Friday, 24 October 2025

INSIGHTS

Healthcare Newsweekly For You

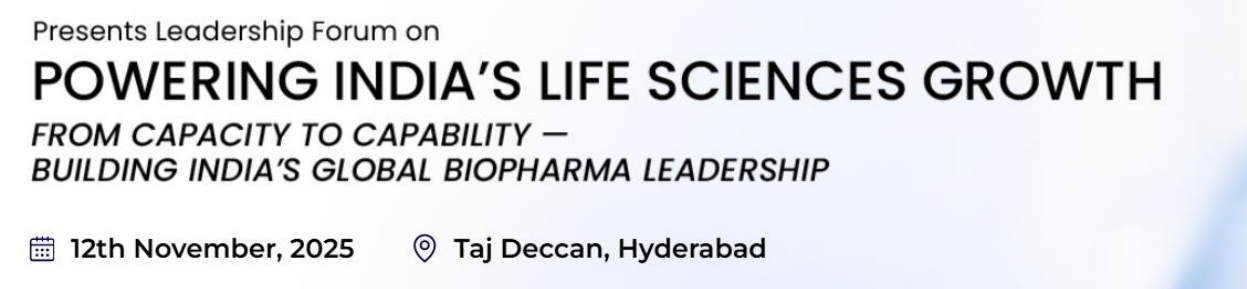
CONTENT *(Highlights)*

A-601, Marathon Innova, Opp. Peninsula
Corporate Park, Off Ganpatrao Kadam Marg,
Lower Parel (W), Mumbai 400 013, India.

Tel.:+91-22-6673 6800,
Fax: 91-22-66399727
web: www.sidvim.com

UPCOMING EVENTS

Conference



Key Discussion Points

- The US Biosecure Act 2025 — Implications and Opportunities for India's Biopharma and CRDMO sector
- Insights from Cytiva's Global Biopharma Resilience Index 2025
- Scaling India's R&D and Talent Ecosystem for new modalities and advanced therapies
- Building Agility and Sustainability in biomanufacturing and supply chains
- Strengthening CRO–CDMO–Biotech Collaboration Models for global competitiveness
- Leveraging Digital and AI Technologies to accelerate innovation and compliance

Who Should Attend

- R&D Scientists
- QA/QC Managers
- Cell & Gene Therapy Experts
- Biologics & Bioassay Professionals
- Biopharma Innovators & Startup Founders
- Product development & Process Engineers

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DEALS AND FUNDING

Innovent Shares Jump After $11.4 Billion Drug Deal With Takeda

Bloomberg, 22 October 2025

Chinese drugmaker Innovent Biologics Inc. rallied in Hong Kong Wednesday after announcing a deal to co-develop its cancer drugs with Japanese drugmaker Takeda Pharmaceutical Co. and sell them globally, including in the US.

Innovent shares jumped as much as 9.9%, the most in more than seven weeks, before paring the gains and falling 1.2% during mid-morning trading. The Suzhou-based Chinese drugmaker is set to receive $1.2 billion upfront payment, including an equity investment of $100 million from Takeda under a deal to co-develop Innovent's two drug candidates IBI363 and IBI343, according to the company's statement.

Under the deal that could be valued at as much as $11.4 billion with subsequent milestone payments, Takeda and Innovent will split the development cost and US profit or loss for IBI363, an experimental therapy Innovent is currently studying in a clinical trial against Merck & Co's blockbuster cancer therapy Keytruda.

Takeda will also get the right to develop and commercialize IBI343, a so-called antibody-drug conjugate that ferries medicine directly to cancer cells without harming surrounding healthy ones, and have the option for the rights of another therapy IBI3001.

https://www.bloomberg.com/news/articles/2025-10-22/takeda-inks-deal-with-china-s-innovent-to-develop-cancer-drugs?srnd=prognosis

★★★★★★★

Ipsen to acquire ImCheck Therapeutics in a deal worth up to €1bn

PMlive, 23 October 2025

The acquisition includes a clinical stage acute myeloid leukaemia treatment currently in phase 1/2 trials

Ipsen has entered into a strategic agreement to acquire French immunotherapy specialist ImCheck Therapeutics in a transaction valued at up to €1bn.

