



SERUM TIMES

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SERUM MEDICAL BULLETIN

From the desk of the Editor-in-Chief

Dear Readers/Doctors,

Hope everything is going well. According to the weather forecast this year, we have to tolerate less rain and hotter. So be prepared for that. Avoid heat and sun in peak noon hours. Water and food safety are vital in summer. Stay hydrated even while one is inside the house. Headache, nausea, and dizziness in summer should be taken seriously. One should avoid bug and mosquito bites. In any sort of health emergency, do not delay visiting a doctor.



A recent report on India's climate health mentions that climate change is emerging as a major health threat in India. This reshapes disease patterns and strains health systems. This has affected, according to the report, nearly 40% of the districts at high risk from extreme weather events. Floods trigger water-borne diseases such as cholera and hepatitis. On the other extreme, heat waves lead to dehydration, heatstroke, and even increased cardiovascular stress. So, strong collaboration among government, civil society, and the private sector can strengthen data collection and face the challenges.

In this issue, we have discussed two important stories. Story 1 is on Atrophic Rhinitis, which is a chronic nasal disease. This is a sort of nasal dryness that occurs when tissue inside one's nasal area thins or breaks down, and eventually the tissue hardens. The nasal cavities then widen, and hence more contact with air flows passages come into more contact with air and become too dry. It affects women and poor people. As many as 0.64% people suffer in India from this, according to a report.

The story 2 touches upon recent research on how low birth weight increases the chances of stroke at a young age. The incidence of stroke among people in their 30s or early 40s has been rising around the world. So, this has been a very important piece of information for many, and that can help them to be prepared for any such incident around them.

So, hope that the two stories will be interesting for you.

With good wishes to you.

Sanjib Acharya

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Atrophic Rhinitis - mostly starts after the age of 40 Story 1

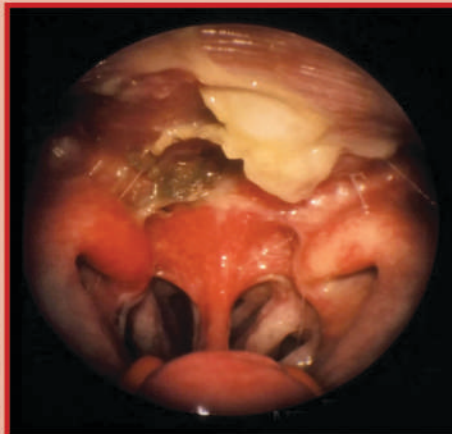
Atrophic Rhinitis is a chronic nasal disease. It is characterized by atrophy or thinning of the nasal mucosa, widening of the nasal cavity, and causes chronic nasal dryness and foul-smelling nasal crust. It may also include a mucus gland and nerves. It can be primary or secondary. Primary atrophic rhinitis can occur as a result of aging, heredity, infection, or even nutritional deficiencies. It is observed that in Western countries, the primary risk factor is aging. Secondary atrophic rhinitis can happen due to surgery, radiation, longstanding cocaine abuse, or infections. As these factors may cause destruction of nasal structures, it may lead to atrophic rhinitis.

How to identify it?

There are some symptoms. These include dryness and crusting inside your nose. Secondly, any feeling like one's nose is blocked. Thirdly, frequent nosebleeds can happen, and fourthly, there may be drainage that may contain pus.

Who is most affected by it, and why does it happen?

Doctors are not sure about the definite reason behind primary atrophic rhinitis. But it is found mostly in places that are dry and warm for long periods. In places like India, Saudi Arabia, and Africa, it is seen most. Females are known to have been affected the most. People with bacterial infections inside their noses are more prone to having this disease. There are other causes which are mainly hereditary, like atypical nasal passages present at birth, estrogen hormone imbalance, family history of the disease, and also lack of iron or vitamins A and D can also be a cause for this. Secondary atrophic rhinitis happens as a result of surgery on the nose that makes the tiny bones and related tissue inside one's nose smaller. In many cases it may start when one's immune system is weakened.



