

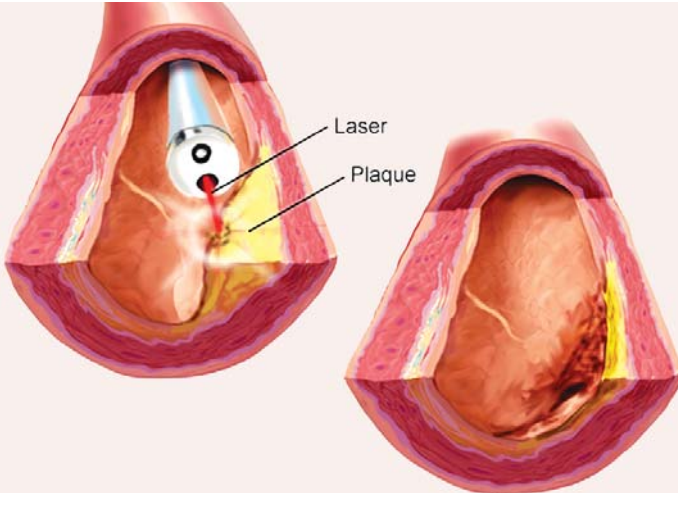
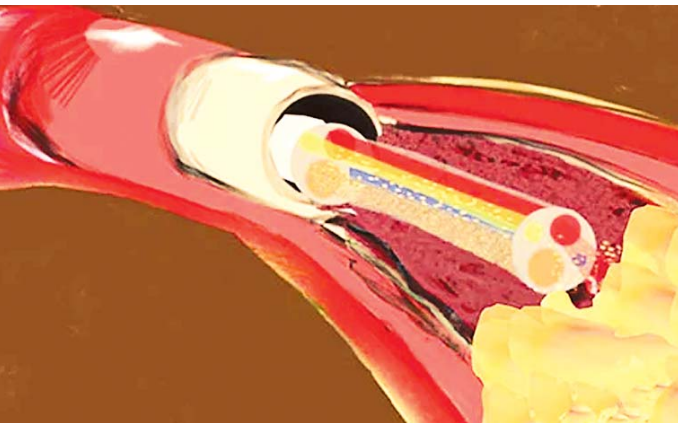


Canoeing the Waters

here is a special day for just about every hobby nowadays, and canoeing doesn't miss out on the fun, with its very own day of aquatic paddling celebration. Canoeing is a fantastic hobby, and along with being environmentally friendly and relaxing, it is also a great form of outdoor exercise that's suitable for all ages. It's no surprise that canoeing gets its own day of celebration, with so many fans around the world. Canoeing is an easy activity to learn, and with some basic safety gear, anyone can hit the water and enjoy this healthy hobby.

#MEDVANCEMENT
Laser to Vaporize
Heart Blockages

By using focused light energy, the laser technology targets and vaporizes the plaque inside the blocked blood vessels.



In a significant medical breakthrough, Nagpur has introduced an advanced laser technology aimed at vaporizing blockages inside heart vessels, a revolutionary step forward in the treatment of cardiovascular diseases. The novel procedure promises to reshape the way heart conditions are managed, providing a more effective, precise, and minimally invasive solution to what has traditionally been a challenging medical issue.

Heart blockages, which are often caused by the buildup of plaque (a mixture of fat, cholesterol, and other substances), can severely restrict blood flow, potentially leading to heart attacks, strokes, or other life-threatening cardiovascular conditions. Typically, doctors use stents or bypass surgery to treat such blockages, both of which involve significant recovery time and come with certain risks.

However, the new laser therapy offers a groundbreaking alternative. By using focused light energy, the laser technology targets and vaporizes the plaque inside the blocked blood vessels with pinpoint accuracy. The process breaks down the obstruction, restoring normal blood flow without the need for invasive surgery or stenting. The precision of the laser ensures that the surrounding tissue remains unharmed, reducing the risk of complications and speeding up recovery times for patients.