Under the terms of the agreement, a wholly owned Ipsen affiliate will purchase all issued and outstanding shares of ImCheck Therapeutics for an initial payment of €350m. Additional deferred payments, linked to the achievement of specific regulatory and commercial milestones, could bring the total consideration to €1bn. The acquisition is expected to close in early 2026, subject to customary closing conditions.

"This transaction recognises groundbreaking science originating from French academia," said Pierre d'Epenoux, CEO, ImCheck Therapeutics. "It also highlights the…advance [in] the understanding of butyrophilns and gamma delta T cells. Joining Ipsen will help us accelerate ICT01 toward registrational studies and commercialisation."

https://pmlive.com/pharma_news/ipsen-to-acquire-imcheck-therapeutics-in-a-deal-worth-up-to-e1bn/

★★★★★★★

Merck Breaks Ground on $3 Billion Center of Excellence for Pharmaceutical Manufacturing in Elkton, Virginia

Merck, 20 October 2025

Merck (NYSE: MRK), known as MSD outside of the United States and Canada, announced today the start of construction for a $3 billion, 400,000-square-foot pharmaceutical manufacturing facility at its Elkton, Virginia, site.

Merck's investment in the Center of Excellence for Pharmaceutical Manufacturing is part of a more than $70 billion investment beginning in 2025 to expand domestic manufacturing and research and development — not including any future business development transactions in R&D — to drive its long-term growth and strengthen the status of the U.S. as a global leader in biopharmaceutical innovation.

"Today is an important milestone for Merck, for Virginia, for manufacturing in the United States and, most importantly, for the patients we serve," said Robert M. Davis, chairman and chief executive officer, Merck. "This investment helps advance our goal of providing new, innovative treatment options for people facing serious health challenges in the U.S. and around the world."

The $3 billion expansion celebrated today builds on Merck's nearly 85-year history in Elkton, Virginia, enhancing the site with a state-of-the-art pharmaceutical Center of Excellence that will include both Active Pharmaceutical Ingredient and Drug Product investment supporting small molecule manufacturing and testing and will potentially create more than 500 full-time roles as well as 8,000 construction jobs.

"Merck's transformational $3 billion commitment to locate its Center of Excellence marks a giant leap forward for both America's and Virginia's life sciences sector," said Gov. Glenn Youngkin. "It deepens the company's long-standing commitment to innovation and strengthens the Commonwealth's position as the emerging national leader in biopharmaceutical advanced manufacturing and life sciences. With hundreds of new jobs and cutting-edge capabilities coming to the Shenandoah Valley, we're building a future

where Virginians lead the way in developing lifesaving medicines for patients around the world."

A continued commitment to investing in U.S. innovation

For more than 130 years, Merck has been committed to saving and improving lives by developing and delivering life-changing medicines and vaccines to treat diseases in both humans and animals. And as a U.S.-based company, Merck has put capital behind American biotech projects for decades with real results — not just promises.

"Merck's investment announced today shows exactly what happens when pro-growth policies like H.R. 1 are signed into law," said NAM President and CEO, Jay Timmons. "By strengthening and making permanent a full suite of competitive tax policies, Congress provided manufacturers with the tax certainty we need to plan, invest, hire and lead. Manufacturers will continue to work with policymakers to advance a comprehensive manufacturing strategy that not only helps manufacturers win — it helps America win."

https://www.merck.com/news/merck-breaks-ground-on-3-billion-center-of-excellence-for-pharmaceutical-manufacturing-in-elkton-virginia/

★★★★★★★

CoMind raises $102.5M to develop non-invasive bedside brain monitor

Medtech Dive, 22 October 2025

The company is enrolling patients in an early feasibility trial as part of plans to launch its device in 2027.

