

# RMRC, Bhubaneswar

## (Laxmi Narayan Memorial Library)

### Weekly Current Awareness Service

VOL 2#45

6<sup>th</sup> NOVEMBER

2017

*“Anyone who stops learning is old, whether at twenty or eighty anyone who keeps learning stays young.”*

**-HENRY FORD**

#### 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**  
Poonam Singh Deo & Hemanti Mahali (Lib. Trainee)

## Daily aspirin use may cut risks of digestive cancer

Recent study found that patients who stop taking the pill are more likely to develop resistance towards the deadly disease

**HONG KONG:** Individuals who regularly use pain reliever aspirin are likely to experience a significant reduction in digestive cancer risk, finds a study involving over 600,000 people.

The findings showed that patients who were prescribed aspirin daily showed a 47 per cent reduction in liver and oesophageal cancer incidence. Gastric cancer reduced by 38 per cent, pancreatic cancer by 34 per cent while colorectal cancer by 24 per cent, it said.

Digestive cancers account for almost a quarter of cancer cases in Europe. Colorectal, gastric and pancreatic cancer are within the top five cancer killers throughout the continent, with digestive cancers representing 30.1 per cent of cancer deaths.

“The findings demonstrate that the long-term use of aspirin can reduce the risk of developing many major cancers,” said lead researcher Kelvin Tsoi, Professor at the Chinese Univer-



38%

Gastric cancer reduced by 38 per cent, pancreatic cancer by 34 per cent & colorectal cancer by 24 per cent. Colorectal, gastric and pancreatic cancer are in the top five cancer killers in Europe, with digestive cancers representing 30.1 per cent of cancer deaths.

sity of Hong Kong.

“What should be noted is the significance of the results for cancers within the digestive tract, where the reductions in cancer incidence were all very substantial, especially for liver and oesophageal cancer,” Kelvin Tsoi added.

The results were presented at the 25th United European Gastroenterology Week in Barcelona. Moreover, the effect of long-term use of aspirin was also seen in significant reduction in leukaemia, lung and prostate cancers and some breast, bladder, kidney and multiple myeloma cancers.

The team compared patients who were prescribed aspirin over a long period (six months) with non-aspirin users. A recent study also found that patients who stopped taking aspirin were 37 per cent more likely to have an adverse cardiovascular event, such as a heart attack or stroke, than those who continued with their prescription, the researchers noted.

## 1. How a green tea compound could prevent Alzheimer's

Researchers found that the green tea polyphenol epigallocatechin gallate (EGCG) stops the formation of beta-amyloid plaques — a hallmark of Alzheimer's disease — by interfering with the function of beta-amyloid oligomers. . For more details click on the below link

<https://www.medicalnewstoday.com/articles/319748.php>

## 2. Babies born late preterm may be at risk of cardiovascular diseases

Babies born late preterm at 35 weeks are at a higher risk of cardiovascular disease in adult life than those born at full term, according to research published in Experimental Physiology. For more details click on the below link

[https://www.eurekalert.org/pub\\_releases/2017-11/tps-bb1103117.php](https://www.eurekalert.org/pub_releases/2017-11/tps-bb1103117.php)

## 3. Why You Should Be Doing Push Ups, Sit Ups

Push ups and sit ups could add years to your life according to a new study of over 80,000 adults led by the University of Sydney. The largest study to compare the mortality outcomes of different types of exercise found people who did strength-based exercise had a 23 percent reduction in risk of premature death by any means, and a 31 percent reduction in cancer-related death. For more details click on the below link

<https://www.sciencedaily.com/releases/2017/11/171101102846.htm>

## 4. Science confirms you should stop and smell the roses

Is it any wonder that most happiness idioms are associated with nature? Happy as a pig in muck, happy as a clam, happy camper. A UBC researcher says there's truth to the idea that spending time outdoors is a direct line to happiness. For more details click on the below link

[https://www.eurekalert.org/pub\\_releases/2017-11/uobc-scy110117.php](https://www.eurekalert.org/pub_releases/2017-11/uobc-scy110117.php)



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

Monday Morning team

Library & Information Division

ICMR-Regional Medical Research Centre

Bhubaneswar- 751023, ODISHA

E- Mail: drbsahoo@gmail.com, Tel: 9438182087