



THE TIMES OF INDIA



INDIA'S LA

WORLD CHAMPION CHRISTIAN COLEMAN WINS 100M ON RETURN AFTER ANTI-DOPING SUSPENSION 14

NO 'GRAND ALLIANCE' OTHER THAN ONE WITH 130 CRORE INDIANS, SAYS KEJRIWAL 5



PM MODI NOW TALKING ABOUT WHAT IT MEANS TO LEAD A NATIONAL LEADER

TIMES CITY

THE TIMES OF INDIA, LUCKNOW
MONDAY, MAY 9, 2022

'No need for 4th dose of Covid vaccine'

TIMES NEWS NETWORK

Lucknow: People suffering from post-Covid-19 cardiovascular diseases, thyroid, diabetes and pulmonary issues can get relief by following a healthy lifestyle and diet, said Prof Hari S Sharma, faculty at pathology and clinical bioinformatics department, Erasmus University Medical Center, Netherlands.

He was addressing biomedical scientists and clinicians at the 10th annual conference of Indian Academy of Biomedical Sciences (IABS) at Era's University on Sunday.

He said that harmful proteins were generated after Delta variant infection in many patients. These proteins had caused irreversible damage to the organs, especially in those with comorbidities. As a result, their existing issues got aggravated.

"It is seen that regular exercise, yoga and a healthy diet can reduce symptoms to a minimum," said Prof Sharma. He also said that there is no need for a fourth dose of Covid vaccine as the possibility of evolution of dangerous variants like delta is minimal.

Faculty at Indian Institute of Toxicology Research IITR, Kausar Mahmood said that environmental toxins can affect kidneys. Prof Abbas Mahadi, head, biochemistry department, King George's Medical University (KGMU) organised the event.

"Such conferences promote cutting edge biomedical research," he said.