

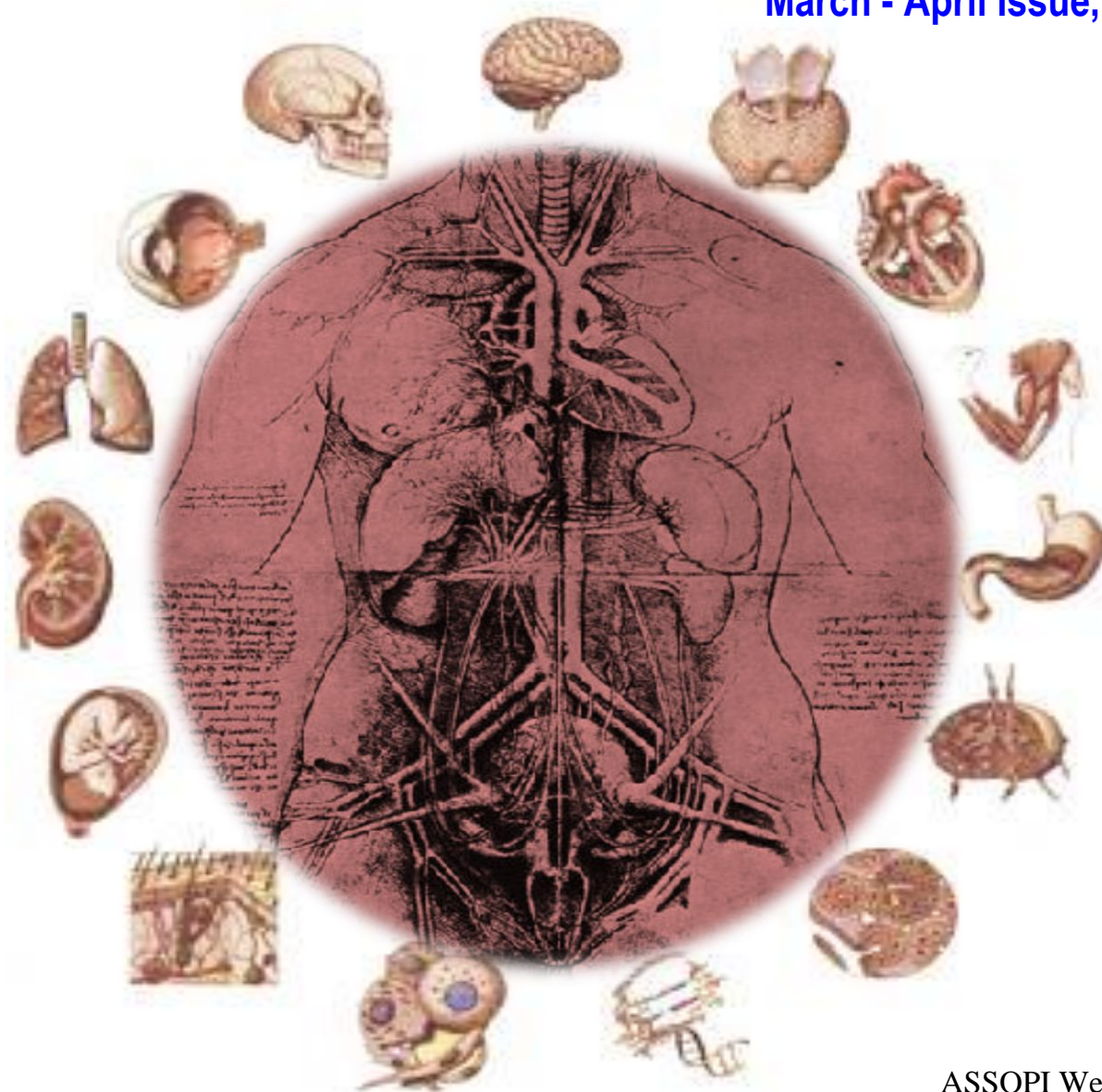
# ASSOCIATION OF PHYSIOLOGISTS OF INDIA (ASSOPI)