Doctors are particularly excited about the potential of this therapy because it combines the power of modern technology with the need for minimally invasive treatments. The procedure is less traumatic for patients, requiring only small incisions or no incisions at all, and can be performed under local anesthesia in a relatively short

time. Many patients can return home the same day or the day after the procedure, a stark contrast to the prolonged hospital stays often required after more traditional heart surgeries. Additionally, the laser technology could greatly benefit those with complex blockages in difficult-to-reach areas of the heart, where traditional surgical methods might not be effective. This advancement opens up new possibilities for treating high-risk patients who previously had limited treatment options due to the location or severity of their blockages.

Experts are hopeful that this technology could revolutionize the field of cardiology, not just by offering a safer and more efficient treatment, but also by making heart disease management more accessible to a wider range of patients. As more clinical trials and research are conducted, the therapy's efficacy and long-term benefits will become clearer, but initial results are promising. With heart disease being one of the leading causes of death worldwide, any advancement that can reduce the impact of blockages and improve outcomes for patients is a welcome step forward. As the laser technology gains traction, it has the potential to become a standard treatment option in cardiovascular care, changing the way doctors approach heart vessel blockages and, ultimately, saving countless lives.



Russia Prolongs U.S. Seeks
Ukraine's Wealth!



he ceasefire talks between Russia and US in Saudi Arabia did not result in any breakthrough, and presently, there is a collision between the US pursuit to end the war and Russia harping on addressing its

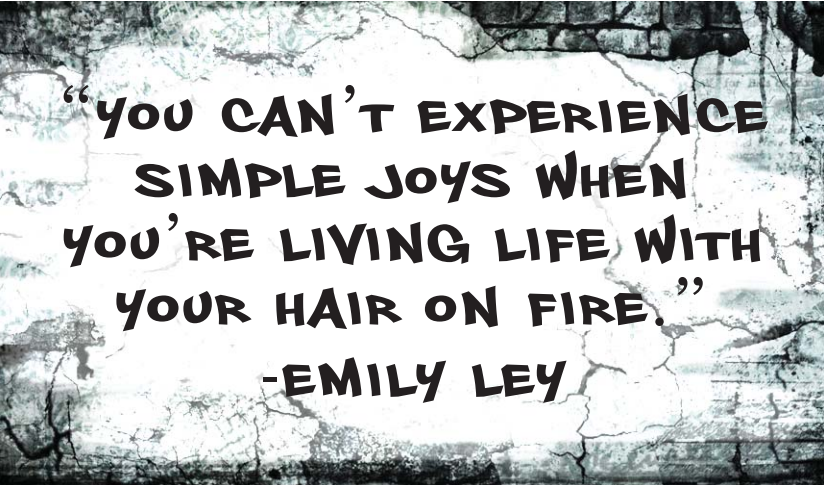
core concerns. The concluding statements from the White House and Kremlin suggest that the parties agreed to a moratorium on strikes against energy infrastructure, but it is unclear how compliance will be monitored, which is evident from the reported violations. The US also announced a ceasefire in the Black Sea, but Russia responded by making it clear that the condition for its commencement would be the lifting of certain sanctions.

Following the talks in Riyadh, the White House issued two separate statements: one on the outcome of talks with Russia and the other with Ukraine. The content of the two texts is the same that the parties agreed to return to safe navigation, eliminate the use of force, and not use commercial vessels for military purposes in the Black Sea. It also stated that the parties agreed to develop measures to ensure compliance with the moratorium on strikes against energy facilities and to continue working towards achieving a durable and lasting peace.

Russia in its statement said that it would agree to a Black Sea ceasefire only if a number of conditions were met. The West must lift sanctions against Rosselkhozbank (the state-owned Russian Agricultural Bank) and reconnect it and other Russian banks involved in the food trade to the SWIFT international payment system. This kaleidoscope of divergent positions was clear when the Ukrainian Defense Minister Rustem Umerov and President Volodymyr Zelenskyy suggested that Ukraine knew nothing about Russia's condition that sanctions should be lifted. As far as Kyiv is concerned, the ceasefire in the Black Sea is already in effect and applies not only to ships, but also to ports. The moratorium on strikes against energy facilities, according to the Ukrainian side, has been in effect since 25 March.



