

Major Health & Public-Health Headlines

World AIDS Day 2025 — significant reduction in HIV/AIDS burden

- According to the government, India has achieved a **49% reduction in new HIV infections**, an **81% drop in AIDS-related deaths**, and a **75% decline in mother-to-child transmission** between 2010 and 2024.
- The progress owes to expanded HIV testing, wider availability of antiretroviral therapy (ART), and stronger public-health efforts under the national control programme.

New challenges for cancer patients — health insurance not keeping up with treatment costs

- A recent study (2023-2025, one-lakh cancer claim records) shows that although detection of early-stage cancers is improving, patients still face severe financial stress due to fragmented insurance coverage.
 - Treatments today often involve multiple rounds of therapy, scans, follow-ups — each treated as a separate claim. Many insurers deny or underpay for “off-label” treatments or impose caps/co-pays.
 - As a result, out-of-pocket expenses remain high, increasing the burden on families despite earlier detection.
-



Policy & Medical-Education Updates

Goa High Court directs completion of PG-medical counselling without altering reservation policy

- The court has ordered that the counselling process for postgraduate medical admissions (for 2025–26) must finish under the reservation rules as of November 3, 2025 — no mid-process change allowed.

Scrutiny over EWS-category students' management/NRI-quota admissions — concern raised by National Medical Commission (NMC)

- Around 148 students from EWS (Economically Weaker Sections) reportedly secured seats under expensive management/NRI quota in private medical colleges in the first counselling round. NMC has ordered state-level probe into these admissions.
-



New Research & Health Insights

Moderate daily coffee intake may slow cellular ageing — new study's findings

- According to a recently published study highlighted in the daily medical bulletin, moderate coffee consumption was associated with longer telomeres (chromosome-end caps linked to cellular aging) among people with severe mental disorders (like schizophrenia or bipolar).
 - The findings suggest possible protective effects of coffee's antioxidants against oxidative stress and inflammation — though the authors note impacts vary with intake and individual health conditions.
-



What it means (for general public / patients / policy watchers)

- The gains on HIV suggest that public-health efforts, early detection and treatment coverage *do* work — but continued vigilance and support for ART remain vital.
- For cancer patients and families: medical advances and early detection are encouraging, but systemic reforms in health insurance policies are urgently needed to avoid catastrophic expenses.
- The push for fairness and transparency in medical-education admissions (as seen with the Goa HC + NMC probe) may affect equity in access — something worth watching if you or someone you know is applying.

- Lifestyle research (like the coffee–aging link) adds to preventive-health knowledge — but such findings should be viewed as part of broader habits (diet, exercise, mental health), not as silver bullets.