

Health Matters

Drug to counteract muscle loss & osteoporosis



Rapid weight loss affects muscle mass and can increase the risk of osteoporosis. But now there is good news for people taking weight loss medication who may be at risk. A new study from Aarhus University indicates that the drug bimagrumab can counteract the side effects.

Weight loss medication has taken the world by storm and helped many overweight people. But for some, significant weight loss also comes with a loss of muscle mass and can lead to an increased risk of osteoporosis.

New research now suggests that the drug, bimagrumab, may be able to alleviate some of this risk, says PhD student Frederik Duch Bromer and postdoc Andreas Lodberg from the Department of Biomedicine at Aarhus University, who are behind the study.

"We are the first to study how certain drugs affect bones, and the results show that bimagrumab can increase the amount of bone tissue while building muscle mass, and this could be very important for the many people currently taking weight loss medication."

Bimagrumab was originally developed to treat muscle loss and dysfunction, but since then, it has become apparent that it also has a fat "burning" component to it. So, if approved, it could be part of a second-generation weight loss drug on the market.

Therefore, it's relevant to research how this particular patient group reacts to the drug," says Andreas Lodberg. "An estimated two billion people will be categorised as overweight by 2035, so it's also important that we research the drugs that come on the market for this particular patient group in order to better understand their long-term impact on the body."

Patients on weight loss medication often have a history of weight fluctuation, which can contribute

to the development of osteoporosis. Brittle bones increase the risk of serious fractures, and this is costly for both patients and society.

Therefore, the research results could be good news for patients on weight loss medication. And according to Frederik Duch Bromer, the study shows that bimagrumab not only counteracts the breakdown of bone and muscle tissue, it actually promotes the build-up of both.

"Bimagrumab slightly increases the calcium content in bones and promotes the formation of new bone in what we call the shell (cortex) of the long bones. We also saw a significant build-up of bone tissue in the area around the femoral head, which is typically where many older people incur fractures."

Mitochondria may hold key to curing diabetes

Mitochondria are essential for generating energy that fuels cells and helps them function.

Mitochondrial defects, however, are associated with the development of diseases such as type 2 diabetes. Patients who suffer from this disorder are unable to produce enough insulin or use the insulin produced by their pancreas to keep their blood sugar at normal levels.

Several studies have shown that insulin-producing pancreatic β -cells of patients with diabetes have abnormal mitochondria and are unable to generate energy. Yet, these studies were unable to explain why the cells behaved this way.

In a study published in Science, researchers at the University of Michigan used mice to show that dysfunctional mitochondria trigger a response that affects the maturation and function of β -cells.

"We wanted to determine which pathways are important for maintaining proper mitochondrial function," said Emily M. Walker, Ph.D, a research assistant professor of internal medicine and first author of the study.

To do so, the team damaged three components that are essential for mitochondrial function: their DNA, a pathway used to get rid of damaged mitochondria, and one that maintains a healthy pool of mitochondria in the cell.

"In all three cases, the exact same stress response was turned on, which caused β -cells to become immature, stop making enough insulin, and essentially stop being β -cells," Walker said.

"Our results demonstrate that the mitochondria can send signals to the nucleus and change the fate of the cell."

The researchers also confirmed their findings in human pancreatic islet cells. Their results prompted the team to expand their search into other cells that are affected during diabetes.

"Diabetes is a multi-system disease - you gain weight, your liver produces too much sugar and your muscles are affected

That's why we wanted to look at other tissues as well," said Scott A. Soleimanpour, MD, director of the Michigan Diabetes Research Center and senior author of the study.

The team repeated their mouse experiments in liver cells and fat-storing cells and saw that the same stress response was turned on. Both cell types were unable to mature and function properly.

"Although we haven't tested all possible cell

types, we believe that our results could be applicable to all the different tissues that are affected by diabetes," Soleimanpour said.

Reversing mitochondrial damage could help cure diabetes

Regardless of the cell type, the researchers found that damage to the mitochondria did not cause cell death.

New Mosquito species found in Sri Lanka is a health hazard

Sri Lanka has become home to a newly discovered mosquito species, unique to the island nation, according to entomologist Gayan Sri Kumarasinghe of the Medical Research Institute (MRI). This discovery, confirmed through genetic testing in South Korean laboratories, marks a significant development in Sri Lanka's entomological landscape and raises concerns about potential public health implications.

The mosquito, which feeds on both animal and human blood, presents a particular challenge. This feeding behavior creates a pathway for potential virus transmission from animals to humans, a phenomenon known as zoonotic transmission. This raises the specter of new or re-emerging viral diseases impacting the hu-

man population. While the specific viruses this new species might transmit are yet unknown, its dual feeding habit necessitates further investigation and vigilance.

