

BIG THREAT Constant Exposure Causes Anxiety, Increasing Chance Of Cardiac Disease

MORE THAN JUST A HEADACHE

Noise can up risk of heart disease

Sunitha.Rao@timesgroup.com

Bengaluru: In a city once fabled for its calm but now known for its chaotic traffic and pollution, doctors are worried about a new contributing factor to heart disease — noise pollution.

“We have seen that constant exposure to traffic noise coupled with pollution causes anxiety and adds to risk of cardiac disease,” said Dr C N Manjunath, director, Jayadeva Institute of Cardiovascular Sciences and Research. “Noise can result in an increase in heart rate and blood pressure. There is an absolute correlation between higher heart rate and cardiovascular risk,” he said.

A German study, the results of which were released

NOISE ANNOYS

last week, said, “Exposure to road and rail traffic-related noise pollution not only leads to onset of heart disease, but could trigger a heart attack.”

Dr Manjunath added: “Though no such specific research has been done in Bengaluru, the findings could be true of our city too.” He said people living with pacemakers are always advised to keep away from loud noise. “Pacemakers (which electrically stimulate the heart if it’s beating too slowly or if it misses a beat) are very sensitive to noise,” he said.

BAD FOR SLEEP, WORSE FOR BODY

HOW DOES NOISE AFFECT PEOPLE'S HEART

We get habituated to higher decibel car horns or speeding trains if we are exposed to the noise on a daily basis, but our cardiovascular system doesn't

IMMEDIATE IMPACT

1 THE NERVOUS SYSTEM

Loud sound affects it and changes deep sleep into a lighter stage of sleep

2 BLOOD PRESSURE

Supposed to be low during sleep, but rises with every noisy interruption

3 HEART RATE

Registers an increase

LONG-TERM EFFECTS

➤ Cycle of noise pollution-poor sleep-brain stimulation (leading to a neuroendocrine or hormonal response) can lead to atherosclerosis (buildup of plaque in the blood vessels)

➤ If coupled with stress, loud noise increases levels of stress hormones (such as cortisol) and hikes risk of hypertension, stroke, heart failure and immune problems

➤ Acute exposure to noise activates nervous and hormonal responses, leading to temporary increase in blood pressure, heart rate and vasoconstriction

(Adapted from Environment Health Perspectives in Feb 2014)

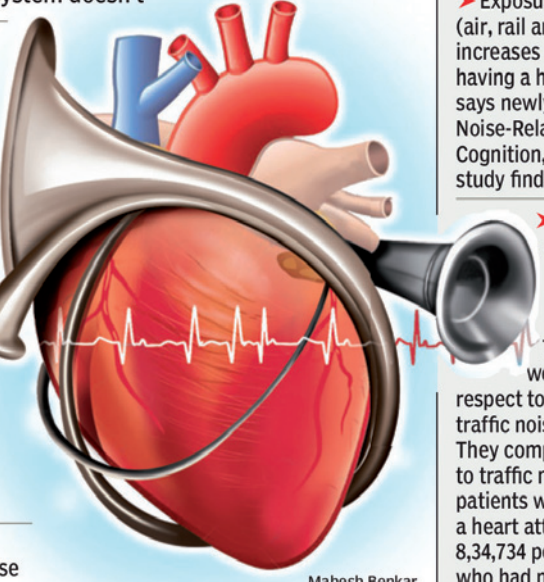
STUDY SHOWS NOISE EXPOSURE INCREASES RISK

➤ Exposure to traffic (air, rail and road) noise increases one's risk of having a heart attack, says newly released Noise-Related Annoyance, Cognition, and Health study findings

➤ Researchers analyzed data of over a million Germans over the age of 40. Their addresses were mapped with respect to road, rail, and traffic noise exposure. They compared exposure to traffic noise of 19,632 patients who had suffered a heart attack with 8,34,734 people who had not suffered a heart attack

➤ The study found a 'statistically significant' association between noise exposure and death caused by heart attacks

➤ It found that people exposed to noise levels of 60 to 65 decibels had a 9% increase in risk, and those exposed to more than 70 decibels a 13% increase



Mahesh Benkar

Parents allege harassment of kids, school denies it

► Continued from page 1

We are struggling to make ends meet. Our paltry pay doesn't allow us to meet these requirements. Since we haven't been sending food prescribed by the school, the authorities have been harassing our kids. Moreover, we can't cook different items for differ-

DIET CHART

ent family members every day,” said a parent, echoing the views of his ilk. Denying allegations of harassment, the principal said the diet plan has been a part of the school since its inception.