(Registered under Act No. XXI of 1860 Registration No. 346/2014)



## ASSOPI NEWS BULLETIN

March - April Issue, 2021



ASSOPI Website:  
[www.assopi.co.in](http://www.assopi.co.in)

Motto of ASSOPI:

*“Preventive and Promotive Physiology”*  
(Physiology for prevention of diseases and promotion of health)

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#### **Published by:**

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*General Secretary, ASSOPI, on behalf of Association of Physiologists of India*

Editorial Assistance:

**Ms. M. Renugasundari and Ms. A. Sirisha**

*Office Secretaries to General Secretary*

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King George's Medical University, Lucknow, U. P.

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Professor & Head, Department of Physiology,  
Apollo Institute of Medical Sciences & Research, Chittor, A.P.

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NIMHANS, Bangalore

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**Dr. LATIKA MOHAN**

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Department of Physiology,  
AIIMS, Rishikesh, Uttarakhand

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Dean, Faculty of Medicine, Pondicherry University  
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**Dr. HASMUKH SHAH**

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Department of Physiology,  
Pramukhswami Medical College,  
Karamsad, Gujarat

## **JOINT SECRETARY (SOUTH ZONE)**

**Dr. PRAVATI PAL**

Professor & Head,  
Department of Physiology,  
JIPMER, Puducherry

## **JOINT SECRETARY (NORTH ZONE)**

**Dr. RAJEEV SHARMA**

Dean, Professor & Head  
Department of Physiology, Guru  
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Hospital, Faridkot, Punjab

## **JOINT SECRETARY (EAST ZONE)**

**Dr. RITUPARNA BAROOAH**

Professor & Head,  
Department of Physiology,  
NEIGRIHMS, Meghalaya.

## ***Executive Body Members of ASSOPI*** (arranged alphabetically)

**Dr. BINDU M. KUTTY**

Professor,  
Department of Neurophysiology  
NIMHANS, Bengaluru

**Dr. JYOTI KUMAR**

Professor & Head,  
Department of Physiology,  
BPS Govt. Medical College for  
Women, Sonapat, Haryana

**Dr. KALPANA K. BARHWAL**

Associate Professor,  
Department of Physiology,  
AIIMS, Bhubaneswar, Odisha

**Dr. MADHUSUDAN PAL**

Scientist-F & Addl. Director,  
Defence Institute of  
Physiology and Allied  
Sciences (DIPAS), Delhi

**Dr. MANJINDER KAUR**

Additional Principal,  
Professor & Head,  
Department of Physiology,  
Geentanjali Medical College &  
Hospital, Udaipur

**Dr. MEENAKSHI SINHA**

Professor,  
Department of Physiology,  
AIIMS, Raipur, Chhattisgarh

**Dr. MRUNAL PHATAK**

Professor & Head of  
Physiology, and Dean  
(Academics) AIIMS, Nagpur,  
Maharashtra

**Dr. NEELIMA SHANKAR**

Former Head,  
Department of Physiology  
UCMS, New Delhi.

**Dr. NITIN ASHOK JOHN**

Professor & Head,  
Department of Physiology,  
AIIMS, Bibinagar, Telangana

**Dr. PADMAJA HARI**

Professor, Department of Physiology  
MES Medical College,  
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**Dr. PRASUNPRIYA NAYAK**

Additional Professor,  
Department of Physiology,  
AIIMS, Jodhpur, Rajasthan

**Dr. RAJESHWARI L**

Professor,  
Department of Physiology,  
JSS Medical College, Mysuru

**Dr. SABITA YOGARAJ**

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Physiology,  
Govt. Medical College,  
Kathua, Jammu & Kashmir