- CoMind has raised $102.5 million to develop a non-invasive brain monitoring device, the company said Monday.
- Using similar technology to Lidar found in self-driving cars, CoMind has designed a product for measuring parameters including brain blood flow and oxygenation in real time at the bedside, according to the company's website.
- CoMind is enrolling patients in an early feasibility trial and has posted data in healthy volunteers. The company told the Financial Times that it is aiming to start selling its device in 2027.

Dive Insight:

Measurements such as cerebral blood flow, brain tissue oxygen saturation and intracranial pressure can provide insights into a patient's neurological health. The insights can inform the treatment of conditions such as traumatic brain injury and stroke.

Companies have developed a range of technologies to capture the data, but the existing options have limitations that could create opportunities for new devices. Physicians use bolts or external ventricular drains to measure intracranial pressure. Bolts and drains require physicians to drill a hole in the patient's skull. Imaging can measure blood flow and oxygen but not continuously at the bedside.

CoMind said existing non-invasive options are inaccurate and can compromise treatment decisions.

Seeking to address those limitations, CoMind has developed a device that features a small, adhesive sensor that is placed on the patient's forehead. The device captures light that is reflected as a laser passes through the brain. CoMind combines the reflected light with light from a reference arm, resulting in data that the company plans to use to measure a range of neurophysiological parameters.

The funding round positions CoMind to advance the device toward regulatory approval. Plural led the round with support from existing investors Angelini Ventures, LocalGlobe, Octopus Ventures, Crane, Backed VC and Entrepreneurs First.

https://www.medtechdive.com/news/comind-raises-102m-brain-monitor/803451/

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PHARMA & BIOLOGICS

SMALL MOLECULES

FDA expansion for Novo's Rybelsus is a new 'benchmark' for oral metabolism drugs

Fierce Pharma, 21 October 2025

After clearing Novo Nordisk's semaglutide treatments Ozempic and Wegovy to reduce the risk of major adverse cardiovascular events (MACE), the FDA has followed suit with a MACE expansion for its semaglutide pill Rybelsus.

The approval is good news for Type 2 diabetes patients who prefer Novo's GLP-1 tablets to its injected versions. It also establishes a standard for oral drugs that are currently in development in the arena, according to Novo Nordisk's U.S. operations chief Dave Moore.

"As the only FDA-approved GLP-1 therapy in a pill, now recognized for its proven cardiovascular benefits, a new benchmark has been set for future oral innovations," Moore said in a release. "The semaglutide molecule has consistently demonstrated robust outcomes across multiple, large-scale trials, further reinforcing the already established

cardiovascular profile it delivers for patients."

The FDA signed off on Rybelsus tablets at 7 mg and 14 mg to reduce the risk of cardiovascular death, heart attack, or stroke in adults with Type 2 diabetes who are at a greater risk of these events. The approval comes five weeks after the European Medicines Agency expanded the use of Rybelsus to the same group of patients.

The approval was based on a phase 3 trial of 9,650 adults who have Type 2 diabetes with established cardiovascular disease or chronic kidney disease. The primary endpoint was the time to first occurrence of a MACE event, which includes cardiovascular death, nonfatal myocardial infarction or nonfatal stroke.

According to the findings, the 14 mg dose of Rybelsus reduced the risk of MACE by 14% compared to placebo. With a follow-up duration of four years, MACE occurred in 12% of patients on Rybelsus compared to 13.8% of those on placebo.

Adverse events that led to discontinuation occurred in 749 participants (15.5%) in the Rybelsus group and in 559 participants (11.6%) in the placebo group—most of those dropping out had gastrointestinal disorders.

https://www.fiercepharma.com/pharma/fda-expansion-novos-rybelsus-new-benchmark-oral-metabolism-drugs

★★★★★★★

Glaukos Announces FDA Approval of Epioxa™

Glaukos, 20 October 2025

Glaukos Corporation (NYSE: GKOS), an ophthalmic pharmaceutical and medical technology company focused on novel therapies for the treatment of glaucoma, corneal disorders, and retinal diseases, announced today the U.S. Food and Drug Administration (FDA) approved its Epioxa™ HD / Epioxa™ ("Epioxa") New Drug Application (NDA). Epioxa is a groundbreaking advancement in corneal cross-linking for the treatment of keratoconus, a rare, sight-threatening disease that is currently far too often undiagnosed and untreated.

