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(Laxmi Narayan Memorial Library)
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About Monday Morning

Monday morning is a weekly E- CAS (Electronic Current Awareness Service) of RMRC Library, Bhubaneswar which carries one Biomedical & health science news item and some useful current medical research links so that the scientists can access the articles. This E- Bulletin starts its journey from 21st Nov. 2016. In this maiden attempt we cordially invite your inputs and suggestions to improve in future.

Dr. Banamber Sahoo, Lib & Inf. Officer
Satyajit Nayak & Twinkle Rout (Lib. Trainee)

Drink coffee to fight Alzheimer's

Report shows that consuming 3 to 5 cups on daily basis could reduce health disorders

LONDON: Drinking three to five cups of coffee a day may protect against age-related cognitive decline and other neurodegenerative diseases such as Alzheimer's and Parkinson's, a new report claims.

The report by the Institute for Scientific Information on Coffee (ISIC), a not-for-profit organisation devoted to the study and disclosure of science related to coffee and health, highlights the potential role of coffee consumption in reducing the risk of cognitive decline. The report concludes that a moderate intake of coffee (three to five cups per day) may provide protection against stage-related cognitive decline and other neurodegenerative



diseases such as Alzheimer's and Parkinson's. "Moderate coffee consumption could play a significant role in reducing cognitive decline which would impact health outcomes and health-care spending across Eu-

rope," said Rodrigo A Cunha, Professor at the University of Coimbra in Portugal. Understanding and communicating diet and lifestyle factors that may limit age-related cognitive decline will help to improve the quality of life, the report said.

According to the report, research published this year suggests that moderate coffee consumption can reduce the risk of developing Alzheimer's by up to 27 per cent.

Research has suggested that it is regular, long-term coffee drinking that is key to helping to reduce the risk of Alzheimer's Disease, the report said.

The association between coffee consumption and cognitive

decline is illustrated by a 'U-shaped' pattern in recent meta-analyses, with the greatest protection seen at an intake of about three to five cups of coffee per day. Although the precise mechanisms of action behind the suggested association between coffee and age-related cognitive decline are unknown, caffeine is likely to be involved.

There are many other compounds in coffee, such as antioxidants and anti-inflammatory agents, which may also play a role. Caffeic acid, for example, is a polyphenol (antioxidant) found in coffee, and research suggests that these may be associated with improved cognitive function.

1. HIV/AIDS in India.

<http://www.worldbank.org/en/news/feature/2012/07/10/hiv-aids-india>

2. AIDS in India - Statistics, History, and Treatment.

<http://www.medwiser.org/hiv-aids/around-the-world/aids-in-india/>

3. Measles jab saves over 20 million young lives in 15 years, but hundreds of children still die of the disease every day.

<http://who.int/mediacentre/news/releases/2016/measles-children-death/en/>

4. Portions of the brain fall asleep and wake back up all the time, Stanford researchers find.

https://www.eurekalert.org/pub_releases/2016-12/su-pot120116.php

5. Why Texas is becoming a major ant vaccine battlefield?

<http://www.sciencemag.org/news/2016/12/why-texas-becoming-major-antivaccine-battlefield>

6. Experimental treatments aim to prevent brain damage in babies.

<http://www.nature.com/news/experimental-treatments-aim-to-prevent-brain-damage-in-babies-1.21060>

7. Could marijuana use increase vulnerability to Alzheimer's?

<http://www.medicalnewstoday.com/articles/314407.php>

8. Caltech study finds link between Parkinson's disease and gut bacteria.

<http://www.scpr.org/news/2016/12/01/66721/caltech-study-finds-link-between-parkinson-s-disea/>

E- CAS (Current Awareness Service)

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