

**A** popular class of diabetes medications called GLP-1R agonists (Trulicity

# Health Matters

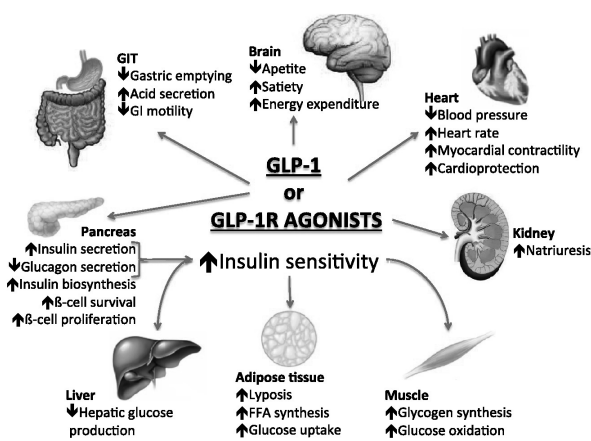
## Diabetes medications linked to glaucoma prevention

and Rybelsus) may also protect against glaucoma in diabetic patients, according to a new study led by researchers in the Scheie Eye Institute at the University of Pennsylvania's Perelman School of Medicine.

The researchers looked at retrospective data of 1,961 diabetic patients who were new users of this class of drugs and matched them to 4,371 unexposed control subjects. After 150 days on average, 10 patients in the medicated group were newly diagnosed with glaucoma (0.5 percent) compared to 58 patients (1.3 percent) in the control group. The findings suggest that GLP-1 receptor agonists may decrease

a diabetic patient's risk of developing glaucoma by half.

The findings are supported by a Penn Medicine study from 2020, which found that GLP-1R agonists reduced neuroinflammation and prevented retinal ganglion cell death in mice. This class of drugs has also shown similarly protective effects against Alzheimer's and Parkinson's diseases in animal models, and clinical trials are



underway to test the medications against neurodegenerative diseases in humans.

Glaucoma affects 3 million Americans and is the second leading cause of blindness

worldwide. People with diabetes are twice as likely to develop the eye condition.

"It was very encouraging to see that a popular diabetes medication could significantly reduce the risk of developing glaucoma, and our study suggests that these medications warrant further study in this patient population," says Qi N. Cui, MD, PhD, with Brian VanderBeek, MD, MPH, both assistant professors of Ophthalmology at Penn.



## Study reveals crucial period for stroke patients' rehab

A phase II, randomised clinical trial found that the optimal period for intensive rehabilitation of arm and hand use after a stroke should begin 60 to 90 days after the event. The study was conducted by Georgetown University and MedStar National Rehabilitation Network (NRH) researchers.

The same intensive rehabilitation at less than 30 days after a stroke provided some benefit, but rehabilitation at six months or more after a stroke showed no significant benefit compared to those receiving standard care.

"Our finding demonstrates the existence of a critical period or optimal time when adults are most responsive to rehabilitation after a stroke," says lead author Alexander Dromerick, MD, professor of Rehabilitation Medicine and Neurology and chair of Rehabilitation Medicine at Georgetown University Medical Center and vice

president for research at MedStar NRH. "Previous clinical trials have found few or very small improvements in motor function post-stroke, so our research could be an important breakthrough in finding ways we can make substantial improvements in arm and hand recovery."

For their trial, the clinicians enrolled 72 stroke participants, primarily from the Washington, D.C. area, within three weeks after their stroke. The participants were randomly assigned to receive 20 extra hours of activity-focused motor skills therapy, starting at different times after stroke, in addition to their regularly prescribed therapies. The additional therapy began either at 30 days after their stroke, at 60 to 90 days post-stroke, or at six months or more post-stroke. The results were compared to a control group that received only their prescribed rehabilitation

therapies but no extra motor rehabilitation training.

"Our results suggest that more intensive motor rehabilitation should be provided to stroke patients at 60 to 90 days after stroke onset," said Elissa Newport, PhD, director of the Center for Brain Plasticity and Recovery at Georgetown University Medical Center and corresponding author of this article. "It is well known that a young developing brain shows great plasticity, compared to other times in life. Our results show that there may be a similar period of heightened plasticity for stroke patients at a specific time after their stroke."

The improvement in hand and arm function found in this study was not only statistically significant, it was large enough to be perceived as functionally meaningful by the patients themselves.

## Good sleep pattern leads to healthy snacking, finds study

Missing out on the recommended seven or more hours of sleep per night could lead to more opportunities to make poorer snacking choices than those made by people who meet shut-eye guidelines, a new study suggests.

The analysis of data on almost 20,000 American adults showed a link between not meeting sleep recommendations and eating more snack-related carbohydrates, added sugar, fats and caffeine.

It turns out that the favored non-meal food categories -- salty



snacks and sweets and non-alcoholic drinks -- are the same among adults regardless of sleep habits, but those getting less sleep tend to eat more snack calories in a day overall.