The discovery is the culmination of approximately a year of research conducted by the MRI, under the guidance of Director Dr. Suranga Dolamulla and mosquito expert Dr. Rohitha Muthugala. The confirmation of its unique genetic makeup in South Korea underscores the rigorous scientific process involved. Interestingly, this is the fourth new mosquito species identified in Sri Lanka by the MRI in the past five years, highlighting a dynamic and evolving insect ecosystem on the island. This trend suggests that ongoing surveillance and research are crucial



for understanding and managing the potential health risks associated with these changes.

While the new species remains unnamed, its official naming and unveiling are anticipated soon. This formal classification will be a critical step in facilitating further research and developing targeted control strategies. Until then, the scientific community emphasizes the importance of continued surveillance and the implementation of

robust mosquito control measures to mitigate any potential health risks. Understanding the mosquito's biology, behavior, and potential disease vector capabilities will be essential for protecting public health in Sri Lanka. The discovery serves as a reminder of the ongoing need for research and monitoring of vector-borne diseases, particularly in regions experiencing environmental and ecological changes.

Study on challenges faced by people living with obesity

Chennai, Feb 13: A recent study conducted by Novo Nordisk, involving over 2,000 people living with obesity (PwO) and 300 healthcare professionals (HCPs), has revealed critical insights into the challenges faced by PwO in India. The study highlights a significant disconnect between awareness, understanding and management of obesity, underscoring the need for an integrated, long-term approach to treatment.

It also underlines the growing need for a comprehensive approach to obesity management in India. The study identifies that one-third of PwO in India do not recognise the severity of their condition, often believing they are merely overweight or even of normal weight. This denial of obesity reflects widespread misconceptions and a lack of awareness on its implications, which contributes to delayed treatment and worse health outcomes.

PwO face significant barriers in their weight loss journeys and immense difficulties in

maintaining weight loss. Over half of those surveyed report reverting to old eating habits despite their efforts to change. Lack of motivation, fear of failure, unhealthy eating habits and a lack of exercise were cited as the most common obstacles. Alarming, 44% regain lost weight within six months, emphasising the need for more sustainable, long-term solutions that go beyond just lifestyle adjustments.

As a conclusion, Vikrant Shrotriya, Corporate Vice President, Novo Nordisk India said, "Recent research has shed light on the perceptions and challenges faced by people living with obesity (PwO) in India. Despite the growing awareness, there are still significant misconceptions and hurdles that need to be addressed. Hence, involvement by the government is crucial in addressing the

growing obesity challenge in India. Obesity is not just an individual issue but a significant public health concern that impacts healthcare resources, economic productivity, and the overall well-being of our society. A multifaceted approach that includes policy interventions, awareness programs, and accessible healthcare solutions is essential to address this complex issue effectively."

Biomarker test can detect Alzheimer's pathology earlier

Years before tau tangles show up in brain scans of patients with Alzheimer's disease, a biomarker test developed at the University of Pittsburgh School of Medicine can detect small amounts of the clumping-prone tau protein and its misfolded pathological forms that litter the brain, cerebrospinal fluid and potentially blood, new research published recently suggests.

The cerebrospinal fluid biomarker test correlates with the severity of cognitive decline, independent of other factors, including brain amyloid deposition, thereby opening doors for early-stage disease diagnosis and intervention.

Since amyloid-beta pathology often precedes tau abnormalities in Alzheimer's disease, most biomarker efforts have focused on early detection of amyloid-beta changes. However, the clumping of tau protein into well-ordered structures referred to by



pathologists as "neurofibrillary tangles" is a more defining event for Alzheimer's disease as it is more strongly associated with the cognitive changes seen in affected people.

"Our test identifies very early stages of tau tangle formation -- up to a decade before any tau clumps can show up on a brain scan," said senior author Thomas Karikari, Ph.D., assistant professor of psychiatry at Pitt. "Early detection is key to more successful therapies for Alzheimer's disease since trials show that patients with little-to-no quantifiable insoluble tau

tangles are more likely to benefit from new treatments than those with a significant degree of tau brain deposits."

Since many elderly people who have amyloid-beta plaques in their brains will never go on to develop cognitive symptoms of Alzheimer's disease during their lifetime, the widely adopted diagnostics framework developed by the Alzheimer's Association specifies the three neuropathological pillars necessary to diagnose the disease -- combined presence of tau and amyloid-beta pathology and neurodegeneration.