Diagnostic test

Doctors suggest an allergy test if any allergy can be a cause. A CT scan may be done to obtain images of one's nasal cavities. Moreover, a culture test to check for knowing the presence of any bacteria may be needed, as well as nasal endoscopy, to be sure of the disease.

Treatment and management

This disease is not generable or curable. But doctors prescribe antibiotics to kill bacteria linked to the disease. Secondly, taking estrogen can widen damaged blood vessels that aid blood flow. Thirdly, a humidifier is suggested to add moisture to the air that a patient breathes. Additionally, nasal drops or nasal injections are also prescribed.

Sometimes, some surgery is also done on some patients.



Low birth weight increases the risk of stroke in young adulthood - a new medical finding

Story 2

New medical research has observed that low birth weight is associated with an increased risk of early adult stroke. This risk is similar for both men and women. The research has been done (published in News Medical, 3rd April, 2026) by a team of scientists led by Lina Lilja and Maria Bygdell of the University of Gothenburg in Sweden. It is generally experienced that the overall incidence of stroke has been falling over the past decades. But this is not so in the case of young and middle-aged adults. It is more pronounced for older adults. Studies show that in some regions, the incidence of stroke is even rising among young adults in some low-income countries like Southeast Asia and Oceania, as well as in high-income countries including Sweden, the USA and the UK.

Study methodology

The study was done on almost 800,000 people in Sweden. Out of which 420,173 were men, and 348,758 were women born between 1973 and 1982 in the country, and they were aged 43 to 53 years. Their data on birth weight, gestational age (how long the baby was in the womb) and BMI in young adulthood were collected from the Medical Birth Register and National Conscription register, respectively. The study participants were followed until December 31, 2022.

How did they know about stroke information?

Information on early adult stroke events was found from the National Patient Register and Cause of Death Register in Sweden. They found 2252 cases of first stroke events, with a mean age of 36 years. Ischemic stroke events found were 1624, with a mean age of occurrence of 37 years. Intra-cerebral haemorrhage stroke events found were 588, with a mean age of 33 years. The relatively low numbers of events reflect that these are younger adults in whom the absolute stroke risk is lower. All the analyses were adjusted for gender, birth year, gestational age, parents' country of birth and age at adult BMI.



The summary of the observation

First, the researchers found that there was a 21% increased risk for stroke events combined. The incidents were the same for ischemic stroke alone. Secondly, there is a 27% increased risk of intracerebral haemorrhage stroke alone for individuals, men and women combined, for those having a birth weight below the median 3.5 kg compared to individuals having a birth weight above the median. For women with birth weight below the median, 3.5 kg had an 18% increased risk of all strokes combined, and men had a 23% increased risk compared to individuals with a birth weight above the median. But all the observations found were independent of gestational age and their BMI as young adults.

The conclusion of the study

First, birth weight is associated with an increased risk of early adult stroke. Secondly, there is a similar increased risk for both men and women for major types of strokes, ischemic and haemorrhagic. So, findings suggest that low birth weight may be included in assessments of stroke risk in adults.



CSR Activities & Events of SERUM throughout April, 2026



Apr 1: Free Health Check-Up Camp at Tillotama Housing Co-operative Society at Newtown



Apr 2: General Meeting & birthday celebration of STPF member



Apr 10: Thalassemia Awareness Camp at Kamala Vidya Mandir High School, Belegkata



Apr 11: Free Health Check-Up Camp at Rabindra Sarobar (Gate No. 12)



Apr 15: Thalassemia Carrier Testing Camp held at Shibaani Baidya Welfare Foundation



Apr 17: Free Health Check-up Camp at Tillotoma Co-operative Housing Society, Newtown



Apr 18: Ek Sondhya Bohu Sur 2026 at Mahajati Sadan



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