The research also revealed what appears to be a popular American habit not influenced by how

much we sleep: snacking at night.

"At night, we're drinking our calories and eating a lot of convenience foods," said Christopher Taylor, professor of medical dietetics in the School of Health and Rehabilitation Sciences at The Ohio State University and senior author of the study.

"Not only are we not sleeping when we stay up late, but we're doing all these obesity-related behaviors: lack of physical activity, increased screen time, food choices that we're

consuming as snacks and not as meals. So it creates this bigger impact of meeting or not meeting sleep recommendations."

The American Academy of Sleep Medicine and Sleep Research Society recommend that adults sleep seven hours or longer per night on a regular basis to promote optimal health. Getting less sleep than recommended is associated with higher risk for a number of health problems, including weight gain and obesity, diabetes,

high blood pressure and heart disease.

"We know lack of sleep is linked to obesity from a broader scale, but it's all these little behaviors that are anchored around how that happens," Taylor said. The survey collected 24-hour dietary recalls from each participant - detailing not just what, but when, all food was consumed - and questions people about their average amount of nightly sleep during the work week.

Statistical analysis showed that almost everyone - 95.5 per cent - ate at least one snack a day, and over 50% of snacking calories among all participants came from two broad categories that included soda and energy drinks and chips, pretzels, cookies and pastries.

Compared to participants who slept seven or more hours a night, those who did not meet sleep recommendations were more likely to eat a morning snack and less likely to eat an afternoon snack, and ate higher quantities of snacks with more calories and less nutritional value.

Though there are lots of physiological factors at play in sleep's relationship to health, Taylor said changing behavior by avoiding the nightly nosh in particular could help adults not only meet the sleep guidelines, but also improve their diet.



even though they drink and smoke more.

Dr Vincent O'Sullivan, a co-author from Lancaster University Management School said: "Our results reveal that using the internet, post-retirement, leads to a marked reduction in the rate of cognitive decline.

"Interestingly, this protective effect was found to be most significant amongst women, with female retirees who regularly surfed the internet able to recall 2.37 more words compared to women who didn't go online. The results were also consistent among men, with retired internet users able to recall 0.94 more words than men with similar characteristics who didn't use the internet.

"We also found that retirees who used computers in their jobs before retirement were more likely to keep using computers once they retired, and hence had better cognitive function."

Researchers compared the cognitive function of retirees who used to work in jobs where computers were commonplace to retirees who worked in jobs where computers weren't often used. For example, among teachers, computers became common in the workplace much later than sectors such as financial services. Their results revealed that people with pre-

retirement exposure to computers were more likely to continue to use them once they retired.

"Research has shown that retirement from the workforce is a critical period for cognitive function, which declines with age and can be a predictor for a range of key health outcomes among older people," said co-author Likun Mao, formerly a PhD student at Lancaster but now at Trinity College Dublin.

## Scientists find new way to reverse immune suppression

Malignant tumours can enhance their ability to survive and spread by suppressing antitumour immune cells in their vicinity, but a study led by researchers at Weill Cornell Medicine and New York-Presbyterian has uncovered a new way to counter this immunosuppressive effect.

In the study, the researchers identified a set of anti-immunosuppressive factors that can be secreted by cells called club cells that line airways in the lungs. They showed in a mouse model of lung cancer that these club cell factors inhibit highly potent immunosuppressive cells called myeloid-derived suppressor cells (MDSCs), which tumours often recruit to help them



evade antitumour immune responses.

The inhibition of the MDSCs led to an increase in the number of antitumour T cells at the tumour site, and greatly improved the effectiveness of FDA approved PD1 immunotherapy.

"These club cell-secreted factors are able to nullify immune suppressor cells that otherwise help tumours escape an effective antitumour response," said co-senior author Dr. Vivek Mittal, director of research at the Neuberger Berman Lung Cancer

Center and the Ford-Isom Research Professor of Cardiothoracic Surgery at Weill Cornell Medicine.

"We're excited by the possibility of developing these club cell factors into a cancer treatment."

## New research on detecting early signs of autism

A therapy for infants showing early signs of autism reduces the chance of the child meeting diagnostic criteria for autism at three years of age. That's according to a new research by the University of Western Australia, Jonathan Green, University of Manchester and La Trobe University.

Therapy for children with autism often begins after receiving a diagnosis, which usually doesn't occur until after the child turns two.

The new research findings suggest starting therapy during the first year of life, when the brain and mind are developing rapidly, may provide even greater benefits.

Infants who received the therapy at 12 months of age were re-assessed at age three. They



had fewer behaviours of autism, such as social communication difficulties and repetitive behaviours, compared to infants who didn't receive the therapy.

Infants who received the therapy were also less likely to meet criteria for an overall diagnosis of autism when they were three.

Like all neurodevelopmental conditions, autism is diagnosed using deficit-focused diagnostic criteria. In other words, children are assessed on what they can't do.

