**Medicare and You:** 

What You Need to

Know

## French fries and diabetes

Consume the starchy vegetable baked or boiled, but not as French fries, according to a study which showed that eating the popular snack item thrice a week may increase the risk of diabetes by 20 per cent. The study, which tracked the diets of more than 205,000 adults over decades, however, showed that other forms of potatoes

boiled, and mashed -do not increase the risk of diabetes. The study, published in the BMJ, also found that swapping any form of potato for whole grains may lower the risk of diabetes. "The public health message here is simple and powerful: small changes in our daily diet can have an important impact on the risk of type 2 diabetes," said correspon-

ding author Walter Willett, professor of epidemiology and nutrition at Harvard T.H. Chan School of Public Health. "Limiting potatoes -especially limiting French fries -- and healthy, choosing whole-grain sources of carbohydrate could help lower the risk of type 2 diabetes across the population," Willett added. The new study examined the comes of 205,107 men and women.

For more than 30 years, participants regularly responded to dietary questionnaires, detailing the frequency with which they consumed certain foods, including French fries; baked, boiled, or mashed potatoes; and whole grains. Throughout the study period, 22,299 participants reported that



they developed diabetes. The researchers calculated, however, that eating whole grains -- such as whole grain whole grains farro -- in place of boiled, or mashed potatoes could reduce the risk of dia-

Replacing French fries with whole grains could bring diabetes risk down by 19 per cent.

Even swapping refined grains for French fries was estimated to lower diabetes risk.

### India recorded over 15 lakh cancer cases in 2024: Minister

In 2024, India witnessed a as per the National 2023, the Minister said. surge in cancer cases, with over 15 lakh people diagnosed with the deadly disease, said Prataprao Jadhav, Union Minister of State for Health and 2024 is 15,33,055," Welfare, on Family Friday.

In a written reply to a query in Lok Sabha, Jadhav detailed the rising cases of cancer in the country.

Cancer Registry (ICMR-Programme NCRP) Data, the estimated incidence of cancer cases in the country for Jadhav said.

The incidence of cancer is rising steadily in the country - from 13.5 lakh in 2019 to 15.3 lakh in 2024. In 2020, 13.9 lakh

He further noted that "8.2 lakh patients are estimated to have died of cancer in 2023 -- the highest since 2019".

In 2019, 7.5 lakh patients succumbed to the disease, and 7.7 lakh, 7.8 lakh, and more than 8 lakh died, respectively, in 2020, 2021, and 2022.

"The reasons for the increase in the number of estimated cancer cases are due to access and avail-

nostic techniques for the detection of cancer, increased life expectancy, growing share of geriatric population, higher health consciousness.

In addition, "there has been a significant increase in the classical risk factors associated with Communicable Disease (NCDs), including cancer such as tobacco and alcohol consumption, insufficient physical

Yes, depending on the circumstances,

Medicaid may cover wisdom tooth extrac-

tion for adults and children with Medicaid

insurance. Although exact coverage varies

by state, in general, Medicaid covers tooth

extraction, including wisdom teeth removal, in the following situations:

a doctor deciding that an extraction is

an emergency situation, like a traumatic

a need to prevent other significant health

tooth extraction coverage availability as

Does Medicare cover wisdom teeth

Typically, Original Medicare (Part A and

However, Medicare may cover wisdom

need to ensure the safety of another

wisdom tooth infection that needs treat-

treatment complication from head and

previous radiation treatment of your jaw

ment before you receive cancer treatment

medical treatment, like a heart valve

replacement or an organ transplant

teeth removal for medically necessary rea-

Part B) doesn't cover dental procedures,

and experts consider wisdom teeth

injury or unmanageable bleeding

a dental care service in your state

removal a dental procedure.

sons, including a:

neck cancer

traumatic i

improved health-seeking

behaviour," Jadhav said.

activities, unhealthy diets, consumption of high salt, sugar and saturated fats, the Minister explained.