Though many schools recommend diet plans, whether they impose them on parents

is not known. A senior teacher from a private school in Vijayanagar said many institutions hand over diet charts to parents to ensure kids are well-nourished. “Otherwise we get to see junk food, including samosas and noodles, in the tiffin box,” she said.

Y Mariswamy, member, Karnataka State Commission for Protection of Child Rights (KSCPCR), told TOI parents hesitate to approach the rights body, fearing school authorities may be harsher on the kids. However, they have brought the issue to the RTE task force's notice, which has filed a complaint with KPCPCR. “We have registered a complaint. School authorities are not dietitians. They can't decide what students should eat. We will issue a summons to the school,” he said.

Nagasimha G Rao, task force convener, alleged school authorities are taking away the lunch boxes of those kids who bring dishes other than what's listed in the chart. He termed the move unjustifiable.

'Those who can't follow diet plan have to give it in writing'

“This is only to maintain students' health. We have also made martial arts compulsory from class 1. We have informed parents if they can't follow the diet chart, they have to write us a letter to send the food of their choice,” said the principal. “We are not differentiating among students. Only the chairperson and I know who are the RTE beneficiaries,” the principal added.



WHAT'S ON THE PLATTER

Day	10.20am-10.40am	12.30pm-1.10pm	2.30pm-2.40pm
Monday	Sprouts (boiled/soaked)	Idli/dosa with chutney/curry	Banana/other fruit
Tuesday	Cooked vegetables	Chapati/puri with greens	Banana/other fruit
Wednesday	Vegetable upma	Cooked rice	Banana/other fruit
Thursday	Cucumber and grated carrot	Ragi dosa/ragi roti/poha	Banana/other fruit
Friday	Fruit salad and dry fruits	Stuffed paratha with curd	Banana/other fruit
Saturday	Items of students' choice (vegetarian)		

Family friend arrested for double murder

Bengaluru: A 26-year old man has been arrested for the murder of an elderly couple at their Vinayakanagar home on July 3.

Muniyappa, 68, and his wife Varalakshmi, 61, were found with their throats slit. There were no signs of a forced entry, which showed the assailant was known to the victims. According to police, the accused Venkatesh Kumar is a resident of Yelahanka New Town and was known to the couple through Nishanth, a childhood friend of the couple's third son, Prithviraj. He was in debt.

“Since Prithvi was settled in Visakhapatnam and his two brothers lived in far off parts of Bengaluru, he had requested Nishanth to frequently visit his parents. Sometimes, he would take Venkatesh along,” police said. Seeing the couple was living alone, he hatched the plot, police added. TNN

Lab goofs up, calls woman HIV positive

Basavaraj.Kattimani
@timesgroup.com

Hubballi: A woman in her mid-20s was shattered when she was declared HIV positive in a routine blood test conducted at a private laboratory in Haveri town, about 75km from here, early this week.

For 72 hours, Kulsumbi was nervous and harboured thoughts of committing suicide. She was worried about her family of five young children and her spouse, a tiles labourer who earned very little. The family of Sayad Eqbal Ahmed Jamadar heaved a sigh of relief after a second medical test conducted three days later — at a government hospital — said she is in the clear.

Sharing the trauma of those three days, Sayad Eqbal Ahmed Jamadar said his wife had a growth on her hand and a government doctor suggested she undergo a routine blood test to ascertain if she has any vitamin deficiency.

The worried couple went to a private lab in Haveri on Monday. Thanks to a mix-up by the lab, the woman received a report that declared her HIV positive. The Jamadar family was too shocked to rush to another lab for a second test.

“I was traumatized and found it extremely difficult to convince my wife that we can seek a second opinion. She was depressed, spoke of committing suicide by hanging as she didn't want to live with the stigma of HIV. I made several attempts to keep hope,” Sayad pointed out.