Epioxa represents a transformative innovation in keratoconus care, offering an incision-free alternative to traditional corneal cross-linking procedures as it does not require the removal of the corneal epithelium, the outermost layer of the front of the eye. This novel, oxygen-enriched topical therapeutic, bioactivated by UV light, is designed to eliminate the pain associated with removal of the epithelium, streamline the procedure, and minimize recovery, all while delivering clinically meaningful outcomes and exceptional value to

patients, providers, and the healthcare system. Epioxa is based on two formulations, Epioxa HD and Epioxa, that are sequentially administered during the cross-linking procedure followed by UV activation in an oxygen-enriched environment.

"The FDA approval of Epioxa ushers in a new standard-of-care for patients suffering from keratoconus with the first FDA-approved topical drug therapy that does not require removal of the corneal epithelium," said Thomas Burns, Glaukos chairman and chief executive officer. "Epioxa is designed to significantly improve patient comfort and minimize recovery time, representing a game-changing new treatment for patients suffering from keratoconus. We appreciate the clinical investigators and study participants in the clinical trials for their instrumental roles in helping us reach this important advancement. This approval marks a major milestone in our mission to improve patient access to sight-saving therapies, and we are excited to bring this transformative therapy to market for the benefit of patients."

https://investors.glaukos.com/news/news-details/2025/Glaukos-Announces-FDA-Approval-of-Epioxa/default.aspx

★★★★★★★

GSK unveils positive pivotal data for Spero's once-rejected oral antibiotic

Fierce Pharma, 21 October 2025

GSK and Spero Therapeutics have shared phase 3 results on their antibiotic candidate, revealing that the oral therapy closely matched the intravenous incumbent in a trial that could support filings for approval.

The partners stopped the study in hospitalized adults with complicated urinary tract infections (cUTIs) early for efficacy in May. At an interim analysis, GSK and Spero's oral tebipenem HBr was non-inferior to intravenous imipenem-cilastatin on a primary endpoint that looked at clinical cure and microbiological eradication.

GSK and Spero used ID Week 2025 in Atlanta to share the data behind the primary endpoint success. The partners saw a 58.5% overall success rate in patients who took 600 mg of tebipenem HBr, compared to 60.2% in a cohort that received 500 mg of imipenem-cilastatin. The difference was within the trial's 10% margin for non-inferiority, achieving the primary endpoint of the study.

Data on secondary endpoints add to the evidence that tebipenem HBr is as effective as the intravenous treatment. The partners said 93.5% of patients on tebipenem HBr were symptom-free, versus 95.2% of their counterparts on imipenem-cilastatin. Microbiological

response rates were 60.3% in the tebipenem HBr group and 61.3% in the imipenem-cilastatin cohort.

GSK and Spero said clinical and microbiological response rates in patients with antimicrobial-resistant Enterobacterales were consistent with data from the broader primary analysis population. The efficacy of tebipenem HBr against ESBL-producing Enterobacterales—which break down some antibiotics—and pathogens that have limited susceptibility to levofloxacin could influence the use of the drug candidate.

Under the terms of a deal that rescued the once-rejected tebipenem HBr, GSK will file for approval of the oral antibiotic. Back in 2022, after the FDA requested another phase 3 trial and denied Spero's approval application, the Big Pharma scooped up rights to the drug for $66 million upfront.

https://www.fiercebiotech.com/biotech/gsk-unveils-pivotal-data-oral-antibiotic-ahead-fda-filing

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LARGE MOLECULES

FDA approves Roche's Gazyva/Gazyvaro for the treatment of lupus nephritis

Roche, 20 October 2025

- FDA approval based on superiority of Gazyva/Gazyvaro over standard therapy alone, as shown in phase II NOBILITY and phase III REGENCY data[1,2]
- Gazyva/Gazyvaro is the only anti-CD20 monoclonal antibody to demonstrate a complete renal response benefit in lupus nephritis in a randomised phase III study[2]
- Lupus nephritis affects more than 1.7 million people worldwide, predominantly women of colour and childbearing age, with up to one-third of patients progressing to end-stage kidney disease[3-6]