The Diagnostics and Statistical Manual is the authoritative guide describing the behaviours we use to diagnose neurodevelopmental and psychiatric conditions. It specifies individuals must have persistent deficits in social communication and behavioural interaction to receive a diagnosis of autism spectrum.

Significantly more children are now recognised as having difficulties learning social communication skills than previously. This has led to an increase in the numbers of children being diagnosed with autism now estimated to be two per cent of the population.

These social and communication difficulties, restricted behavioural repertoire and sensory issues, can present significant barriers to relationships, education and employment as they mature. So reducing these challenges can be important to helping individuals thrive into adulthood.

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 Notice is hereby given to the public in general and in particular to the borrower (s) and guarantor (s) that the below described immovable property mortgaged/charged to the secured creditor, the possession of which has been taken by the authorised officer of Cititank and pursuant to the assignment of debt in the bank's favour by Cititank, will be sold on "As is where is", "As is what is", and "Whatever there is" on 11.10.2021 by the bank between 12:00 pm to 01:00 pm with unlimited extension of 5 minutes, for recovery of Rs. 2620402.57/- as of 20.09.2021 along with future applicable interest till realization, under The Loan Account No. 416259, due to the Kotak Mahindra Bank Ltd., Secured Creditor from Mr. Dipendu Ganguly and Ms. Usha Ganguly. The Reserve Price will be Rs. 14,75,000/- (Rupees Fourteen Lakhs Seventy Five Thousand Only) and The Earnest Money Deposit will be Rs. 1,47,500/- (Rupees One Lakh Forty Seven Thousand Five Hundred Only) & last date of submission of EMD With KYC is : 10.10.2021 up to 5:00 p.m. (IST).  
**Property Description:** All that piece and parcel of property at Flat No:A2/ [Ground Floor] in Plot No.23, 3rd Street (mentioned 2nd Street In The Sd/ Sree Devi Nagaralakkam, Chennai 600 116, with a built area of 695 sq.ft. together with 174 Sq.ft. of Undivided Share of Land out of 60 3025 Sq.ft. comprised in Survey No.403/ Under New Patta No.3626/ As Per Patta Survey No. 403/4, Situated At Old No.82/ New No. 73/ Madhavoyal Village, Ambattur Taluk, Thiruvallur District, coming within the registration Sub District of Virugambakam.  
 The borrowers' attention is invited to the provisions of sub section 8 of section 13, of the act, in respect of the time available, to redeem the secured asset.  
 Public in general and borrowers in particular please take notice that if in case auction scheduled herein fails for any reason whatsoever then secured creditor may enforce security interest by way of sale through private treaty. In case of any clarification/requirement regarding assets under sale, bidder may contact Mr. Rajender Dahiya (+91 8448264515), Mr. Vijay Kumar Menon (+91 9940572248), Mr. Velmurugan Kathirvel (+91 9884718338) & Mr. Syam Namburi (+91 9677284818). For detailed terms and conditions of the sale, please refer to the link https://www.kotak.com/en/bank-auctions.html provided in kotak mahindra bank website i.e. www.kotak.com and/or on https://bankauctions.in.  
 Place: Chennai, Date: 22.09.2021 Authorized Officer: Kotak Mahindra Bank Limited

**HATSUN AGRO PRODUCT LIMITED**  
 (CIN No.L15499TN1986PLC012747)  
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 Phone: +91 44 2450 1622 Fax:+91 44 2450 1422. WEBSITE:www.hap.in; E-mail id: secretarial@hap.in  
**NOTICE FOR LOSS OF SHARE CERTIFICATE**  
 The following share certificates of the Company have been reported lost/misplaced and the holders/Claimants of the said share certificates have requested the Company for issue of Duplicate Share Certificates/Transmission of Shares. Notice is hereby given that the Company will proceed to issue Duplicate Share Certificates to the below mentioned persons unless a Valid Objection is received by the Company within 15 days from the date of Publication of this notice.  

SL-NO	FOLIO-NO	CERT.NO.	SHARES	DISTINCTIV NO. FROM	DISTINCTIVE TO	NAME OF THE SHAREHOLDER
1	10753	4207	1400	215407538	215408937	PRABHAKARAN N SULOCHANA C
2	10301	747	5000	69954853	69959852	RAJA SEKARAN S (DECEASED) JANSIRANI R(CLAIMANT)

 Any person(s) having objections to the issue of the duplicate share certificates should lodge his/her/their objection with all supporting documents with the Company at its Registered Office within 15 days from the appearance of this notice failing which the Company will proceed to issue Duplicate Share Certificate(s) to the persons mentioned above and thereafter no objection to the issue of duplicate share Certificates will be entertained from any person(s).  
 For HATSUN AGRO PRODUCT LIMITED  
 G.Somasundaram  
 Company Secretary & compliance officer.  
 PLACE:CHENNAI  
 Date: 22.09.2021