To counter this, the government has undertaken the National Programme for Non-Communicable

Diseases (NP-NCD). The main aim of the programme is prevention and control of common NCD risk factors through an integrated approach and reduction of premature behaviour change com-

Does Medicaid Cover Wisdom

Teeth Removal?

from cancer and other

"The focus of this programme is on health promotion, early diagnosis, management, and referral of cases, besides strengthening the infrastructure and capacity building.

The capacity building is provided at various levels of health care for prevention, early diagnosis, costeffective treatment, rehabilitation, awareness, and morbidity and mortality munication," Jadhav said.

If you're nearing 65 or you're already 65 or older, you will need to answer a few basic questions to see if you're

Are you a U.S. citizen or legal resident?

Have you have resided in the United States for a min-

mum of five years? Have you worked at least 10 years in Medicare-covered employment or contributed the equivalent through

self-employment taxes? If you answered yes to all of these questions, you qualfy to enroll in Medicare.

If you have had deductions taken from your paycheck, you'll likely receive a Medicare card in the mail just before becoming eligible. Along with this will be information showing the benefits for both Part A (hospital care) and Part B (medical care). Part B is optional and can be declined. Most people who choose to have Part B must pay a monthly premium to participate.

If you meet the first two requirements, you're still eligible for Medicare benefits. This is known as "voluntary enrollment." People who elect this option must pay monthly premiums for both Medicare Part A and Part B

Your privacy is important to us Enrollment

Here's what you need to know if you're approaching ligibility and want to enroll in Medicare.

Medicare Part A

eligible for Medicare:

Medicare Part A covers inpatient services such as hospitalizations and treatments. You can sign up for this program as early as three months before your 65th birthday

and up to three months after that birthday. In some cases, you may be automatically enrolled. If ou already receive payments from Social Security or the Railroad Retirement Board, you'll be enrolled in Medicare Parts A and B automatically beginning the month of your 65th birthday. However, your card may

come in the mail as early as three months before your If you don't receive payments from Social Security or Railroad Retirement, you'll need to sign up for Medicare as soon as you turn 65. It's best to start this process three months before you turn 65. You can enroll online, make an appointment with your local Social Security office, or call the Social Security Admission at 800-772-1213.

Each year after enrollment, you'll have an opportunity to review your coverage and make changes. You can enroll online if you're 65 or will be 65 in three months. You must also meet some additional requirements to apply online. You cannot be currently receiving any Medicare benefits, Social Security retirement, sur-

vivors' benefits, or disability benefits. So, what if you do not enroll during your eligibility

First, you'll be assessed a late penalty for each month

you aren't signed up.

Second, you won't be eligible to sign up until the next general enrollment period from January 1 through March

1 of each year. Medicare Part B

Medicare Part B covers services related to everyday, outine doctor care such as outpatient visits. Just like Part A, you're automatically enrolled in Part B at age 65 if you receive Social Security or Railroad Retirement benefits. You will also follow the same steps for signing up for Part B as you will for Part A. However, you aren't required to keep Part B.

If you don't enroll in Part B once your employer healthcare coverage ends, you'll have to wait until the General Enrollment period. Coverage may be delayed until July. You will accrue penalty fees every month that you don't have Part B.

You may elect to drop Part B coverage if you don't want to pay the premiums. If you're enrolled automatically in Parts A and B, you'll receive a Medicare card with instructions for canceling Part B. It's important to carefully read the information on the card before

If you don't cancel your Part B coverage, you'll be responsible for paying the premium. If you're still employed and have healthcare coverage, you may not need Part B. However, if you retire or lose you healthcare benefits for outpatient care, you will have just eight months to enroll in Part B without incurring a penalty. Additional coverage

Medicare Part A and Part B will not cover all of your medical costs. Specific items, such as prescription drugs, premiums, and copayments, are considered out-of-pocket costs. You have the option to buy additional coverage from private insurance companies that fill in these gaps. There are three different types of private insurance

iplans: Medicare Part C, Medicare Part D, and Medigap. Medicare Part C Medicare Part C, also called Medicare Advantage

Plan, replaces Parts A and B. It's offered through private insurers in conjunction with Medicare. Medicare Advantage Plans come in several forms:

Health Maintenance Organization (HMO) Medicare Medical Savings Account (MSA)