**Dr. SANDIP SARDESSAI**

Professor,  
Department of Physiology,  
Goa Medical College, Goa

**Dr. SATISH DIPANKAR**

Associate Professor,  
Department of Physiology,  
AIIMS, Patna, Bihar

## *Announcement of 7<sup>th</sup> ASSOPICON*

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The 7<sup>th</sup> annual conference of Association of Physiologists of India (7<sup>th</sup> ASSOPICON), which was supposed to be organized at NIMHANS, Bangalore, could not be conducted last year due to COVID-19 situation in the country. It was proposed to conduct 7<sup>th</sup> ASSOPICON as a physical conference in March, 2021, once the COVID situation improves. However, due to 2<sup>nd</sup> wave of COVID, which has become much more intense and devastating, the physical conference will not be possible to be conducted this year. Therefore, the Executive Body of ASSOPI has decided to have online conference through video conferencing mode for this year.

Prof. Hasmukh Shah, the senior member of ASSOPI and Jt. Secretary has agreed to conduct the 7<sup>th</sup> ASSOPICON as a virtual conference during **7<sup>th</sup>–9<sup>th</sup> September 2021**. The details of 7<sup>th</sup> ASSOPICON, to be held under the leadership of Prof. Hasmukh Shah, will be circulated shortly to all the members from the Conference Secretariat, Paramukhswami Medical College, Karamsad, Gujarat.

## *Invitation of Nomination / Application for ASSOPI Awards and Fellowship Title*

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### 1. ASSOPI Awards

Applications are invited for the following awards of ASSOPI. All life members of ASSOPI are eligible to apply for the awards, as per the eligibility requirements listed for each award. The 'Cover Letter' of application duly signed by the nominee/applicant (clearly mentioning your ASSOPI Life membership Number, present designation, full communicating address, E-mail ID, Mobile Number, Residence/Office Phone number), PDF copy of the publication/manuscript and other supporting documents as mentioned in the eligibility requirements, should be sent by to Dr. G. K. Pal, General Secretary of ASSOPI, to his personal e-mail ID: [drqkpal@gmail.com](mailto:drqkpal@gmail.com), with a copy attached to the e-mail ID of office secretary: [renu231994@gmail.com](mailto:renu231994@gmail.com)

Please note that the last date and time of submitting application is **30<sup>th</sup> June, 2021, 5 PM**. Any application received by General Secretary in his e-mail account after **5 PM of 30<sup>th</sup> June, 2021**, will not be considered for selection for the award. It is the responsibility of the applicant to ensure that his application is received by General Secretary of ASSOPI before the date and time prescribed.

There is no need of sending the hardcopy of the application and the paper for the award. Please note, the works conducted recently and paper published between **April, 2019 and March, 2021** will be considered for these awards.

All categories of award applications will be reviewed by subject experts in the corresponding field. Suggestion of name of experienced reviewers/judges for all the categories of awards with their designation, e-mail ID and cell phone numbers can be given by ASSOPI members, on or before 15<sup>th</sup> June, 2021. However, list of reviewers for each category of award will be finalized by office bearers of ASSOPI. If there is an applicant for a particular award from an institute, the reviewer / judge for that award from the same institute will not be considered.

1. **Prof. A. S. Paintal Award** for best research work in Physiology.
2. **Dr. Artatran Nanda Memorial Award** for best research work in Respiratory Physiology.
3. **Prof. S. B. Deshpande Award** for best research work in Neurophysiology.
4. **Prof. G. K. Pal Award** for best research work in Cardiovascular Physiology.
5. **JIPMER Golden ASSOPICON Award** for best research work conducted by a postgraduate student in Physiology.
6. **Shri S. N. Chaudary Memorial Award** for best research work in Environmental Physiology.
7. **Shri Ram Murti Smarak Award** for best research work in Yoga and Naturopathy.
8. **Shri B. M. Patil Memorial Award** for best research work in Physiology by a physiologist below the age of 45 years.
9. **Ramesh Bijlani Lifetime Achievement Award** in Medical Sciences.
10. **Prof. S. K. Singh Award** for best research work conducted by an undergraduate medical student in Physiology.