That was when the couple decided to seek the counsel of family friend Khader. He suggested an immediate second test and reprimanded Jamadar's wife for contemplat-

My wife spoke of committing suicide

I was traumatized and found it extremely difficult to convince my wife that we can seek a second opinion. She was depressed, spoke of committing suicide as she didn't want to live with the stigma of HIV

Sayad Eqbal Ahmed
Jamadar | WOMAN'S HUSBAND

ing suicide based on “a random test”.

Jamadar said: “On Khader's advice, we went to the Haveri government hospital on Wednesday for a test, this time to rule out presence of HIV in her bloodstream. To our great relief, she tested negative for HIV. We are extremely happy, and equally angry with the private lab for the costly blunder.”

The family brought the issue to the district health officer's notice, seeking action against the lab. When Jamadar confronted laboratory officials, they admitted to the lapse and claimed a faulty medical kit would have thrown the HIV result in a routine blood test. He is contemplating filing a case against the lab.

Haveri district surgeon Mahesh Badni blamed the lab for the horrendous mix-up. District health officer Sunil Chandra Avaradi held the lab responsible for the goof-up, and said no hospital or medical facility informs a patient of HIV test results. He said his department will conduct a probe into the incident and punish the guilty. A technician from the Haveri lab who didn't wish to be identified apologized for the mistake.

CINEMA OF THE WEEK

Ice Age: Collision Course

(Animation/Adventure) ★★ ★ 1/2

Cast: [Voices] Simon Pegg, Stephanie Beatriz, Denis Leary, Robert Cardone, Neil deGrasse Tyson, Adam Devine, Jesse Tyler Ferguson, John Leguizamo, Ray Romano, Jennifer Lopez, Keke Palmer, Queen Latifah, Wanda Sykes
Direction: Galen T Chu, Mike Thurmeier
Duration: 1 hour 36 minutes
Language: English (U)
58888 code: ice



SMS YOUR MOVIE REVIEWS/RATINGS

Type **rev** <space> short code of movie as given under each movie name <space> your name <space> your rating (choose from 1, 1.5, 2, 2.5, 3, 3.5, 4, 4.5 or 5). <space> add your comments and **send to 58888 e.g. rev ice neha 3 super movie**

58888 Codes for movies

● **Ice Age: Collision Course (ice)**

To read/rate the movie, you can also go to review.timesofindia.com

you'd find yourself perking up again.

And there are plenty of the antics of the latter three to enjoy here. There are quite a few sidekick characters—deBuck Weasel (Tyson), two loony opossums, Granny (Sykes), Shangri Llama (Jesse Tyler Ferguson) to name a few—who also live things up, adding to the entertainment factor for kids. Oh, and do stay back for the post-credits scene.

Collision Course is a relentless, fun-filled, fast-paced and most recent part in a long-running series that is pretty much sure to keep the kids (the audience for this movie) entertained with its energy.

— Reagan Gavin Rasquinha

Jackwell along river washed away; watchman escapes



UNDER WATER: The bridge between Examba-Danawad in Chikkodi

TIMES NEWS NETWORK

Belagavi: A jackwell on the banks of an overflowing Krishna river at Nadi Ingalgaon village in Athani taluk was washed away on Thursday. Fortunately, the watchman, who usually sleeps inside the jackwell building, had a narrow escape as he was outside on the ill-fated night.

According to tahsildar DG Mahat, the jackwell with a capacity of 40,000 litres was washed away around 3.30am. Drinking water to Darur and Khavatakopp villages was being supplied from this jackwell, the tahsildar said.

Though rainfall has decreased in the catchment area of Krishna river in Karnataka region, there is heavy rain in Koyna region of Maharashtra. Water outflow from Rajapur barrage in Maharashtra to Krishna is 1,59,297 cusecs. In

order to manage the flood, the same amount of water is being released from Hippadagi barrage to Alamatti Dam.

Nine bridge-cum-barrages and four roads are still under water. Kallol-Yadur; Karadaga-Bhoj; Bhojwadi; Kunur; Sidnal-Akkol; Jatrat-Bhivashi; Malikwad-Dattawad; Sadalaga-Borgaon and Examba-Danawad in Chikkodi taluk, Kudachi-Ugar barrage in Raibag taluk are submerged since the past three days. Roads between Ugar (KH)-Ugar (BK), Zunzarwad-Tubachi and Ugar (BK)-Kusanal in Athani taluk and Raibag-Chinchali Road in Raibag taluk are also submerged, disrupting traffic.

