



An Official Publication of
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(Autonomous)

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A RETROSPECTIVE STUDY ON RISK FACTORS OF OSTEOPOROSIS

T Munikiran, Pharm D Internee



Background Information:

Osteoporosis is related to various factors including menopause and aging, it is the most common disease characterized by low bone mass and deterioration of bone micro structure with an increase in bone fragility so a risk of fracture. Osteoporosis is diagnosed by DEXA using BMD and T-Score also with a fracture risk assessment tool called FRAX score.

Methodology:

The present study retrospective observational study was performed among 110 postmenopausal women presenting to Sri Venkateswara Institute Of Medical Sciences – Tirupati. The duration of the study is 6 months. The study starts with collection of basic demographic details of the patient like age, gender, BMI, using the patient demographic form and details of risk factors using risk factors assessment checklist with factors like age, low calcium intake, family history, thyroid usage etc. by accessing to the medical record department. P value was used for the comparison using SPSS statistical analysis software tool and probability value of < 0.005 was considered significant.

VISION

To emerge as one of the premier pharmacy colleges in the country and produce pharmacy professional of global Standards.

MISSION

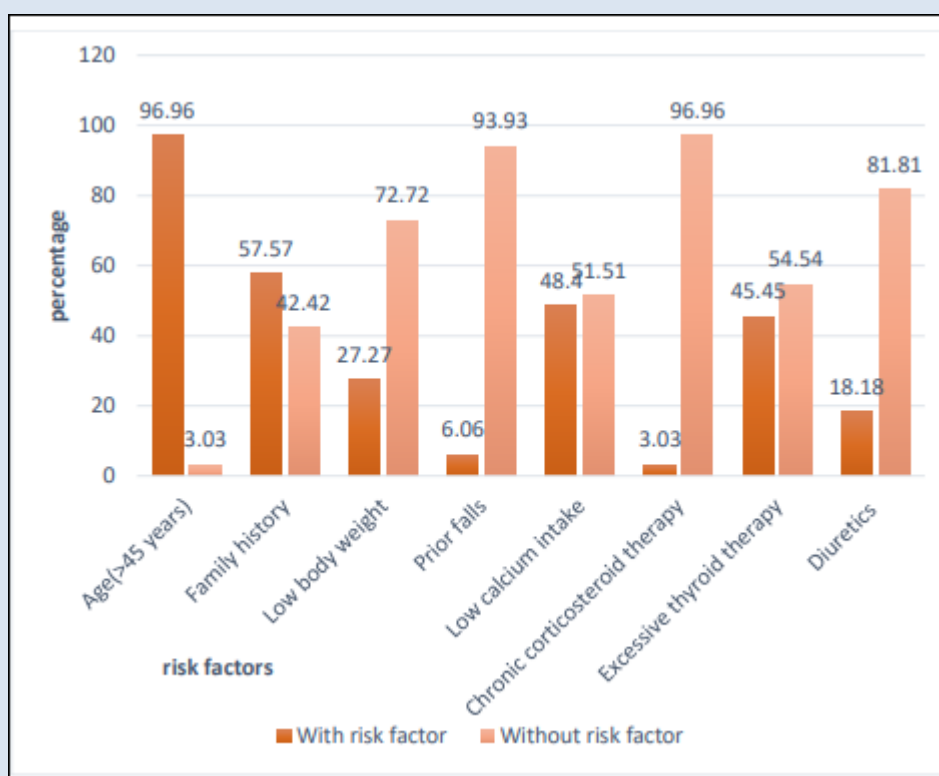
- To deliver quality academic programs in Pharmacy and empower the students to meet industrial standards.
- To build student community with high ethical standards to undertake R&D in thrust areas of national and international standards.
- To extend viable outreach programs for the health care need of the society.
- To develop industry institute interaction and foster entrepreneurial spirit among the graduates

Results:

The mean age of the subjects was 59.31 and mean age of menopause was 39.80. The mean age of diabetic menopausal women and non-diabetic menopausal women is 59 and 57.53 respectively. Age is a main risk factor in postmenopausal women with a P value of 0.001 and followed by low calcium intake with a P value of 0.019 and on the other hand obesity showed protective factor against osteoporosis.

Frequency of Risk Factors among Subjects:

S.NO	RISK FACTOR	FREQUENCY		PERCENTAGE (%)	
		YES	NO	YES	NO
1	Age(>45 years)	107	03	97.27	2.72
2	Family history	34	76	30.90	69.09
3	Low body weight	32	78	29.09	70.90
4	Prior falls	06	104	5.45	94.54
5	Low calcium intake	62	45	56.36	43.63
6	Chronic corticosteroid therapy	02	108	1.81	98.18
7	Excessive thyroid therapy	45	65	40.90	59.09
8	Diuretics	10	100	9.09	90.90



Conclusion:

Osteoporosis is increasing day by day in postmenopausal women. Identifying the risk factors helpful in prevention of the disease in initial stage. Preventive measures like lifestyle changes, physical activities, calcium and Vitamin D intake, education the women about the disease helps in decreasing the osteoporosis

