] 1.16-3.43). This amounted to overall cancer rates of 114 and 57 per 1,00,000 person-years, respectively, reported the study published online in *Gastroenterology*.

Children in the DRC at Risk from Measles, Cholera Epidemics

The Democratic Republic of the Congo (DRC) is in need of urgent support as it struggles with measles and cholera epidemics that kill thousands of children, besides the increasing threat from the COVID-19 pandemic, says UNICEF.

In a recent report, the agency said that ongoing efforts to contain the Ebola outbreak in the eastern part of the country have diverted attention and resources from already weakened healthcare facilities that are dealing with several deadly endemic diseases… (*UNICEF*)

Coronavirus can Spread One-to-Three days Before Symptoms Appear, Says CDC Study

People infected with the novel coronavirus can potentially transmit the infection one-to-three days prior to symptom onset, suggests a study published by the US Centers for Disease Control and Prevention (CDC).

The study assessed 243 cases of coronavirus disease (COVID-19) reported in Singapore from January 23 to March 16. Seven clusters were identified where presymptomatic transmission was likely, and in four such groups, where the date of exposure could be determined, presymptomatic transmission was noted one-to-three days before symptoms appeared in the source patient. The findings suggested that it might not be enough for people with symptoms to limit contact to control the pandemic, researchers stated in the CDC's *Morbidity and Mortality Weekly Report*, published online… (*Reuters*)

Pre-eclampsia Tied to Neurologic Disease in Full-term Babies

Full-term infants whose mothers had pre-eclampsia during pregnancy had increased odds of developing a range of neurologic diseases subsequently, suggested a population-based cohort study in Norway.

These included attention-deficit/hyperactivity disorder (ADHD), autism spectrum disorder (ASD), epilepsy and intellectual disability. The study also showed an apparent link between pre-eclampsia and cerebral palsy. The findings were published online in *JAMA Psychiatry*.

New WHO Guide to Help Countries Increase Access to Essential Medicines

The World Health Organization (WHO) has issued a new user guide for countries – "Selection of medicines at country level" – that is based on the WHO Model List of Essential Medicines.

It outlines the key actions that the countries must undertake to develop and update their own national essential medicines lists based on the treatment requirements of their populations and their capacity to reimburse payments for medicines. The document is also intended at supporting countries in progressing towards universal health coverage… (*WHO*)

Loss of Taste, Smell Key COVID-19 Symptoms, Says British Scientists' Study

Losing sense of smell and taste may be the best way to tell if you have COVID-19 infection, suggests a study of

data collected through a symptom tracker app developed by British scientists to help monitor the pandemic.

Nearly 60% of patients who were later confirmed as positive for COVID-19 had reported losing their sense of smell and taste, revealed an analysis of data by the researchers… (*Reuters*)

Mindfulness Interventions Tied to Cognitive Benefit

Mindfulness-based interventions can have a beneficial effect on cognition, although only in certain cognitive domains, suggests new research that was scheduled to be presented at the ADAA Conference 2020.

A meta-analysis of 78 randomized controlled trials with 5,918 participants suggested that mindfulness-based interventions improved attention, memory and processing speed. Mindfulness-based interventions had significant effects in 9 of the 17 cognitive domains evaluated… (*Medscape*)

Add-on Colchicine Cost-effective After MI

Low-dose colchicine decreased the risk of ischemic cardiovascular (CV) events after myocardial infarction (MI), and was cost-effective, suggested the Canadian COLCOT trial.

The primary efficacy outcome, i.e., CV death, MI, stroke, resuscitated cardiac arrest or urgent hospitalization for unstable angina leading to revascularization, occurred in 5.5% of the colchicine group compared to 7.1% of the placebo group, reported Michelle Samuel, PhD, of the Montreal Heart Institute, at the virtual American College of Cardiology (ACC) meeting… (*Medpage Today*)

Coronavirus Life on Surfaces

It is always better to wait. WEBMD posted this data recently.

Metal	Doorknobs, jewelry, silverware	**5 days**
Wood	Furniture, decking	**4 days**
Plastic	Packaging like milk containers and detergent bottles, subway and bus seats, backpacks, elevator buttons	**2-3 days**
Stainless steel	Refrigerators, pots and pans, sinks, some water bottles	**2-3 days**
Cardboard	Shipping boxes	**24 hours**
Copper	Pennies, tea kettles, cookware	**4 hours**
Aluminum	Soda cans, tinfoil, water bottles	**2-8 hours**
Glass	Drinking glasses, measuring cups, mirrors, windows	**Up to 5 days**
Ceramics	Dishes, pottery, mugs	**5 days**
Paper		The length of time varies. Some strains of coronavirus live for only a few minutes on paper, while others live for up to 5 days.
Food		Coronavirus doesn't seem to spread through exposure to food. Still, it's a good idea to wash fruits and vegetables under running water before you eat them. Scrub them with a brush or your hands to remove any germs that might be on their surface. Wash your hands after you visit the supermarket. If you have a weakened immune system, you might want to buy frozen or canned produce.
Water		Coronavirus hasn't been found in drinking water. If it does get into the water supply, your local water treatment plant filters and disinfects the water, which should kill any germs.
		Coronaviruses can live on a variety of other surfaces, like fabrics and countertops.

