

# RMRC, Bhubaneswar

(Laxmi Narayan Memorial Library)

## Weekly Current Awareness Service

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“In a good book room you feel in some mysterious way that you are absorbing the wisdom contained in all the books through your skin, without even opening them.”

*Mark Twain*

### 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 21<sup>st</sup> 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)

## Sleep loss may take big toll on your heart

### CARDIAC CHRONICLES

BERLIN: Too little sleep may take a toll on your heart, say scientists who found that working in high-stress jobs that often require 24-hour shifts and lead to short-term sleep deprivation may increase blood pressure and heart rate.

People who work in fire and emergency medical services, medical residencies and other high-stress jobs are often called upon to work 24-hour shifts with little opportunity for sleep.

While it is known that extreme fatigue can affect many physical,



cognitive and emotional processes, this is the first study to examine how working a 24-hour shift specifically affects cardiac function.

“For the first time, we have shown that short-term sleep deprivation in the context of 24-hour shifts can lead to a significant increase in cardiac contractility, blood pressure and heart rate,” said Daniel Kuetting from the University of Bonn in Germany. For the study, researchers recruited 20 healthy radiologists, including 19 men and one woman, with a mean age of 31.6 years.

Each of the study participants underwent cardiovascular magnetic resonance (CMR) imaging with strain analysis before and after a 24-hour shift with an average of three hours of sleep.

“Cardiac function in the context of sleep deprivation has not previously been investigated with CMR strain analysis, the most sensitive parameter of cardiac contractility,” Kuetting said.

The researchers also collected blood and urine samples from the participants and measured blood pressure and heart rate

<http://epaper.newindianexpress.com/c/15212605>

**1. WHO Weekly epidemiological record.**

<http://apps.who.int/iris/bitstream/10665/251810/1/WER9148.pdf?ua=1>

**2. Targeting tau protein in Alzheimer's disease.**

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(16\)32107-9/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(16)32107-9/fulltext)

**3. First WHO prequalified hepatitis C rapid test opens the door to expanded treatment.**

[http://who.int/medicines/news/prequal\\_hvc/en/](http://who.int/medicines/news/prequal_hvc/en/)

**4. Researchers identify potentially druggable mutant p53 proteins that promote cancer growth.**

[https://www.eurekalert.org/pub\\_releases/2016-12/cshl-rip120816.php](https://www.eurekalert.org/pub_releases/2016-12/cshl-rip120816.php)

**5. AIDS epidemic nears control in three African countries.**

<http://science.sciencemag.org/content/354/6317/1213>

**6. An antidote for carbon monoxide poisoning?**

<http://www.sciencemag.org/news/2016/12/antidote-carbon-monoxide-poisoning>

**7. Cellular immunotherapy targets a common human cancer mutation.**

<https://www.nih.gov/news-events/news-releases/cellular-immunotherapy-targets-common-human-cancer-mutation>



**E- CAS ( Current Awareness Service)**

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