### **Eligibility Requirements**

#### **A. For Award No. 1 to 4 & 6, 7 :**

- i) This award is meant only for the life members of ASSOPI.
- ii) The work should be a recent one and preferably be published in a **peer reviewed journal from April, 2019 to March, 2021** (a PDF Copy of the published paper or the manuscript of the work should be submitted).

- iii) The same work should neither have received nor have been submitted for any other award from other organizations/associations/scientific bodies.
- iv) If it is a multiple author work, and the author nominated for award is not the first author or corresponding author in the publication, all other authors should give a signed declaration for the person nominated for the award.

**B. For Award No. 5 (JIPMER Golden ASSOPICON Award for best PG Research Paper):**

- i) This award is meant for postgraduates in Physiology who are the life members of ASSOPI.
- ii) The work should have been conducted by a postgraduate student (M.D./M.Sc.) in physiology, during his or her postgraduate training.
- iii) The same work should not have received or submitted for any other award from other organizations /associations/scientific bodies.
- iv) The nomination should be accompanied by a PDF copy of the published article and a declaration from the guide certifying that the work has been done by the applicant under his guidance during his/her postgraduate study.
- v) If the work has not been published in a journal, the word file of the manuscript of the work should accompany a certificate from the Head of the Department stating that the work was conducted by the student (student's name) under the guidance of a faculty (guide's name), in his/her department during this period (month and year).

**C. For Award No. 8 (Shri B. M. Patil Memorial Award):**

- i) This award is meant only for the life members of ASSOPI below the age of 45 years (a copy of Birth Certificate or School Leaving Certificate or Passport or Driving License or Aadhaar Card should be attached as a proof for age).
- ii) The work should be a recent one and preferably be published in a **peer reviewed journal from April, 2019 to March, 2021** (a PDF Copy of the published paper or the manuscript of the work should be submitted).
- iii) The same work should neither have received nor have been submitted for any other award from other organizations/associations/scientific bodies.

- iv) If it is a multiple author work, and the author nominated for award is not the first author or corresponding author in the publication, all other authors should give a signed declaration for the person nominated for the award.

**D. For Award No. 9 (Ramesh Bijlani Lifetime achievement Award):**

- i) Nomination for this award will be invited along with other nominations of ASSOPI Awards and the award will be presented to the awardee in the inaugural ceremony of the ASSOPICON of that year.
- ii) The nomination for the award should be proposed and seconded by the life members of ASSOPI along with the consent of the nominee.
- iii) The nominee should be an eminent physiologist or a scientist (not less than 55 years of age) in any branch of medicine and should have outstanding contribution in the field of medical research.
- iv) The nomination should have a brief CV of the nominee that should contain the date of birth and age, along with the list of all publications (only list).
- v) A duly constituted committee will scrutinize the nominations received and will recommend the name of the awardee, if anybody found suitable. The total number of publications, total citations, scientist h index and i-10 index as displayed in the Google Scholar or ResearchGate will be considered for selecting the awardee.
- vi) Any senior physiologist / medical scientist may be nominated for this award, but the person selected for the award should become a life member prior to the award being presented to him/her in the annual conference.
- vii) The awardee will make a summary presentation of his/her research works, along with presentation of other award papers in the "Award paper presentation session" of the conference.

**E. For Award No. 10 (Prof. S. K. Singh Award for best UG Research Paper):**

- i) This award is meant for an undergraduate medical (MBBS) student.



- ii) The work should have been conducted by an undergraduate student during his or her undergraduate course.
- iii) The same work should not have received or submitted for any other award from other organizations /associations/scientific bodies.
- iv) The nomination should be accompanied by a PDF copy of the published article.
- v) If the work has not been published in a journal, the manuscript for the award should accompany a certificate from the Head of the Department stating that the work was conducted by the student (student's name) under the guidance of a faculty (guide's name), in his department during this period (months and year).
- vi) Application for this award will be invited along with other application/nominations of ASSOPI Awards, a duly constituted committee will recommend the name of the awardee and the award will be presented to the awardee in the inaugural ceremony of the ASSOPICON of that year.
- vii) The student selected for the award should become a life member of ASSOPI prior to the award being presented to him/her in the annual conference.
- viii) The awardee will present his/her research works, along with presentation of other award papers in the "Award paper presentation session" of the conference.

