

#RESEARCH

Bone Aging

A new study in mice, presented at an American Heart Association meeting, suggests high blood pressure may cause bones to age faster.



When high blood pressure was induced in young mice, they had bone loss and osteoporosis-related bone damage comparable to older mice, according to new research presented at the American Heart Association's Hypertension Scientific Sessions 2022 conference, held in San Diego.

High blood pressure and osteoporosis are prevalent diseases, and people may have both at the same time. In this study, researchers examined inflammation associated with high blood pressure in mice and found it may be connected to osteoporosis.

Bone marrow is where both new bone and immune cells are produced. We suspect that more pro-inflammatory immune cells in the bone marrow may be leading to damage of the bone and making it weaker," said lead study author Elizabeth Maria Hennen, a Ph.D. candidate in biomedical engineering at Vanderbilt University in Nashville, Tennessee. "By understanding how hypertension contributes to osteoporosis, we may be able to reduce the risk of osteoporosis and better protect people later in life from having fragility fractures and a lower quality of life."



In the study, researchers compared young mice with induced hypertension to older mice without hypertension to assess the potential relationship of hypertension to bone aging. The human age equivalent for the young mice and about 47-56 years old for the older mice, Hennen said. A group of 12 young mice (4 months old) were given angiotensin II, a hormone that leads to high blood pressure. The young mice received 490 nanograms/kilogram of angiotensin II for six weeks. A group of 11 older mice (16 months old) also received 490 nanograms/kilogram of angiotensin II for six weeks. Two control groups of 13 young mice and 9 old mice received a buffer solution that did not include angiotensin II, and these mice did not develop high blood pressure.

After six weeks, researchers analysed the bones of mice from all four groups using micro-computed tomography, an advanced imaging technique. Bone health was determined by strength and density of the bone. Mathematical algorithms were used to estimate the potential effects of hypertension and aging on the microstructure and strength

of the bone in the mice. When compared to the young mice without hypertension, the young mice with induced hypertension had a significant 24% reduction in bone volume fraction, an 18% reduction in the thickness of the sponge-like trabecular bone located at the end of long bones, such as femurs and the spinal column, and a 34% reduction in estimated failure force, which is the ability of bones to withstand different types of force.

"Failure force translates into weaker bones. In the spine, bone weakness can lead to vertebral fractures later in life," Hennen said.

In contrast, the older mice who were given the angiotensin-II infusion did not exhibit similar bone loss. During the study, however, the old mice, with or without high blood pressure, exhibited a reduced bone quality similar to that of the hypertensive young mice.

"In these mice, being hypertensive at a younger age essentially aged bones as if they were 15-25 human years older," Hennen said. To assess the impact of inflammation on bone health of the mice, researchers analysed the bone marrow using flow cytometry. This tool allowed researchers to identify indi-

vidual cells and to sort out specific immune cells. In the hypertensive young mice, they found an increase in the number of inflammatory signalling molecules, indicating an increase in inflammation in the bones when compared to the young mice that did not receive angiotensin II. "This increase in active immune cells tells us that the older mice are more inflamed overall, and that a continued state of inflammation, whether they had high blood pressure or not, may have an impact on bone health," Hennen said. "It appeared that high blood pressure was adjusting the bone remodelling process toward bone loss, rather than bone gain or bone equilibrium, in the hypertensive young mice. As a result, bones will be weaker, leading to an increased risk for osteoporosis and fragility fracture. In humans, this might mean that we should screen for osteoporosis in people with high blood pressure."

Hennen adds that these findings may help researchers identify the immune cells and mechanisms that play a role in human bone health. This depth of knowledge may lead to new approaches to prevent osteoporosis in early adulthood.



Jug Suraiya with wife Bunny.



Shailaza Singh
Published author, poet and a YouTuber

The life and times of a witty raconteur

#SATTIRE FIRE

Times of My Life' is one such book.

The Wisecracker

For people who have grown-up reading Times of India or those who have grown old reading Junior Statesman or Statesman, Jug Suraiya is a known name. He is the guy whose columns are mostly about tongue in cheek humour, wisecrack writing quietly poke fun at anyone without their knowledge. He likes to speak his mind but in a very subtle and humorous way. So, when such a person writes a book, you can expect it to be funny, sarcastic and satirical.