Basel, 20 October 2025 – Roche announced today that the US Food and Drug Administration (FDA) has approved Gazyva®/Gazyvaro®(obinutuzumab) for the treatment of adult patients with active lupus nephritis (LN) who are receiving standard therapy, as well as a shorter 90-minute infusion time after the first infusion, for eligible patients. Following four initial doses in the first year, Gazyva/Gazyvaro can be administered twice yearly, offering an effective and potentially more convenient treatment option than traditional targeted therapies.

"People with lupus nephritis who achieve a complete renal response are more likely to

experience preserved kidney function and delay, or even prevention, of progression to end-stage kidney disease," said Levi Garraway, MD, PhD, Roche's Chief Medical Officer and Head of Global Product Development. "The approval of Gazyva/Gazyvaro by the FDA marks an important step towards a potential new standard of care for lupus nephritis, one that could allow clinicians to offer their patients more effective disease control."

"As a severe and potentially life-threatening disease, lupus nephritis greatly disrupts daily life with chronic pain, fatigue, and the constant fear of worsening kidney health," said Louise Vetter, President and Chief Executive Officer, Lupus Foundation of America. "The FDA's approval of Gazyva/Gazyvaro offers renewed hope for people with lupus nephritis and their loved ones, as it provides an important new treatment option that has the potential to prevent long-term complications, including kidney failure."

https://www.roche.com/media/releases/med-cor-2025-10-20

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US FDA expands use of Amgen, AstraZeneca's drug for chronic inflammatory sinus disease

Reuters, 18 October 2025

The U.S. Food and Drug Administration has approved Amgen and AstraZeneca's drug for a type of chronic inflammatory sinus disease, the drugmakers said on Friday.

The approval expands the use of the drug, Tezspire, as an add-on maintenance treatment of inadequately controlled chronic rhinosinusitis with nasal polyps in adult and pediatric patients aged 12 years and older.

The condition causes the sinuses to stay inflamed for 12 weeks or more and soft, noncancerous growths called polyps to form in the nose. Symptoms include facial pain, reduced sense of smell and nasal congestion.

Tezspire is already approved as a single-use pre-filled syringe in the U.S., EU and other

countries for add-on maintenance treatment for severe asthma.

The approval is based on the results from a late-stage study in which the drug showed clinically meaningful reduction in the size of nasal polyps and reduced nasal congestion compared to placebo.

Tezspire also reduced the number of patients needing surgery for nasal polyps by 98% and reduced the need for oral steroids by 88%, the data showed.

The approval "shows the versatility of TSLP inhibition beyond asthma and highlights both companies' commitment to take a really important scientific insight and way to treat patients into broad application that can make a real difference for patients," said Kate Chevlen, global commercial head of inflammation portfolio at Amgen.

https://www.reuters.com/business/healthcare-pharmaceuticals/us-fda-expands-use-amgen-astrazenecas-drug-sinus-infection-2025-10-17/

★★★★★★★

ESMO: Keytruda, Padcev reduce risk of death by 50% in another massive showing in bladder cancer

Fierce Pharma, 18 October 2025

The standing ovation for Keytruda and Padcev in metastatic bladder cancer at the 2023 European Society for Medical Oncology (ESMO) Congress still echoes, and, now, the pair from Merck & Co., Pfizer and Astellas has pulled off similarly showstopping results in certain patients with muscle-invasive bladder cancer (MIBC).

The combination of Merck's Keytruda and Pfizer and Astellas' Padcev reduced patients' risk of death by a whopping 50% when used before and after bladder removal surgery in those with MIBC who are not eligible for or declined cisplatin-based chemotherapy compared with surgery alone, according to results to be presented at the 2025 ESMO Congress.

