

NEWS IN BRIEF

Birth of more than 17K twins in Iran



ISNA – Since the beginning of this Persian year (starting on March 21, 2022), 17,557 twins have been born across Iran. Tehran Province leads the births with 2,814 twins, followed by Khuzestan Province with 1,307 and Khorasan Razavi Province with 1,200. Also, in this period of time, birth of triplets and quadruplets have been recorded in the country, with the highest number of triplets in Tehran with 80, Khorasan Razavi with 51, and provinces of Khuzestan and Fars with 45. The highest number of quadruplets was related to the provinces of West Azarbaijan, Khuzestan, Alborz, and Fars.

Scientists warn of 'phosphogeddon' as fertilizer shortages loom

THE GUARDIAN – Our planet faces "phosphogeddon", scientists have warned. They fear our misuse of phosphorus could lead to deadly shortages of fertilizers that would disrupt global food production.

At the same time, phosphate fertilizer washed from fields – together with sewage inputs into rivers, lakes and seas – is giving rise to widespread algal blooms and creating aquatic dead zones that threaten fish stocks.

In addition, overuse of the element is increasing releases of methane across the planet, adding to global heating and the climate crisis caused by carbon emissions, researchers have warned.

"We have reached a critical turning point," said Prof Phil Haygarth of Lancaster University. "We might be able to turn back but we have really got to pull ourselves together and be an awful lot smarter in the way we use phosphorus. If we don't, we face a calamity that we have termed 'phosphogeddon'."

Iranian Red Crescent Society's special Norouz operation announced

Sixty-nine thousand youths and volunteers of the Iranian Red Crescent Society (IRCS) will begin the organization's great Norouz operation on March 15, 2023, across 1,600 bases and mobile stations throughout the country in order to serve travelers and tourists during the holidays, announced head of IRCS.

"In the final days of the [Iranian] year, and after the celebrations of the IRCS's centennial anniversary, we are ready to deliver our services during the holidays with a jovial, revolutionary spirit," said Pirhossein Kolivand, according to IRNA.

He went on to say that 69,000 youths and volunteers of the society will participate in the great Norouz operation, starting on Tuesday, March 15.

"The operation includes cultural and social services as well as rescue and relief provided at the entrances and

exits of the cities," said the head of IRCS.

Kolivand further mentioned that the plans for creating playfields for children are devised by the organization in order to create a fun, memorable holiday for families.

"Also, the operation includes creating educational environments for citizens. Moreover, the backup human resources of the society during Norouz will be more than two million people, who will be employed if necessary," he said.

This Norouz, in addition to the IRCS's rescue and relief base camps, mobile stations will be devised for service. At least 1,600 bases and mobile stations will be active for duty during Norouz, as well as all the ambulances and rescue vehicles, including bicycles.

"Our helicopters will also be on standby during the holidays," Kolivand said.



Daylight saving time could be medical nightmare: Neurologist



Springing forward into daylight saving time is a step back for health – a neurologist explains the medical evidence, and why

this shift is worse than the fall time change.

As people in many corners of Earth prepare to set their clocks ahead one hour, many find themselves bracing for the annual ritual of media stories about the disruptions to daily routines caused by switching from standard time to daylight saving time, according to SciTech Daily.

About one-third of Americans say they don't look forward to these twice-yearly time changes. And nearly two-thirds would like to

eliminate them completely, compared to 21 percent who aren't sure and 16 percent who would like to keep moving their clocks back and forth.

But the effects go beyond simple inconvenience. Researchers are discovering that "springing ahead" each March is connected with serious negative health effects, including an uptick in heart attacks and teen sleep deprivation. In contrast, the fall transition back to standard time is not associated with these health effects, as my co-au-

thors and I noted in a 2020 commentary.

Beth Ann Malow, a professor of neurology and pediatrics and the director of Vanderbilt University Medical Center's sleep division has been studying the pros and cons of these twice-annual rituals for more than five years. "It's become clear to me and many of my colleagues that the transition to daylight saving time each spring affects health immediately after the clock change and also for the nearly eight months that

[people] remain on daylight saving time."

According to her, the body of evidence makes a good case for adopting permanent standard time.

"I [so] testified at a March 2022 Congressional hearing and argued in a recent position statement for the Sleep Research Society. The American Medical Association recently called for permanent standard time. And in late 2022, Mexico adopted permanent standard time, citing benefits to health, productivity, and energy savings."

PIC OF THE DAY



● MONA ADEL/HAMSHAHRI

In preparations for the New Year's holidays, Iranians crowd bazaars and malls to buy their necessary provisions for Eid. The photo shows a part of Tajrish Bazaar in northern Tehran, where shoppers can buy many things, from basic groceries to goldfish.

World Health Organization (WHO) @WHO

In #Malawi, community volunteers & health workers run Oral Rehydration Points (ORPs) to provide access to lifesaving treatment for #cholera in densely populated neighborhoods. To make treatment quickly available, WHO has helped set up ORPs across the country. #WHOImpact

5:09 PM · Mar 12, 2023

ICRC @ICRC

Across #Myanmar, landmines and other explosive hazards continue to impact the lives of many communities long after clashes end. That's why it's so important for us to continue to raise awareness on mine safety and provide physical rehabilitation services for those affected.

4:12 PM · Mar 12, 2023

United Nations @UN

Green, yellow, orange, red, or purple: fruit and vegetables keep us healthy and add variety, taste and texture to our diets. @FAO has 5 reasons why fruits & vegetables are essential to our health & well-being!

3:32 PM · Mar 12, 2023