THE WALL



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#CEASEFIRE



Since his return, Trump has demonstrated that he is ill-disposed to Ukraine and is ready to negotiate directly with Russia, excluding both Ukraine and its European partners, and, if necessary, force President Zelenskyy into accepting US demands.

Following the Oval Office meeting with President Trump, Ukraine has taken steps to mend relations with the US administration by accepting a US proposal for a 30-day ceasefire, and most recently, a ceasefire on energy infrastructure.

Trump has also continued to demonstrate that he attaches little importance to NATO. Defense Secretary Pete Hegseth stated clearly that the US does not support NATO membership for Ukraine, a commitment from the Trump administration on a major Russian red line.

The waning of US support to Ukraine has created an opportunity for Putin to impose conditions that will weaken Ukraine's ability to resist over the long term, including limits on the size of the Ukrainian Army and preventing the deployment of European forces on Ukrainian

Russia's Approach to Negotiations

Though President Trump in his address to Congress said that Russia has sent "strong signals that they are ready for peace," But Russia's fundamental objectives remain unchanged. No NATO membership for Ukraine; recognition of Russia's annexation of four provinces; Ukraine's demilitarization and denazification; and the lifting of sanctions.

Russia's Deputy Foreign Minister Sergei Ryabkov has said that Russia cannot accept US proposals to end the war in Ukraine in their current form because they do not address problems that Moscow regards as having caused the conflict. He suggested that Moscow and Washington have so far been unable to bridge differences, which Russian President Vladimir Putin raised when he said US ceasefire proposals needed reworking.

In the Kremlin's statement, issued after the call, Putin underlined the need to stop military assistance and intelligence sharing to Ukraine. This was justified as a means to prevent an 'escalation of the conflict and work towards resolving it by political-diplomatic means.'

Trump is clearly not yet ready to make this concession, even though he stopped and then restored both military aid and intelligence provision to persuade Kyiv to accept a ceasefire. Nevertheless, Putin has set the expectation that a halt in US military support for Ukraine is a prerequisite for an agreement.

Later, while visiting Russia's newest nuclear sub, the Arkhangelsk, on 27 March, President Vladimir Putin said that a temporary administration should be installed in Ukraine to lead the country to elections. Feeling relatively secure in its current position and ready to exploit the US administration's stated commitment to ending the war through diplomacy, Russia has two options. Either continue hostilities or attempt to gain an advantage through diplomatic means. For Ukraine, the fear is if a comprehensive ceasefire takes place, Russia will treat it as an operational or strategic pause, to strengthen its position before launching a decisive strike.

Agriculture Exports

Though, Washington commits to help restore Russia's access to the world market for agricultural and fertilizer exports, the problem is that there are no formal sanctions against Russian food producers and exporters. Moscow obtained exemptions from the sanctions regime for food and fertilizers back in 2022.

But despite the official exemptions from the restrictions, Western Companies avoid doing business with Russians because of compliance costs and the risk of sanctions. This has pushed up transaction costs as not all ports want to accept Russian cargo and it is difficult to find cargo ships and insurers.

Moscow needs to get restrictions lifted on access to Western financial infrastructure: insurance, logistics, and payment systems. And the key is the lifting of restrictions against Rosselkhozbank, which would therefore significantly simplify Russia's foreign trade operations.



Conclusion

Presently, there seems to be far too many 'moving parts' in the ceasefire talks, the pace of which seems to be slowing down. The US brokered moratorium is also not working due to multiple reports of violation.

But the positive fact is that talks have commenced and diplomacy is now back at the guiding principle which is evident from the appointment of the Russian Ambassador Alexander Darchiev to Washington. In addition, Kirill Dmitriev, Putin's investment envoy, stated he saw a 'positive dynamic' in relations between Moscow and Washington after holding two days of meetings in Washington, but said more meetings were needed to sort out differences.