The PD-1/antibody-drug conjugate combo also significantly improved event-free survival (EFS) by 60% versus surgery alone. A negative event includes progression of disease that precludes surgery or failure to undergo surgery, gross residual disease left behind during surgery, cancer recurrence or death.

https://www.fiercepharma.com/pharma/keytruda-and-padcev-reduce-risk-death-50-another-massive-showing-bladder-cancer

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AstraZeneca's Datroway extends survival in aggressive breast cancer

Reuters, 19 October 2025

AstraZeneca and Daiichi Sankyo's new breast cancer drug helped significantly extend survival in some patients in a late-stage trial, marking a potential breakthrough in one of the hardest-to-treat forms of the disease.

Patients with triple-negative breast cancer who were given the drug, Datroway, had a median overall survival of 23.7 months, compared with 18.7 months for those given just chemotherapy. Patients on Datroway also had significantly better response to the drug and survival without progression of disease, the drug showed.

The companies presented the data at European Society for Medical Oncology Congress on Sunday.

"This is the first time we show survival superiority of a new approach like Datroway versus standard chemotherapy," said Abder Laadem, head of late-stage clinical development oncology at Daiichi Sankyo.

Datroway belongs to a class of cancer medicines called antibody-drug conjugate, which works like guided missiles by directly delivering chemotherapy into tumor cells while limiting exposure to healthy tissue. The drug received approval in the U.S. earlier this year for the treatment of specific types of breast and lung cancer.

https://www.reuters.com/business/healthcare-pharmaceuticals/astrazenecas-datroway-extends-survival-aggressive-breast-cancer-2025-10-19/

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REGULATORS AND REGULATORY ACTIONS

Kenvue urges US FDA to reject request for Tylenol's autism warning

Reuters, 21 October 2025

Kenvue has urged U.S. regulators to reject a request seeking autism warning label on its popular over-the-counter pain medication Tylenol for use during pregnancy, after President Donald Trump linked the drug to the condition.

A citizen petition filed last month requested changes to the labeling of the drug for use during pregnancy that are "unsupported by the scientific evidence and legally and procedurally improper", the company said in its submission dated October 17.

Trump had in September warned women of the autism link, going against advice from medical societies, which cite data from numerous studies showing that acetaminophen, the active ingredient in Tylenol, plays a safe role in the well being of pregnant women.

The petition by Informed Consent Action Network asked the U.S. Food and Drug Administration to require Tylenol and other products containing acetaminophen have warnings about the association with the conditions, including autism and attention-deficit hyperactivity disorder.

The health regulator had said last month it would add warnings to the label of Tylenol and similar products to highlight the risk.

https://www.reuters.com/business/healthcare-pharmaceuticals/kenvue-urges-us-fda-deny-request-tylenols-autism-warning-2025-10-20/

★★★★★★★

US Supreme Court won't revive mumps vaccine antitrust case against Merck

Fidelity, 20 October 2025

The U.S. Supreme Court declined on Monday to hear a bid by a group of physicians and healthcare providers to revive their antitrust lawsuit accusing drugmaker Merck (MRK) of misleading federal regulators to maintain a decades-long monopoly over the mumps vaccine market.

The justices turned away an appeal by the plaintiffs of a lower court's decision to throw out the lawsuit on the basis that the drugmaker was protected under a legal doctrine that immunizes companies from antitrust claims based on actions aimed at swaying government decision-making.

A collection of family doctors and physicians' groups from New Jersey and New York filed the lawsuit in 2012 in federal court in Philadelphia, seeking monetary damages.

The claims remaining in the long-running litigation involve allegations that the plaintiffs were overcharged for New Jersey-based Merck's (MRK) mumps vaccines as a result of the company's monopolization of the mumps vaccine market in violation of federal antitrust law and New Jersey and New York state laws.

The plaintiffs said that submissions by Merck (MRK) to the U.S. Food and Drug Administration contained misrepresentations that effectively boxed out competitors such as GlaxoSmithKline and delayed market entry of a rival vaccine for more than a decade.

https://www.fidelity.com/news/article/company-news/202510200948RTRSNEWSCOMBINED_L2N3VX0YI_1

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MEDTECH

Dexcom faces proposed class action suit over G7 CGM problems

The parent of a child who wore the device to manage diabetes described failed alerts and inaccurate readings in a complaint.