To limit your chances of contracting or spreading coronavirus, clean and disinfect all surfaces and objects in your home and office on a daily basis. This includes:

- Countertops
- Tables
- Doorknobs
- Bathroom fixtures
- Phones
- Keyboards
- Remote controls
- Toilets.

You may use a household cleaning spray or wipe. If the surfaces are visibly dirty, clean them first with soap and water and then disinfect them.

Keep surfaces clean, even if everyone in your house is healthy. People who are infected may not show any symptoms, but can still shed the virus onto surfaces.

After you visit the drugstore or supermarket, or bring takeout food or packages, wash your hands for at least 20 seconds with soap and warm water. Do the same after you pick up a delivered newspaper.

Inclisiran Treatment Leads to Considerable Reduction in LDL

Treatment with an investigational proprotein convertase subtilisin/kexin type 9 (PCSK9) inhibitor reduced low-density lipoprotein cholesterol (LDL-C) by more than half in patients with atherosclerotic cardiovascular disease (ASCVD), suggested a pooled analysis of three trials.

An analysis of the ORION 9, ORION 10 and ORION 11 studies revealed that the primary outcome, i.e., mean percent change in LDL-C at 510 days, was -56 in the inclisiran group compared with 1 in the placebo group, reported R Scott Wright, MD, of the Mayo School of Medicine in Rochester, Minnesota in a late-breaking presentation at the virtual American College of Cardiology (ACC) meeting… (*Medpage Today*)

More Evidence Suggests Acupuncture Beneficial for Migraine

A randomized single-blind study has revealed that participants receiving acupuncture experienced about two fewer headache days per month and fewer migraine attacks in comparison with those who received sham or usual care (UC).

The therapeutic effect was noted earlier and was larger in patients receiving manual acupuncture. These patients also had better quality of life and sleep quality scores. The report was published online March 25 in the *BMJ*.

FDA Approves MS Drug Ozanimod

Ozanimod, an oral sphingosine-1-phosphate (S1P) receptor modulator, has been approved by the Food and Drug Administration (FDA) to treat relapsing multiple sclerosis (MS), including clinically isolated syndrome.

The approval has come 2 years after the FDA rejected the drug's original application, stating that the drug maker did not provide enough pharmacology information.

Since the country is dealing with the unprecedented COVID-19 pandemic, commercialization of the drug has been postponed. (*Medpage Today*)

Success for Oral CKD-related Pruritus Agent in Phase II Trial

The investigational oral treatment difelikefalin was found to reduce pruritus in patients with chronic kidney disease (CKD) in a phase II trial.

In 269 patients with moderate-to-severe CKD, 1 mg of difelikefalin significantly reduced itching intensity in comparison with placebo as measured by the daily 24-hour Worst Itching Intensity Numeric Rating scale (-4.4 vs. -3.3 placebo), reported researchers in a late-breaking abstract presented at the National Kidney Foundation's virtual Spring Clinical Meeting 2020… (*Medpage Today*)

Autism Prevalence Shows Rise in Communities Monitored by CDC

One in 54 8-year-old children have been identified with autism, reveals an analysis of 2016 data published in CDC's *Morbidity and Mortality Weekly Report (MMWR)* Surveillance Summary.

This is higher than the previous estimate an 1 in 59 prevalence among 8-year-old from 2014 data. The data involve 11 US communities in CDC's Autism and Developmental Disabilities Monitoring (ADDM) Network. The new data also reveal that an increasing number of children are being assessed and identified with autism at younger ages… (*CDC*)

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Teneligliptin 20 mg

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Metformin SR 500 mg + Voglibose 0.2 mg + Glimepiride 1 mg / 2 mg Tablets

GLYPTEN™ - M
Teneligliptin 20 mg and Metformin Hydrochloride 500 mg SR Tablets

GLYCIPHAGE®-G 1mg 2mg
Metformin SR 500 mg + Glimepiride 1 mg / 2 mg

GLYCIPHAGE®-G 1mg 2mg FORTE
Metformin SR 1000 mg + Glimepiride 1mg / 2 mg

Voliphage™ 0.2 mg / 0.3 mg
Voglibose 0.2 mg / 0.3 mg Tablets

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