## **2. Fellowship Title of ASSOPI**

The ASSOPI invites self-nomination/application for Fellowship title "FAPI" (Fellow of Association of Physiologists of India) from eligible members. A maximum of five Fellowship titles will be conferred in a year. The self-nomination/application should include a detailed bio-data (as given in the eligibility criteria) and a demand draft of Rs.11,000/- (rupees eleven thousand only) drawn in favor of Association of Physiologists of India (Payable at Puducherry), out of which one thousand will be paid as application fee (non-refundable) and ten thousand will be paid as the fee for fellowship title. A committee duly constituted by office bearers of ASSOPI will scrutinize the application and finalize the list of members (maximum five in a year) for the fellowship title. If the applicant is not selected



for the fellowship title, Rs. 10, 000/- paid as fellowship fee will be refunded to him/her in the form of DD within one month of finalization of the fellowship list.

Eligibility Requirements:

1. Fellowship title is meant for life members of ASSOPI.
2. The member should have minimum 20 years post-MD or Post-PhD teaching and research experience (should attach a copy of MD/PhD certificate).
3. The member should have minimum 10 PubMed indexed publications (List of total publications, with one copy each of 10 best PubMed indexed papers, should be attached).
4. A detailed bio-data of the applicant should accompany the application / nomination for fellowship. The bio-data should highlight the month and year of MD/PhD degree awarded, number of years of service in various capacities, numbers of MD/PhD students guided, number of awards received, any patent developed, and any other relevant information for fellowship application.

EC members and Office bearers of ASSOPI are also eligible to apply for any ASSOPI award or ASSOPI fellowship title during their tenure as EC member and office bearer.

All correspondence related to awards and fellowship title should be made to personal e-mail ID of Dr. G. K. Pal: [drgkpal@gmail.com](mailto:drgkpal@gmail.com) with a copy attached to the e-mail ID of Ms. Renugasundari M., ([renu231994@gmail.com](mailto:renu231994@gmail.com)), the Office Secretary to General Secretary, ASSOPI. Only soft copy of the nomination (PDF files) should be sent through mail.

## Past Events:

### 1. Activity of ASSOPI Chapter of Pondicherry

**Virtual CME on CONCEPTS OF SLEEP – DEMYSTIFIED** was organized by Department of Physiology, Aarupadaai Veedu Medical College & Hospital, on 21<sup>st</sup> January, 2021. The programme was conducted as per the following schedule.