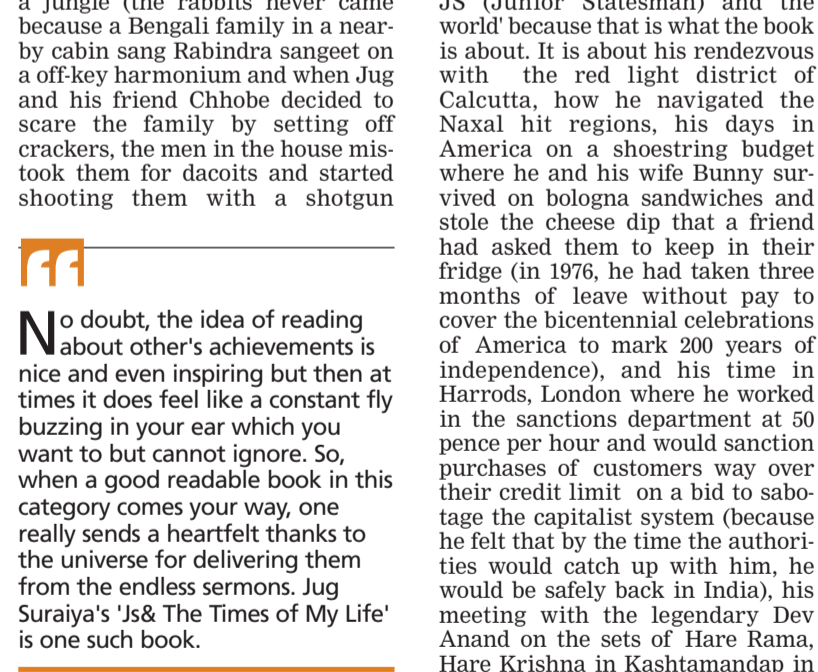
Jug Suraiya was born during the pre-partition riots. Fearing violence, the family had moved to Puri

where they lived in a dharamshala, flanked one side by a church and on the other side by a mosque. He writes, "I'm told I was born at dawn. The priest in the church, the maulvi in the mosque, the Hindu monks in the dharamshala prayed for me. An early overdose of religion, which might explain why I turned out to be an atheist."

Serendipity and More

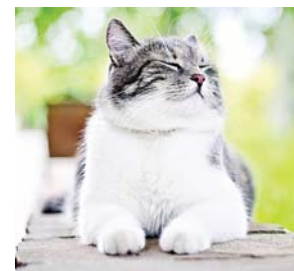
Later on in the book, Jug talks about his serendipitous meeting with Junior Statesman editor Desmond Doig who had also recruited his friend Dubby Bhagat for Junior Statesman, the paper that initiated him into the profession of journalism. One thing that really strikes the reader of this book is the names. Jug's friends are mostly called him Jug after the character Jughead in Archie's comics and the name stuck) says that he never wanted to be a journalist. Before accidentally venturing into the field, he had tried a number of business ideas including spray painting (which ended before it had begun since the spray painting machine went berserk and painted everything in sight including the furniture and people), rabbit hunting in a jungle (the rabbits never came because a Bengali family in a nearby cabin sang Rabindra sangheet on a off-key harmonium and when Jug and his friend Chhobe decided to scare the family by setting off crackers, the men in the house mistook them for dacoits and started shooting them with a shotgun

Adventures of Jug Perhaps the book should have been titled 'Adventures of Jug Suraiya in JS (Junior Statesman) and the world' because that is what the book is about. It is about his rendezvous with the red light district of Calcutta, how he navigated the Naxal hit regions, his days in America on a shoestring budget where he and his wife Bunny survived on bologna sandwiches and stole the cheese dip that a friend had asked them to keep in their fridge (in 1976, he had taken three months of leave without pay to cover the bicentennial celebrations of America to mark 200 years of independence), and his time in Harrods, London where he worked in the sanctions department at 50 pence per hour and would sanction purchases of customers way over their credit limit on a bid to sabotage the capitalist system (because he felt that by the time the authorities would catch up with him, he would be safely back in India), his meeting with the legendary Dev Anand on the sets of Hare Rama, Hare Krishna in Kashmatmandir in



Jug Suraiya book.

No doubt, the idea of reading about other's achievements is nice and even inspiring but then at times it does feel like a constant fly buzzing in your ear which you want to but cannot ignore. So, when a good readable book in this category comes your way, one really sends a heartfelt thanks to the universe for delivering them from the endless sermons. Jug Suraiya's 'Js& The Times of My Life' is one such book.



Happy Cat Month

They're fuzzy, they're adorable, they invade our lives and take complete command of it and we are their willing slaves. Of course we're talking about that most amazing house pet, the cat. These animals have lived alongside humans for almost as long as dogs, and have served purposes as important. From companionship to pest control, they've been a wonderful addition to our lives, and Happy Cat Month celebrates all they've done, and reminds us of what we should do to make sure we have a happy cat.