SHIVALIK SMALL FINANCE BANK LTD.
Registered Office : 501, Salcon Aarum, Jasola District Centre, New Delhi - 110025
CIN : U65900DL2020PLC366027

AUCTION NOTICE

The following borrowers of Shivalik Small Finance Bank Ltd. are hereby informed that Gold Loans/availed by them from the Bank have not been adjusted by them despite various demands and notices including individual notices issued by the Bank. All borrowers are hereby informed that it has been decided to auction the Gold ornaments kept as security with the Bank and accordingly 27th February 2025 has been fixed as the date of auction at 03:00 pm in the branch premises from where the loan was availed. All, including the borrowers, account holders and public at large can participate in this auction on as per the terms and conditions of auction.

S. NO	Branch	Account No.	Acct Holder name	Father's/ Spouse Name	Address	Ac opening Date	Payoff
1.	CHENNAI	101042519284	PRESHANTH SRIDHAR	S/O SRIDHAR K R	11, MALONY ROAD, THIYAGARAYA NAGAR CHENNAI TAMIL NADU 600017	08-12-2023	316,744.93
2.	CHENNAI	10414251131	A SHANKAR GANESH	S/O ASARAPPA	123 259, M T H ROAD, VILLIVAKKAM, TIRUVALLUR CHENNAI TAMIL NADU 600049	24-09-2024	2,024,540.80
3.	CHENNAI	104142510829	PRABHU K M	S/O MARK	39 51 2ND STREET DR AMBEDHAR, NAGAR AYANAVARAM , CHENNAI TAMIL NADU 600023	01-07-2024	205,968.64
4.	CHENNAI	104142511149	ROBINSON SIVADASAN	S/O SIVADASAN K,	NO: 10/6, THIRUVALLUVAR STREET VELACHERY, DHANDEESWARAM STREET CHENNAI TAMIL NADU 600042	27-09-2024	212,219.10
5.	CHENNAI	104142511152	CHARLES .	S/O DHANRAJ	72, NORTH SILVER STREET NEAR SRI VALAMPURI KARPAA VINAYAGAR KOVIL ST. THOMAS MOUNT BHARATHIYAR CHENNAI TAMIL NADU 600016	30-09-2024	78,952.90

Auction date is 27th February 2025 @ 03:00 pm .
The Bank reserves the right to delete any account from the auction or cancel the auction without any prior notice.
Authorised Officer, Shivalik Small Finance Bank Ltd.

MANAPPURAM HOME FINANCE LIMITED
FORMERLY MANAPPURAM HOME FINANCE PVT LTD
CIN : U65923K12010P10039179
Regd Office: IV/470A (OLD) W/638A (NEW) Manappuram House Valapad Thirissur, Kerala 680567
Corp Office: Manappuram Home Finance Limited, Third Floor, Unit No. 301 to 315, A Wing, "Kanakia Wall Street", Andheri-Kurla Road, Andheri East, Mumbai-400093, Maharashtra. Phone No.: 022-66211000, Website: www.manappuramhomefin.com

POSSESSION NOTICE (For Immovable Property)

Whereas, the undersigned being the authorised officer of Manappuram Home Finance Ltd ("MAHOFIN") under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest "Act", 2002 (54 of 2002) and in exercise of powers conferred under section 13(12) read with rule 9 of the security interest (Enforcement) Rules, 2002 issued a Demand Notice calling upon the borrowers and co-borrowers to repay the amount mentioned in the notice and interest thereon within 60 days from the date of receipt of the said notice. The borrower having failed to repay the amount, notice is hereby given to the borrower and the public in general that the undersigned has taken Symbolic possession of the property described herein below in exercise of powers conferred on him/her under section 13(4) of the said "Act" read with rule 9 of the said rules. The borrower in particular and the public in general is hereby cautioned not to deal with the property and any dealings with the property will be subject to the charge of the Manappuram Home Finance Ltd as mentioned below for each of the respective properties:

Sr. No.	Name of Borrower or Co-borrower/ Loan account number/ Branch	Description Of Secured Asset In Respect Of Which Interest Has Been Created	Date of Demand Notice sent & Outstanding Amount	Date of Possession
1	Kalaiyarasi U Umapathy N /MHL00410015142/ Kanchipuram	Total extent of 1256 sq ft out of 2515 1/2 sq ft and which constructed A RCC roof building with old. S. No. 213/4 In New S. No. 213/4B, Plot No. 53 in Sri Abirami Nagar, Vallapakam Village Walajabad Taluk, Near Valichil Amman Thiru Kovil, Kancheepuram, P.O. Walajabad, Dist- Kanchipuram, Tamil Nadu, Pin: 631605, East-Plot No. 58, West-24 Feet wide road, South-30 feet wide road, North-Plot No. 54	16-10-2024 & Rs. 798348/-	08-02-2025