Preferred Provider Organization (PPO) Private Fee-for-Service (PFFS)

There are many different options, especially when it comes to Medical Advantage Plans. However, it comes down to several basic items. These plans may charge a higher premium, but offer the same benefits and coverlage as traditional Medicare with a few added benefits. These benefits include prescription drug coverage and lower out-of-pocket costs. Medicare Advantage Plans are offered locally and regionally and restrict you to regional providers. Traditional Medicare is accepted nationally and allows you to see any provider that participates with Medicare. You can enroll in Medicare Advantage by signing up during your initial enrollment period for original Medicare or at special times throughout the year. Be aware of these important dates:

General enrollment is from October 15 through December 7 of each year. During this period, you can switch from a traditional Medicare plan to a Medicare Advantage Plan. From January 1 through February 14 of each year, you can dis-enroll from your Medicare Advantage Plan. You have until February 14 to enroll in a Medicare drug plan.

Medicare Part D This part of Medicare is often referred to as supplemental coverage. It's in addition to Parts A and B. It covers prescriptions and helps you manage and potentially reduce your out-of-pocket expenses related to the cost of prescription drugs.

Medicare Part D enrollment guidelines mirror those of Medicare Advantage Plans. To join a Medicare Part D drug plan, you need to find an insurer that offers this type of coverage.

#### cases were diagnosed. "The Indian Council of The cases spiked to 14.2 Research lakh in 2021, to 14.6 lakh (ICMR) has informed that in 2022, and 14.9 lakh in ability of improved diag-**Medicare Open Enrollment Is**

**Underway: 3 Key Changes to Know** With the Medicare Open Enrollment Period for 2025 running from October 15 to December 7, consumers should be aware of several major changes in the avail-

ability of plans and pricing. But some of the biggest changes to Medicare will be seen in Medicare Advantage and Part D prescription drug

Here are three key changes you should know as you consider your Medicare coverage for 2025.

Medicare Fewer Advantage plans available In 2025 there will be an

average of 34 Medicare Advantage plans offered in each county in the United States, reported Forbes, falling from 43 this year.

In addition, 6.6% fewer Medicare Advantage plans with prescription drug coverage will be available next year compared to this year. This includes 5.4% fewer plans offered UnitedHealth Group, and 2.5% fewer plans by Humana.

On the bright side, the average monthly premium on Medicare Advantage plans will be \$17.00 in 2025, a drop from \$18.23 in 2024, said the Centers for Medicare Medicaid Services (CMS). This is an average, so some plan premiums may increase.

addition,

CMS said, including Medicare Advantage supplemental benefit offerings such as hearing, dental, and

[Medicare Advantage] plans .. are adjusting their core benefits or reducing or eliminating supplemental benefits like gym memberships," said Whitney Stidom, VP of Medicare Operations at eHealth Insurance. Robert Griffith, senior director at L.A. Care Health Plan, said his group is closely monitoring regulatory changes by CMS, including ones "with an emphasis on addressing health equity, encouraging Medicare Advantage plans to incorporate benefits and outreach efforts tailored to

Medicare between Advantage plans in L.A. County, mean beneficiaries are likely to see a broader range of plan choices with expanded supplemental ben-

Some providers won't

able in 2025, you may find that your health care provider no longer accepts or participates in the plan. For example, Essentia

vulnerable populations." 'These changes, combined with ongoing competition

efits," he told Healthline.

accept certain Medicare Advantage plans Even if your Medicare Advantage plan is still avail-

#### benefit FESTIVAL SPECIAL TRAINS-2025 In order to clear extra rush of passengers during the upcoming Raksha Bandhan & Janmashtami Festival, Railways have decided to

Nizamuddin-Virangana Lakshmibai Jhansi Unreserved Special Train						
Train No.: 01823			Train No.: 01824			
ARR.	DEP.	♦ STATIONS	ARR.	DEP.		
	15:45	Virangana Lakshmibai Jhansi	09:30			
00:30		Hazrat Nizamuddin		02:00		
DATE OF RUN: 01823 Ex Virangana Lakshmibai Jhansi on 08.08.2025						

run the following Festival Special Trains as per details given below:-

to 10.08.2025 (Friday, Saturday & Sunday) and 01824 Ex Hazrat Nizamuddin on 09 08 2025 to 11 08 2025 (Saturday, Sunday & Monday) STOPPAGES: Datia. Dabra. Gwalior, Morena, Dhaulpur, Agra Cantt. Mathura Jn. & Kosi Kalan stations.