PROGRAMME SCHEDULE		
CME ON CONCEPTS OF SLEEP - DEMYSTIFIED ( Under the Auspices of Association of Physiologists of India)		
21.1.2021 (Thursday)		
Time	Event	Speaker
8.30 am - 9.30 am	Neurophysiology of sleep	 <b>Dr. Ravindra P. N.</b> , Associate Professor Centre for Consciousness Studies Dept of Neurophysiology, NIMHANS, Bengaluru.
9.30 am - 10.10 am	Inauguration	
9.30 am - 9.35 am	Welcome address	<b>Dr. Lakshmi Jatiya</b> , Professor & Head Department of Physiology, AVMC (Organising chairperson)
9.35 am - 9.40 am	Address by the General Secretary- ASSOPI	 <b>Dr. G. K. Pal</b> , Professor (Senior Scale) Department of Physiology, JIPMER & Dean, School of Medical Sciences Pondicherry University.
9.40 am - 09.50 am	Presidential Address	<b>Dr. P.F. Kotur</b> , Dean, AVMC
9.50 am - 10.00 am	Introduction to CME	<b>Dr. M. Gopinath</b> , Associate Professor Department of Physiology, AVMC. (Organising Secretary)
10.00 - 10.10 am	Felicitations	<b>Dr. V.N. Mahalakshmi</b> , Dean HPE, AVMC <b>Dr. B. Vishnu Bhat</b> , Director - Medical Research, AVMC <b>Dr. K. Jayasingh</b> , Medical Superintendent, AVMC <b>Dr. T. Rajan</b> , Vice Principal, AVMC
10.10 am - 10.20 am	Tea break	
10.20 am - 11.20 am	Sleep deprived human brain: Looking from neural and mental health perspectives	 <b>Dr. Bindu M. Kutty</b> , Professor I/c Human Sleep and Cognition Research Lab & NIMHANS Center for Consciousness Dept.of Neurophysiology, NIMHANS, Bengaluru.
11.20 am - 12.20 pm	Sleep Hygiene and shift work related sleep disorders	 <b>Dr. Uma Maheswari Krishnaswamy</b> Professor & Head, Pulmonology & sleep medicine St. John's National academy of Health Sciences Bengaluru.
12.20 pm - 12.50 pm	Lunch Break	
12.50 pm - 1.50 pm	An overview of sleep disorders	 <b>Dr. Arun Sasidharan</b> , Scientist-C (Neuroscience) Center for Consciousness Studies (CCS) Department of Neurophysiology, NIMHANS.
1.50 pm - 2.50 pm	Panel discussion	Moderator : <b>Dr. M. Gopinath</b> , Associate Professor Department of Physiology, AVMC.
2.50 pm - 3.00 pm	Tea Break	
3.00 pm - 5.30 pm	Poster and essay competition	
5.30 pm	Vote of thanks	<b>Dr. Jothi Marie Feula A</b> , Assistant Professor Department of Physiology, AVMC.

## 2. CME Conducted at AIIMS, Bibinagar

**Virtual CME on GUT Microbiome, Nutrition & its impact on Physical and Mental Well-being** was conducted by Department of Physiology, AIIMS, Bibinagar on 22<sup>nd</sup> February, 2021. The programme had an agenda as follows.

<i>Programme Schedule</i>			
09.00am	09.15am	Registration	
09.15am	09.30am	Inauguration & Welcome	
09.30am	09.45am	Director's Address, AIIMS Bibinagar	-Dr. Vikas Bhatia
09.45am	10.00am	Dean's Address, AIIMS Bibinagar	-Dr. Neeraj Agrawal
10.00am	10.15am	Organising Chairman's Address	-Dr. Nitin John Prof & Head Physiology, AIIMS BBN
10.15am	11.00am	GUT-Brain Axis and its impact on physical and mental well-being	-Dr. G. K. Pal General Secretary, ASSOPI
11.00am	11.45am	Micronutrients and non-communicable disease	-Dr. Ramji Singh Director AIIMS Kalyani
11.45am	12.00pm	Tea Break	
12.00pm	12.45pm	Probiotics and its impact on cognition and GIT	-Dr. Mrunal Phatak Dean, AIIMS Nagpur
12.45pm	01.30pm	Impact of unhealthy diet and inflammation on health & physical well-being	-Dr. Hemalatha. R Director, ICMR-NIN Hyderabad
	01.30pm	Valedictory & Vote of Thanks	

## 3. Activity of ASSOPI Chapter of Uttar Pradesh

### **Newsletter cum Research Bulletin of ASSOPI-U.P. Chapter: Physiology Insight**

It was the cool sunny day of 4<sup>th</sup> of March 2020 when an idea of Newsletter of ASSOPI-UP Chapter was conceptualised at the Governing Body Meet of ASSOPI-UP Chapter held at Dr. Ram Manohar Lohia Institute of Medical Sciences, Lucknow, where it was decided that the chapter should come out with quarterly newsletter and the responsibility was bestowed on the Editorial Team- Dr. Amit

Kant Singh (Editor), Dr. Anamika Singh (Associate Editor) and Dr. Reena Rani Verma (Assistant Editor) later Dr. Parul Sharma also joined the team as Associate Editor.