Date: 13th February 2025
Place: TAMIL NADU
Sd/-
Authorised Officer
Manappuram Home Finance Ltd

Home First Finance Company India Limited
CIN: L65990MH2010PLC240703
Website: homefirstindia.com
Phone No.: 180030008425 Email ID: loanfirst@homefirstindia.com

POSSESSION NOTICE

REF: POSSESSION NOTICE UNDER SUB-RULE (1) OF RULE 8 OF THE SECURITY INTEREST (ENFORCEMENT) RULES, 2002

WHEREAS the undersigned being the Authorized Officer of HOME FIRST FINANCE COMPANY INDIA LIMITED, pursuant to demand notice issued on its respective dates as given below, under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 (Act No. 54 of 2002) and in exercise of powers conferred under section 13(2) read with rule 3 of the Security Interest (Enforcement) Rules, 2002 calling upon you/Borrowers, the under named to pay outstanding dues as within 60 days from the date of receipt of respective notices. You/Borrowers all, however, have failed to pay the said outstanding dues within stipulated time, hence HOME FIRST FINANCE COMPANY INDIA LIMITED are in exercise and having right as conferred under the provision of sub section (4) of section 13 of SARFAESI ACT, 2002 read with rules thereunder, taken POSSESSION of the secured assets as mentioned herein below:

Sr. No.	Name of Borrowers/ Co-Borrowers/ Guarantors	Description of Mortgaged Property	Date of Demand Notice	Total O/s as on Date of Demand Notice (in INR)	Date of possession
1.	Elangovan jaishankar, Dharani J	House- No.44, Survey no.498/1B, as per patta no.4015, subdivision survey no.498/1B/1, subdivided Survey No. 498/28, No.70, 3rd cross street, Jayam garden , Morai village, Avadi taluk, Thiruvallur district, Chennai, Tamil Nadu-600065. Bounded By : North by - Plot No.69, South by - Plot No.71, East by - 20 feet Road, 3rd cross street, West by - Survey no.498/1B1.	03-12-2024	1,630,934	08-02-2025
2.	Late Ravi Varadhan (Deceased), Bavuram R, Other legal Representatives of Late Ravi Varadhan (Deceased)	House-Phase-II, Old S.No.159/3 Part, New S.No.288/23, Panchetty Village, Ponneri Taluk, Thiruvallur District, Tiruvallur-601204. Bounded By : North by - Panchayat Road, South by - S.No-288/33, 288/24, 288/25, East by - S.No-288/22, West by - Road.	03-12-2024	632,277	08-02-2025
3.	Santhosh Kumar N, P Gayathri	House-Old S.No.305, as per Patta No.485, New S.No.305/1, Door No.33, Balaji Nagar, Mosur Village, Arakonam Taluk, Ranipet District, Ranipetta-631004. Bounded By : North by - Balaji Nagar 2nd Street, South by - Property belongs to Mr.Sam, East by - Road, West by - Vacant land.	03-12-2024	1,748,103	08-02-2025
4.	Panjamurthy K, Bhuvanewari Pazhamalai	Flat-Lofted Apartments, No.52/1 & 52/2, Old S.No.14/3, New S.No.14/7, UDS out of 3582 Sq.ft., (No.52/1 -1080 Sq.ft., No.52/2 - 2382 Sq.ft., Flat bearing No.2, Corner Site, Stationed at Moorthy Nagar, Kathirvedu East, Kathirvedu , Chennai Kathirvedu, Chennai, Tamil Nadu- 600066. Bounded By : North by - Road & Plot.No.51, South by - Odai Bund, East by - Plot.No.41 Vacant Land, West by - Plot.No.53 & vacant.	03-12-2024	2,087,049	08-02-2025

The borrower having failed to repay the amount, notice is hereby given to the borrower / Guarantor and the public in general that the undersigned has taken Possession of the property described herein below in exercise of powers conferred on him/her under section 13(4) of the said Act read with rule 8 of the said rule on the date mentioned above.

The BORROWERS/ GUARANTORS and the PUBLIC IN GENERAL are hereby cautioned not to deal with the above referred Properties/Secured Assets or any part thereof and any dealing with the said Properties/Secured Assets shall be subject to charge of HOME FIRST FINANCE COMPANY INDIA LIMITED for the amount mentioned hereinabove against Properties/Secured Assets which is payable with the further interest thereon until payment in full.

The borrower's attention is invited to the provisions of subsection (8) of Section 13 of the Act, in respect of time available to redeem the secured asset.

Place: Chennai
Date: 13-02-2025
Authorised Officer,
Home First Finance Company India Limited