The other green shoots in the relationship are President Vladimir Putin agreeing to mediate a new nuclear agreement between the US and Iran after reportedly being asked by President Donald Trump on a phone call in February. In a meeting hosted by Saudi Arabia, US Secretary of State Marco Rubio allegedly followed up on the President's request with his Russian counterpart, Foreign Minister Sergey Lavrov. President Putin now

seems to be in a position where he sees the opportunity of imposing a Russian-designed peace plan as Trump's administration has shown itself to be comfortable with a global order where great powers dictate terms to smaller countries, and seek to expand into others' territory with the US openly questioning the sovereignty and borders of allies and neighbours like Greenland, Panama and Canada.

By giving little ground, Russia seems ready to prolong negotiations while its Army continues its battlefield advances using negotiations as a tool to accelerate victory, setting conditions that will later become part of a final agreement. For Ukraine, which is suffering from violence of conflict, peace remains its greatest aspiration. They are also eager to see a deal that would protect Black Sea shipping, particularly the cessation of shelling of Ukrainian ports, Odesa, Kherson and Mykolaiv. However, the credibility and reliability of any peace arrangements are absolutely critical. However, a ceasefire is important as that's a scorecard of generational consequence.

Using teratology drug databases, the medications were separated into two classes based upon their known teratogenic effect. About 140 drugs were known to have definite teratogenic effects, and another 65 were identified as having potential teratogenic effects. The proportion of pregnancies with exposure to definite teratogens decreased slightly over the 12-year study period from 1.9% to 1.2%, while exposures for

potential teratogens increased from 3.4% to 5.3%.

"While declining exposure rates among teratogenic drugs with definite risk are encouraging, the rising prenatal exposure to drugs with potential risk calls for more assessment," Winterstein says. "To have 1 in 16 women and their unborn baby exposed to a teratogenic medication is simply too high, and we must identify strategies to improve pregnancy outcomes."

The researchers also examined age and risk for prenatal exposure to teratogenic drugs and found that teenagers and women in their 40s had the greatest risk. Winterstein says both of these groups are known to have more unintended pregnancies and the drug exposure may have been accidental, which points to the need for more information about effective birth control and family planning when using teratogenic drugs. The researchers were particularly interested in prenatal exposure during more recent years, following the enactment of the FDA Amendment Act of 2007. That legislation allowed the US Food and Drug Administration to require drug manufacturers to implement a risk evaluation and mitigation strategy for certain medications with serious safety concerns.

Those mitigation strategies are designed to reinforce safe medication-use behaviours, such as a pregnancy test before a teratogenic drug is started. Only a few medications require this extra safety precaution. The researchers found the 12 drugs with mitigation protocols in the study to be used infrequently and contributed to only a small portion of prenatal exposures. The study's authors conclude that more research and regulatory action are needed to optimize the use of medications during pregnancy.

"There is much to do to address the evidence available regarding the risk-benefit of many drugs during pregnancy, and the availability of adequate risk-mitigation programs that ensure that pregnancies are not unnecessarily exposed to teratogenic drugs," Winterstein says.

"In the meantime, women and their providers must rely on the written information that is provided about the teratogenic risk for drugs during pregnancy."

ne in 16 pregnant women take harmful teratogenic drugs, a review of more than 3 million pregnancies shows. Teratogenic drugs can cause pregnancy loss, birth defects, and other health problems for the unborn child. The new findings highlight the need for women and their providers to carefully examine medications taken during pregnancy.

"If you are pregnant, planning to become pregnant, you must understand the risks involved with taking teratogenic drugs."

"If you are pregnant, planning to become pregnant, you must understand the risks involved with taking teratogenic drugs," says study author Almut Winterstein, professor and chair of the department of Pharmaceutical Outcomes and Policy in the University of Florida College of Pharmacy, part of University of Florida Health.

"Talk with your provider about your medications and review drug labels to ensure that the medications you are taking are not putting your unborn child at risk," says Winterstein, who also directs the Center for Drug Evaluation and Safety.

"A teratogen is a substance that interferes with the normal development of a fetus. Hundreds of such drugs have been identified, including medications to treat seizures, migraines, obesity, acne, hypertension, bipolar disease, and cancer."

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#HEALTH
Pregnant? Watch
Your Medicines

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By Rick Kirkman & Jerry Scott

BABY BLUES



ZITS



By Jerry Scott & Jim Borgman