Kathmandu where he witnessed how Dev Anand charmed the press and the public who had initially branded him as a despoiler of temples, a la Mohammed Ghazni to transform him into a hero of the masses. It is also about his meetings with kids like Shashi Tharoor and MJ Akbar who would later become the newsmakers.

Smuggled Goods

At one point in the book Jug talks about his travel to Tibet in 1994. This was a part of his assignment in TOL. However, the Chinese government had approved his wife's visa and rejected his on the grounds because his passport mentioned that he was a journalist. Nevertheless, on the advice of Fawan Varma in the ministry of external affairs, he applied for a new passport (since his appearance had changed, more specifically his hair were now white instead of black or grey) and did not mention his profession. This time his visa was approved. The interesting bit is that when he got back from Tibet, he was quite excited about being able to smuggle something out of Tibet. When his friend asked him if he had smuggled a Thanka or an antique, he showed him a sheet of paper that he had stolen from his hotel room in Gyantse Hotel in Gyantse in Tibet which said:

"NOTICE TO TRAVELLER OF STAYING: ITEM FOR COMPENSATING AND PENALTYING THAT YOU DAMAGE OR LOSE THE INSTALLATION IN GUEST ROOM"

Every guest: How do you do! Welcome to our hotel. During your stay in our hotel, we hope that you cooperate with our work, to take care of all our installations and equipment in the guest room, and keeping the room clean. Strictly forbid taking the big packages and dangerous articles, combustibles, explosions and so on to your room. If you carry valuables, please well arranged... If you smoke, Please shake the ask to the ash-tray... If the goods in your room be damaged or lost, you will be compensating and find by our department.... The luggage you carry must check into the left Luggage office in the hotel. Plenty of money and valuables should deposit in the special cupboard in the hotel... Our hotel provides you a yak service, for your tourist convenience. The yak place is on the right on the gate. Welcome you to ride the yak, the rate is five Yuan...

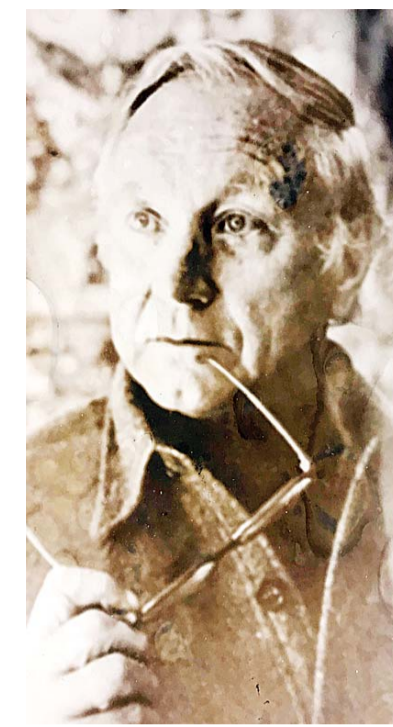
Signed Gyantse Public Security bureau and Gyantse Hotel Security Department."

Jug later writes that he wanted to send a photocopy of the notice to His Holiness, Dalai Lama in Dharamshala but thought otherwise since he did not want to make him homesick or make him an unwilling accomplice in his theft of an official document which was the property of the Autonomous Region of Tibet, which in turn was the property of People's Republic of China.



Jug Suraiya.

The book seems to be a work of a writer who seems to be sitting in some corner of the world with a bird's eye view of everything; whether it is about the evolution of India, the changing language and even values.



Desmond Doig, editor of JS.



Dubby Bhagat

The Jug Times

In the latter half of the book Jug talks about his time in The Times of India. He also takes the reader through the transition of the paper with editors like Girilal Jain, Gautam Adhikari, Samir Jain and many other such stalwarts who have seen the paper grow.

The book seems to be a work of a writer who seems to be sitting in some corner of the world from where he has a bird's (in his words worm's) eye view of everything; whether it is about the evolution of India or its masses, the changing trends, the changing language and even values. In his own words and introduction, Jug says, "Don't try reading it at one sitting. Treat it as you would an off-the-beaten track, slightly seedy and decidedly unfashionable bar or cafe you occasionally go to, to listen to the yarns of the guy sitting in the corner who seems to have been there since anyone can remember and is given to waylating strangers and telling them stories for the price of a drink, or a cup of coffee. You wouldn't want to make an evening of it. But an odd half-hour or so, every now and then when you have nothing to do, might prove diverting."