The Governing Body asked the Editorial Team to decide for the “Theme name of the Newsletter”. Dr. Anamika Singh (Associate Editor) and Dr. Reena Rani Verma (Assistant Editor) searched for various names that could reflect the motto of the newsletter and after sessions of discussions the team came out with the title “Physiology Insight” that signifies not only the “insight” of subject but also the “insight” of various shades of Physiologist life.

The team received suggestions from various members and also from Prof. Narsingh Verma (President - ASSOPI) and Prof. G. K. Pal (Secretary General - ASSOPI). Prof. G. K. Pal suggested that the name should be changed from “Newsletter” to “Newsletter cum Research Bulletin” the Editorial Team was blessed to have guidance from the stalwarts of Physiology and so the name was changed as suggested by Prof. G. K. Pal.

With this background the ***Physiology Insight*** intends to capture the latest insights in the field of Physiology including news/ articles/ short communications/ research insight/ new products/ the achievements of members department/ Institution. It also intends to introduce the lesser known qualities of our members like extracurricular activities- Poems/photography/interesting hobbies etc. It would help us know about each other better.

The write-ups can be submitted in MS Word format, Times New Roman with font size 12, to **newsletterassopiup@gmail.com**

The editorial team is heartily grateful to all the members for contributing the write-ups, suggestions and all the help rendered to give the present shape to “Physiology Insight”.

Thanking all the members from the core of our hearts.

Yours truly,

**Editorial Team- *Physiology Insight***

Dr. Amit Kant Singh

Dr. Anamika Singh

Dr. Parul Sharma

Dr. Reena Rani Verma

## ***Awards / Recognitions of ASSOPI Members:***

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### ***1. Young Scientist National Award in Physiology–2020***

**Dr. Kiran Prakash**, Assistant Professor of Physiology, Government Medical College & Hospital, Chandigarh, was awarded the prestigious “***Young Scientist National Award in Physiology-2020***”

at the 6<sup>th</sup> Annual & 1<sup>st</sup> Virtual International Conference on Basic and Applied Physiology held on 6<sup>th</sup> and 7<sup>th</sup> October, 2020 at Sikkim Manipal Institute of Medical Science. This award carries a cash reward of Rs. 11,000 and a gold-plated citation.

## **2. Best Research Paper Prize in IABMS International Conference**

**Ms. Renugasundari M.**, PhD Scholar of Physiology, JIPMER, Puducherry, has won **best research paper prize** (in free paper presentation category) in the International Virtual Conference on “Recent Trends in Biomedical Research” organized by the Indian Association of Biomedical Scientists held during 12-14<sup>th</sup> March, 2021.

## **3. Dev Raj Bajaj Research Award of APPI**

**Dr. H. Barun Sharma**, Assistant Professor of Physiology, IMS-BHU, was awarded **Dev Raj Bajaj Research Award** of Association of Physiologists and Pharmacologists of India (APPI) in Techniques / Instrumentation for the best paper on the development of newer techniques / instrumentation in Physiology / Pharmacology or Allied Sciences.

**N.B.:** The ASSOPI members are requested to inform their notable recognitions and achievements to the General Secretary to be published in subsequent issues of ASSOPI News Bulletin.

## ***Other Upcoming Events:***

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### **8<sup>th</sup> ASSOPICON**

The 8<sup>th</sup> Annual Conference of ASSOPI (8<sup>th</sup> ASSOPICON) will be organized by Department of Physiology, AIIMS, Bibinagar, Telangana under the leadership of Dr. Nitin Ashok John, Professor & Head, which is likely to be conducted in the month of March, 2022, online through video conferencing.