ACCOMMODATION: General.

Martyr Captain Tushar Mahajan stations.

New Delhi Reserved Special Express Train						Trips
Train No.: 04081		I STATIONS ↑	Train No.: 04082			
ARR.	DEP.	<b>+</b>	STATIONS		ARR.	DEP.
	23:45		New Delhi		10:30	
11:40		Shri I	Mata Vaishno Devi	Katra		21:20
DATE OF RUN: 04081 Ex New Delhi on 14.08.2025 to 16.08.2025						
(Thursday, Friday & Saturday) and 04082 Ex Shri Mata Vaishno Devi						
<b>Katra</b> on 15.08.2025 to 17.08.2025 (Friday, Saturday & Sunday).						
STOPPAGES: Panipat Jn., Kurukshetra Jn., Ambala Cantt. Jn.,						
Dhandari Kalan, Jalandhar Cantt., Pathankot Cantt., Jammu Tawi &						

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A	ACCOMMODATION: Ist AC, AC-2 Tier, AC-3 Tier, Sleeper & General.							
	04090/04089 Anand Vihar (T)-Patna JnAnand Vihar (T) 184 Reserved Special Express Train Trips							
1	Train No.: 04090		1 STATIONS	<b>A</b>	Train No.: 04089			
1	ARR.	DEP.	♦	STATIONS	-	ARR.	DEP.	
		14:25		Anand Vihar (T)		14:50		
	11:00			Patna Jn.			18:20	
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DATE OF RUN: 04090 Ex Anand Vihar (T) on 08.08.2025 to 07.11.2025 (Daily) and **04089 Ex Patna Jn.** on 09.08.2025 to 08.11.2025 (Daily). STOPPAGES: Kanpur Central, Prayagraj Jn., Varanasi Jn., Ghazipu City, Ballia, Sahatwar, Suraimanpur, Chhapra & Patliputra stations.

ACCOMMODATION: AC-2 Tier, AC-3 Tier, Sleeper & General For any kind of information & detailed time-table etc., passengers are requested to contact RailMadad Helpline No. 139 or may visit Indian Railways website https://enquiry.indianrail.govin or NTES App.

Visit RailMadad Website :- www.railmadad.indianrailways.gov.in Download RailMadad app.



vision. However, "a lot of Advantage.

denial rates of these plans.

If you are on a Medicare Advantage plan, your medical care is only fully covered when the provider is in the plan's network. You will pay all or most of the cost for out-of-network care.

During Open Enrollment, check to be sure your doctors, hospitals and other providers are on your plan's list for 2025.

Stidom said it's also needs." she told Healthline.

options will remain stable, Health announced that it would no longer accept Medicare Advantage plans from Humana UnitedHealthcare. Sanford Health, a major medical provider in the Midwest, said it had ended its contract

In a recent survey by HFMA, about 16% of health systems expect to stop accepting one or more Medicare Advantage plans over the next two years. They cite onerous authorization requirements and high

Forbes also reports that in

Depending on the circumstances, Medicaid may cover wisdom tooth extraction in many states in the United States. You can discover what dental-specific services this insurance covers by visiting your state's Medicaid website. Does Medicaid cover wisdom teeth

removal?

medically necessary

severe pain

removal?

with Humana Medicare

important to read the Annual Notice of Change letter sent by your Medicare insurer and to review your options for 2025. Only three in 10 enrollees reviewed their Change letter, a recent survey by eHealth found. "This year, more than any in recent memory, it is important for beneficiaries to review their plan's annual notice of change letter and make sure the benefits their plan offers meets their

While Original Medicare doesn't cover dental procedures, many Medicare Advantage (Part C) plans provide dental coverage. Some of these plans may include coverage for wisdom teeth removal.