Dive Brief:

- Dexcom is facing a proposed class action lawsuit over problems with its flagship glucose sensor. The complaint, filed in the U.S. District Court for the Central District of California last week, alleges that Dexcom's G7 devices were "defective, prone to dangerous alert failures, and subject to recall" by the Food and Drug Administration.
- The complaint was filed last week by Kelly Grisoli, a parent whose child uses the continuous glucose monitor to manage Type 1 diabetes. The lawsuit alleged that

  Dexcom's device did not perform as advertised, and that the plaintiff "repeatedly experienced failed alerts and dangerously inaccurate glucose readings" compared to finger sticks.
- The plaintiff is seeking an order certifying the lawsuit as a class action and unspecified damages. Dexcom did not immediately respond to requests for comment.

Dive Insight:

Dexcom has faced a warning letter and two class I recalls this year that involve the G7 device. The lawsuit mentions the recalls, which include the lack of an audible alarm for glucose alerts and problems with a "sensor failed" alert, but it also lists other problems with the devices.

Grisoli wrote that she bought the CGM for her child in early 2024. The devices never lasted their advertised 10-day wear period, according to the complaint, sometimes failing after just two days. Because of this, Grisoli had to buy frequent replacements. At one point, Dexcom allegedly threatened not to replace the sensors, claiming she had requested too many within one month.

https://www.medtechdive.com/news/dexcom-g7-class-action-lawsuit/803248/

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Hemorrhage can be a serious problem after pregnancy. Here's how one medtech founder is tackling it

Medtech Dive, 23 October 2025

Kelsey Mayo, CEO of Armor Medical, received the grand prize in MedTech Innovator's pitch competition for a wearable technology to detect serious blood loss early.

A near-death experience with hemorrhage left a scientist searching for ways to detect serious blood loss early.

Kelsey Mayo was sitting at her desk in 2019 when she passed out from severe pain. She had an ovarian cyst that ruptured and was bleeding internally.

After her colleagues rushed her to the emergency room, Mayo's symptoms were initially dismissed. She ended up receiving an emergency blood transfusion and emergency surgery after a medic, who was passing by, listened to her.

The experience reminded Mayo of a conversation from years prior when she was studying for her PhD in material science at Vanderbilt University. Her friend had raised the problem of postpartum hemorrhage, which is the leading cause of maternal death globally, but is also largely preventable.

"I was shocked," Mayo said. "As an engineer, that felt unacceptable, and it also felt very solvable."

Mayo and her friend, Christine O'Brien, agreed that solving this problem would be their dream job.

In 2022, after Mayo's near-death experience, they co-founded Armor Medical.

https://www.medtechdive.com/news/kelsey-mayo-armor-medical-hemorrhage/803589/

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INTERESTING MEDICAL NEWS

Chronic constipation: Kiwi, mineral water may be best for providing relief

Medical News Today, 17 October 2025

- The British Dietetic Association (BDA) recently released guidelines for managing chronic constipation.
- The BDA included 59 recommendation statements that included both food and supplements.
- Among foods included in the guidelines, both kiwifruit and rye bread showed effectiveness at helping with chronic constipation.

Chronic constipation affects up to 20% of adults in the United States, and it can both cause discomfort and affect quality of life.

Researchers with King's College London in the United Kingdom wanted to learn more

about which foods, drinks, or supplements are the most effective at relieving chronic constipation. They examined 75 clinical trials to determine what has proven to be the most helpful.

Some items the researchers found most beneficial include kiwifruit, rye bread, and high mineral-content water. They found limited benefits with probiotics and senna supplements.

The findings are co-published in the journals the Journal of Human Nutrition & Dietetics and Neurogastroenterology & Motility.

How does chronic constipation affect health?

People can develop chronic constipation for many reasons, such as consuming a low-fiber diet, not drinking enough water, and having an underlying medical condition.

Symptoms of chronic constipation include:

- infrequent bowel movements
- difficulty passing stools
- needing to strain during a bowel movement.