### **ASSOPI Journal**

The 1<sup>st</sup> issue of ‘**The Journal of Physiology & Health Care Medicine**’ has not been published yet due to paucity of articles received by the office of Editor-in-Chief. Therefore, all members are requested to please submit their research papers for publication in ASSOPI journal (the details are given below).

## **The Journal of Physiology & Healthcare Medicine**

The ASSOPI members are requested to send their articles (original research articles/ review articles/case reports/short communications/ letters to editor/ guest editorials) for our proposed journal, 'The Journal of Physiology & Health Care Medicine'.

Please send your articles at **assopijournal@gmail.com**

### **About the Journal**

Journal of Physiology & Healthcare Medicine (JPHM), an official Journal of Association of Physiologists of India (ASSOPI), is a peer-reviewed online journal with three issues per year (January-April, May-August, September-December), and print on request only. The journal allows free access (Open Access) to its contents and permits authors to self-archive final accepted version of the articles. The journal does not charge for submission, processing or publication of manuscripts and even for colour reproduction of photographs. JPHM follows double-blind peer review process.

### **Scope of the Journal**

The Journal of Physiology & Healthcare Medicine (JPHM) publishes quality research papers in Physiology & Healthcare that may have clinical applications in medicine with better understanding of human physiology. The journal is also open to new and innovative research methodologies that would benefit Healthcare.

### **Subjects covered in the Journal**

Primarily Physiology & Healthcare Medicine-related topics including Endocrinology, Neurophysiology, Cardiovascular Physiology, Gastrointestinal Physiology, Respiratory Physiology, Molecular and Genomic Physiology, Exercise Physiology, Nutrition, Sports Physiology, Space Physiology, Behavioural Medicine, Reproductive Physiology, Ophthalmic Physiology, Bone & Muscle Physiology, Lifestyle and Stress, and Yoga.

### **Issues of the Journal**

The website of the journal will be launched in November and first issue of ASSOPI journal will be published online and print in December, 2020.

All members of ASSOPI are requested to please contribute the best manuscript from their laboratories to be published in JPHM.



### **Most severe COVID tied to four cardiometabolic conditions:**

The majority of COVID-19 hospitalizations are attributable to four pre-existing cardiometabolic conditions. Among the COVID-19 hospitalizations, 30% were attributable to obesity, 26% to hypertension, 21% to diabetes and 12% to heart failure. The investigators estimated that almost two-thirds of the hospitalizations were attributable to these cardiometabolic conditions and it was also estimated that a 10% reduction in these cardiometabolic conditions would prevented 11.1% of COVID-19 hospitalization. At any age, COVID-19 hospitalizations attributable to all four conditions were higher in Black adults than in White adults and generally higher for diabetes and obesity in Hispanic adults other than in white adults. When the four conditions were considered combined, the proportion of attributable hospitalizations was highest in Black adult of all ages, followed by Hispanics.

### **Sleeping Problems Tied to Dementia and Risk of Cognitive Decline:**

A common problem among adult is sleep disturbance which is linked to dementia and all-cause cognitive deficit. A meta-analysis was done with 51 eligible cohorts with 15 sleep problems. It was indicated that either insufficient (< 4 hours per night or total daily) and or excessive (>10 hours per night and >12.5 hours for total daily) sleep duration could elevate risk of all-cause cognitive disorders or dementia.

Besides altered sleep amounts or poor sleep quality, sleep disordered breathing (SDB) has also been identified as a potential cause of cognitive impairment. A study included 298 older women found that sleep disordered breathing was associated with 1.9 times the odds of mild cognitive impairment or dementia five years later. The mechanism might be related to long-term cerebral hypoxia and hypo-metabolism, which might contribute to loss of regional cortex and white matter hyper-intensities in the hippocampus and cingulate cortex.

The decreased sleep leads to neuronal damage that could mediate cognitive decline. Poor quality of sleep was associated with higher myo-inositol (a measure of neuronal injury) in the hippocampus which suggests that loss of sleep may affect this structure, which has the primary function of memory.



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