NEW VARIANT XE of COVID-19

Vijay Vignesh N & Swetha K, Pharm D I Yr













New variant XE

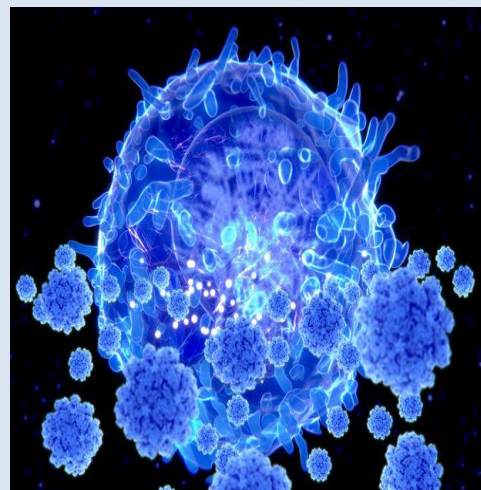
The world health organization (WHO) has issued a warning against a new mutant XE variant of omicron, that may be 10 times more transmissible than any strain and covid-19 been before. WHO ---- introduced new variant of XE 22nd March, 2022 to the people.

XE was first detected via sequencing on Jan 19, 2022 in UK and 637 cases have been recorded. XE is a hybrid of two versions of Omicron BA.1 and BA.2.

Variants of concern

 B.1.1.7 Alpha	 B.1.351 Beta	 P.1 Gamma	 B.1.617.2 Delta	 B.1.1.529 Omicron
May 2020 UK	August 2020 South Africa	November 2020 Brazil	October 2020 India	November 2021 Multiple countries
Spreads more easily	Spreads more easily and some vaccines may be less effective against it	Spreads more easily and some vaccines may be less effective against it	Spreads more easily Symptoms may present differently May reduce vaccine efficacy Still protects against severe disease	Early studies show that it spreads more easily

GREEK LETTERS FOR COVID-19 VARIANTS				
The UN health agency uses letters of the Greek alphabet to avoid stigmatising nations where they were first detected				
VARIANTS OF CONCERN				
Increase in transmissibility or virulence				
 α ALPHA B.1.1.7 United Kingdom Dec 18, 2020	 β BETA B.1.351 South Africa Dec 18, 2020	 γ GAMMA P.1 Brazil Jan 11, 2021	 δ DELTA B.1.617.2 India May 11, 2021	
VARIANTS OF INTEREST				
Can cause community transmission or multiple clusters, or detected in multiple countries				
 ε EPSILON B.1.427/ B.1.429 United States March 9, 2021	 ζ ZETA P.2 Brazil March 17, 2021	 η ETA B.1.525 Multiple countries March 17, 2021	 θ THETA P.3 Philippines March 24, 2021	 ι IOTA B.1.526 United States March 24, 2021
				 κ KAPPA B.1.617.1 India April 4, 2021



Two more hybrid strain has also been detected in UK. They are XD and XF while XD is mutation between French delta and BA.1 Lineage of omicron variant, XF evolved as a hybrid form of UK delta and BA.1 lineage recombinant mutation emerge when a patient is infected by multiple variants.

Naming

- ✓ XE is named as per the Greek alphabets. It should be named but due to some issues, it had changed into XE.
- ✓ UK Health agency (UKHSCA) has said that XE variant has a growth rate of 9.8 percent over that of BA.2 also known as stealth variant because of its ability to evade detection. Most cases are found in East of England, London and South East.
- ✓ We should monitor the new recombinant closely, but we should not panic at this moment, said Leo Poon a virologist and university of Hong Kong professor who has taught and written reports on emergence of new strains.
- ✓ The naming of the virus is held by pangolineage, GISAID CLADE, NEXTSTRAIN CLADE.
- ✓ Pangolineage: the phylogenetic assignment of named global outbreak lineages.
- ✓ GISAID – genetic data of influenza virus and COVID 19.

Next strain clade

- It is an open source project harness the scientific and public health potential of pathogen genome data.
- In a sign of relief, during the week between March 21 and March 27, the number of fresh COVID cases worldwide dropped by 14%, as compared to the previous week, the WHO has said in its last report. The global body has also raised concerns over a new variant XE, which is said to be more transmissible than omicron.
- Since the situation of fourth wave of corona remains in many countries, this virus has caused concern. According to Susan Hopkins, chief medical advisor of UK Health agency, such variants formed by associating with other variants of the corona virus are not very lethal and die quickly.

Hospitalization

- The risk of hospitalization does not appear to be higher following a BA.2 infection than following a BA.1 infection (hazard ratio 0.94 95% CI: 0.88-1.00).

Diversity in Spike mutations

- ❖ Spike mutations are monitored within BA.2 using 4 criteria. A mutation is investigated further if it meets more than one of these criteria and is present in at least 10 sequences. Twenty-eight additional mutations have been observed in BA.2 sequences according to the Criteria in. The criteria for mutation monitoring are currently being reviewed and amended.

Departmental Activities April-2022:

No of Patients Screened	Drug Information Queries	Adverse Drug Reactions	Medication Errors	No of Prescriptions Audited
886	29	34	06	1026

Perfect Click



Campus Recruitment from Divis Labs



Campus Recruitment from Medi Assist



Disha Awareness Programme



SHCPians in SFEC Conference – JSS AHER



ADR Sensitization Programme – PHC



Prime Step Workshop