As chronic constipation persists, it can lead to health issues such as hemorrhoids, rectal prolapse, and fecal impaction.

There are many supplements, foods, and remedies marketed as ways to regulate bowel movements. With so many options and conflicting advice, it can be overwhelming for people to figure out which might work best.

This is where the BDA's guidelines come in. For the first time, there are evidence-based guidelines for both healthcare providers and the general public addressing what dietary interventions may actually help those trying to manage chronic constipation.

Additionally, people concerned about their bowel health can review the list to find out what might suit their lifestyle best to avoid constipation.

The researchers analyzed 75 randomized controlled trials to come up with their recommendations. They used trials that covered various approaches to constipation treatment, including food and supplements.

Next, the team used the GRADE (Grading of Recommendations, Assessment, Development and Evaluation) system to determine both the level of evidence and the strength of each recommendation.

The last step in the process was to have a committee of experts in the field (including gastroenterologists and dieticians) to evaluate each recommendation.

How to naturally treat chronic constipation

The committee had to overwhelmingly approve of a statement for it to make the guidlines. The committe voted whether they agreed or disagreed, and only statements that were 85% or higher agreed upon made the guidelines.

The researchers developed a total of 59 recommendation statements addressing various dietary approaches for managing chronic constipation.

These guideline covered fiber supplements, probiotics, food supplements, and foods and drinks.

Some things people can use to help with chronic constipation include consuming kiwifruit, high mineral-content water, and magnesium oxide.

The experts recommended eating two to three kiwifruit daily for at least 4 weeks. The authors noted that kiwifruit was "more effective at increasing stool frequency."

Kiwi contains a high amount of fiber and an enzyme called actinidin, which "aids protein digestion both in the stomach and the small intestine."

The recommendations also include drinking 0.5 to 1.5 liters of high mineral-content water per day for 2 to 6 weeks. This type of water is high in magnesium and sulfate and works by drawing water into the intestines and softening stools, making it easier to pass them.

The group also recommends eating rye bread, but recommends eating 6 to 8 slices per day for at least 3 weeks to see benefits, which may be difficult for some people.

Magnesium oxide stood out as a nonfood item recommendation for chronic constipation since it increases stool frequency and softens stool consistency. The experts recommended taking a dose of 0.5 to 1.5 grams per day for at least 4 weeks.

The researchers found limited evidence for probiotics and senna supplements in terms of managing chronic constipation.

No more vague advice for constipation

Supriya Rao, MD, a quadruple board-certified physician and director of the Metabolic and Lifestyle Medicine Clinic at Integrated Gastroenterology Consultants, spoke with *Medical News Today* about these guidelines.

"Chronic constipation affects tens of millions of adults and is especially common in women and with age," said Rao, who was not involved in the recent work. "It's undertreated because people feel embarrassed, assume it's normal, or only hear generic advice like 'more fiber and water.'"

Rao praised the guidelines and talked about the potential for them to help people understand how best to treat their constipation.

"These guidelines are a meaningful upgrade because they separate what actually helps from what's just tradition: Specific foods and fluids with evidence, how long to trial them, and when to move on if they don't work," she noted.

Rao suggested that people who want to improve constipation should "pick one strategy at a time" and track their symptoms.

Ruvini Wijetilaka, MD, a board-certified internal medicine physician at Mecca Health and Medical Advisor for VSL Probiotics, likewise not involved in the recent research work for the guidelines also spoke with *MNT* about their importance.

Wijetilaka sees potential for the guidelines since, "unlike past vague advice [like] 'eat more fiber', these offer food-specific, research-backed recommendations like kiwifruit, rye bread, and high-mineral water."

Wijetilaka said the findings will help her as a clinician to manage constipation with her patients:

"They make me more likely to recommend targeted foods with proven benefits instead of generic fiber advice. It reinforces the importance of tailoring diet to each patient and monitoring response before moving to medications."

https://www.medicalnewstoday.com/articles/chronic-constipation-kiwi-mineral-water-may-be-best-for-providing-relief

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