As many as 86 houses were damaged on Thursday and the loss is estimated at Rs 13.38 lakh. With this, the number of houses damaged in the district went up to 647.

How discussion on plane led to an invention — a waterproof polymer

TIMES NEWS NETWORK

Bengaluru: It happened a while ago. Prof Srinivasan Raghavan from the Centre for Nano Science and Engineering (CNSE) of Indian Institute of Science (IISc) and his colleague Prof Praveen Ramamurthy from the department of material engineering were on an airplane.

As their journey began, Raghavan initiated a discussion on graphene (a form of carbon) in his lab. “We were discussing how graphene is impermeable even to helium,” Raghavan said.

They chatted about making paper impermeable to wa-

The scientists talked about making paper impermeable to water, using graphene. The duo agreed to first try it with plastic. Though plastic is usually waterproof, for those working on organic electronics, the average plastic or polymers are not waterproof enough

ter. The duo then agreed to first try it with plastic. Though plastic is supposed to be waterproof, for those working on organic electronics, the average plastic or polymers are not waterproof enough.

“The composite packaging in which mango juices are stored has a water vapour permeation rate of 0.0001 gm/m² per day. The plastic, however, lets water through at a much higher rate of 1 gm/m² per day. At this rate, the chips and juice packaging we use are not waterproof. Plastics for electronics and pharmaceutical packaging need to be a million times lower in water vapour permeation,” reads a note from IISc.

Taking the discussion forward, Raghavan and Praveen developed a moisture-impermeable polymer using the graphene. The new polymer

Falling boulders near Kali bridge pose risk to road users

Karwar: Increasing cases of people being injured by rolling boulders on NH 66 from Sadashivagad Hill, adjacent to Kali Bridge, have raised concerns among road users. One side of the rocky hill is being demolished to broaden the national highway into four lanes.

On Thursday, one more biker was reportedly injured when a boulder came rolling down. He was heading towards Sadashivagad from Karwar. Luckily, the boulder fell in front of his bike. He fell down from his vehicle and suffered minor injuries and high variation in blood pressure.

Karwar City Municipal Council members apprised the deputy commissioner of the increasing number of accidents at the spot.

The hill is situated between Karwar and Sadashivagad on NH 66 that connects Karwar with Goa and Mumbai. Every day thousands of vehicles ply on the road and people, including school children, pass through the stretch.

The NH is being converted into four lanes and the left part of the hill on the banks of Kali river is being cleared amid stiff resistance by locals. There are against blasting on the hill, which was once visited by Shivaji Maharaj and helped British rulers to repulse the repeated attacks by the Portuguese from Goa.

However, despite opposition, blasting of boulders on the hill is in progress since the past six months. TNN

TIMES TRIBUTE

PAYING HOMAGE TO THE DEPARTED SOUL <http://tributes.timesofindia.com>



Dr. Thomas Abraham
1935-2016

Dr. Thomas Abraham (81), founder and President of India Campus Crusade for Christ, went to be with the Lord on July 14, 2016, in Toronto, Canada. Funeral details will be announced later.

REMEMBRANCES

12th Death Anniversary
Late Job.V.V
(22-06-1955 to 15-07-2004)
“We remember you with gratitude for the values you gave us”
Remembered always -
Family, Relatives and Friends

For Remembrance or Obituary ads please call
Ebenezer
Winston:
9986482217

Obituary, Condolence, Ceremony and Memoriam messages will be published at a cost of Rs. 800/- for five lines extra line Rs. 160/- (without photo) and Rs. 425/- per sq. cm (with photo). Messages accompanied with Death Certificate should be sent to Times Classifieds before 7.30 pm at 40/1, M.G. Road, Bangalore - 560 001. For details contact Ph : 42200017 / 42200016. *Please note obituary ads on Sunday are accepted only between 5.30pm to 7.30pm

TIMESCLASSIFIEDS

To pay tributes, log on to <http://tributes.timesofindia.com>