Original Medicare. But Medigap plans don't cover costs for routine dental care. Where can you find resources to help pay for wisdom teeth removal? If you need help paying for the cost of wisdom tooth extraction, these resources

for approved oral surgery if you have

may help: Dental practice discount plans: Some dental practices offer discounts on dental care if you join a membership. This mem-

bership may involve paying an annual or monthly fee to the practice. Private dental insurance: Many companies offer private dental insurance, which you can purchase directly from the compa-

ny. Some companies may also offer dental coverage on the Healthcare Exchange. Charitable programs: Some charities help individuals and families afford dental care. Although many of these programs are

for children, options exist for adults, too. Frequently asked questions Does Medicaid pay for wisdom teeth

removal in my state? Since Medicaid benefits vary by state, Medicaid may cover wisdom teeth removal in your state. To determine whether wisdom teeth removal coverage is available, you can search the Medicaid

website for your state. What dental services are covered by

Medicaid? Specific Medicaid benefits vary by state, but Medicaid may cover the following dental services for adults and other dental services:

exams and cleanings fillings crowns root canals dentures

extractions X-rays fluoride treatment emergency dental care deep cleanings/periodontal (scaling and root planing) laboratory crowns

Medicare supplement insurance (Medigap) plans may help pay for deductibles, copayments, and coinsurance

## 224 cases of Japanese Encephalitis reported from 11 states in 2025: Centre

A total of 224 cases of apanese Encephalitis (JE) a viral disease transmitted by mosquitoes -- have been reported from 11 states in 2025, the government informed the Parliament on Friday.

In a written reply to a query in Lok Sabha, Anupriya Patel, Union Minister of State for Health and Family Welfare, shared the number of recorded cases of encephalitis -- inflammation of the brain, often due to bacterial or viral infection -- in the country during the last five years.

Compared to the last five years, the year 2025, till June 30, experienced the lowest number of JE cases. "The 11 states with JE encephalitis cases in 2025 are Assam, Bihar, Jharkhand, Karnataka, Manipur, Meghalaya, Odisha, Tamil Nadu, Tripura, Uttar Pradesh, and West Bengal," Patel said. While Assam saw the highest cases of JE encephalitis -- 127 --, Uttar Pradesh, with just 2 cases,

was the lowest.



In 2020, there were 729 cases, which rose to 787 in 2021, and to 1,109 in 2022. In 2023, it slightly dipped to 1,107, while 2024 saw the highest number of cases -- 1,472, Patel

"The National Centre for Vector Borne Diseases Control (NCVBDC) under the Ministry of Health and Family Welfare maintains surveillance data on Japanese Encephalitis (JE) cases," the MoS said.

"While multiple factors contribute to the encephalitis burden in India, including environmental, socio-economic, nutritional, and others, it is acknowledged that timely and standardised disease reporting plays a critical role in effective surveillance and response," she

Integrated Disease Surveillance Program

all 36 States/UTs. The programme is responsible for the surveillance of epidemic-prone diseases, including Acute Encephalitis Syndrome (AES) and Japanese Encephalitis (JE). It facilitates early detection and timely response to outbreaks," Patel said.

The Minister noted that the Ministry of Health and Family Welfare has strengthened its disease surveillance architecture.

(IDSP) is an important programme under the National Health Mission that conducts disease surveillance in the country. "IDSP is implemented in

Under the IDSP, weekly reporting from districts is

carried out through three-tier system (S, P, and L forms. These capture suspected cases and laboratory-confirmed cases of AES/JE.

the country, the IDSP has shifted from a paper-based weekly reporting to a paperless reporting through Integrated Health Information Platform (IHIP)," the Minister said. IHIP is an information

"Further, to strengthen

the disease surveillance in

platform that integrates data from various "registries" to provide near real-time information on health surveillance from across India for decisionmakers to take appropriate public health action.

IHIP allows case-based surveillance with geo-tagging, decision support tools, and integrated dashboards.

NCVBDC also has a dedicated Japanese Encephalitis (JE) control programme named the National Programme for Prevention and Control of Japanese Encephalitis

# partial dentures