The book does exactly that. It sends the reader on a journey across time with a witty raconteur who likes to educate, surprise and regale his reader with stories that are generously garnished with humour and satire with a lingering after taste which stays with you even after you put the book down!

writetoarbit@rashtradoot.com

Jug Suraiya will be conversing about his life and times with Jagdeep Singh (Jags) today at 4:30 pm in Ashok Club, Jaipur.

#INSPIRATION

Of Fashion, Design and Inspiration

Jaipur's popular fashion designer, Haneet Singh, is all set to showcase his collection at the London Fashion Week 2022-23 this month.

In an exclusive conversation with Arbit, the designer throws light on his journey in the fashion industry, design inspiration, current trends and challenges in the world of fashion, tips for aspiring designers, among other interesting things.



Tusharika Singh
Freelancer writer and city blogger



Haneet Singh with Karishma Tanna (in red).

designer's apparel more than makes up for it. "Seeing my clients happy and feeling confident in what they are wearing is the biggest reward. I have had clients calling me from events and parties and telling me how much appreciation they are getting for their outfit", shares Haneet Singh while shedding light on his favourite part of being a fashion designer.

Taking inspiration from Jaipur

What is interesting about Singh's recent collection 'Stannic Luxe' that will be showcased at the London Fashion Week, is that some of the pieces take inspiration from Jaipur's City Palace. "Stannic Luxe is a



Tracing of a design inspired from City Palace

luxurious fusion collection that is inspired by its shine. The metallic fabric is adorned with gold, rose gold, silver, grey and other lustrous colours. The arcs of the City Palace too serve as an inspiration for two of the pieces of this collection. Local artisans from Jaipur, including many women artisans, have been included to create this collection in which each ensemble narrates a different story. It is the perfect epitome of Indian hand details fused with a western silhouette. It features quirky handwork with 3D sequins, intricate hand details and most importantly, sparkle, which is the inspiration", says Singh while elaborating about his collection.

Stick to your base and market to the right audience After being in the fashion indus-



Haneet Singh.

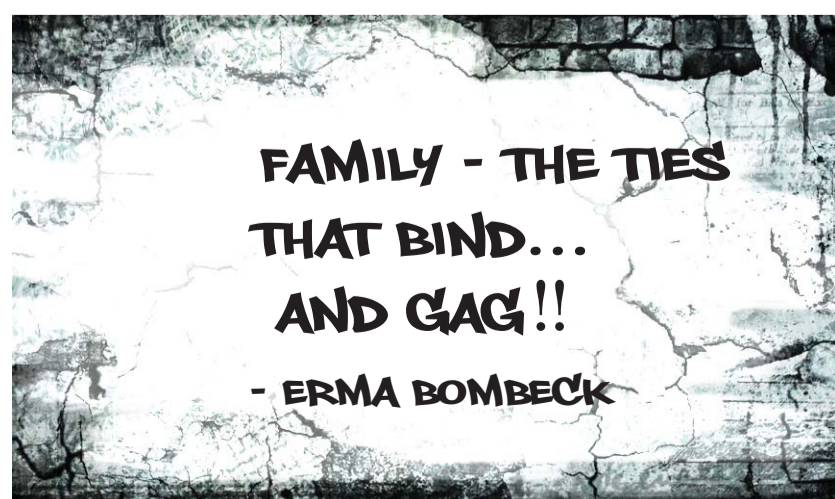
try for over 20 years, Singh has garnered some insightful knowledge about what is needed to sustain here. Ask him what he would like to share with aspiring designers and fashion students and he says, "The fashion students today have great exposure but there are a lot of options available to them too which can get overwhelming at times. They need to create a small collection and present it nicely to give a glimpse of their own unique style. Marketing your product to the right audience is another important factor. It is easy to create a label but sustaining it is a difficult task. Just remember to stick to your base otherwise you will get lost in this big world of fashion."

Focus on sensibilities and aesthetics

The pandemic did not leave any industry unperturbed and fashion has been no exception. Talking about how things are looking up for the industry in the Post-Covid times, Singh shares that India is the land of flamboyant weddings. There is no lack of work with weddings. What one needs is to maintain their quality of work and have their design sensibilities and aesthetics in place. People are now also more experimental with fashion and moving beyond the traditional gotta patti towards more light-weight and flowy garments. It is great to see that men too are taking fashion quite seriously", he adds.

It is worth noting that in the past Singh has collaborated with many Bollywood and television celebrities like Mugdha Godse, Bipasha Basu, Aarti Chhabria, Karishma Tanna, among others.

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman

