

RMRC, Bhubaneswar

(Laxmi Narayan Memorial Library)

Weekly Current Awareness Service

VOL 2#47

20th November

2017

“The greatest obstacle to discovery is not ignorance it is the illusions of knowledge”

-Daniel J Boorstin

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
Poonam Singh Deo & Hemanti Mahali (Lib. Trainee)

Obesity, anorexia may up depression risk

HEALTH CORNER

WASHINGTON: Women who suffer from anorexia as well as obesity have low levels of a 'feel good' steroid and increased risk of developing depression and anxiety, a study published in the journal *Neuropsychopharmacology*, has found.

Previous research has linked low levels of the neuroactive steroid allopregnanolone — known to scientists as 'allo' — to depression and anxiety, which are common mood disorders associated with anorexia nervosa and obesity. Allo is a metabolite of the hormone progesterone, one of the two major female hormones. Allo binds to receptors for the neurotransmitter gamma-aminobutyric acid (GABA) in the brain. These receptors are also the targets of anti-anxiety drugs such as



benzodiazepines. Allo works by enhancing the signal produced when GABA binds to its receptor, generally producing a positive mood and feelings of well-being.

More than 50 per cent of women with anorexia nervosa have depression or

anxiety and 43 per cent of adults who are obese have depression.

Low levels of allo have been linked to depression and anxiety in numerous previous studies, including people with depression and post-traumatic stress disorder. The chemical — and its impact on mood — has not been measured in anorexic or obese women.

“We are beginning to see more and more evidence that low allo levels are tightly linked to depression, anxiety, post-traumatic stress disorder and other mood disorders,” said Graziano Pinna, associate professor at University of Illinois at Chicago (UIC). “To see that women with anorexia nervosa and obesity have low levels adds to the picture that the role of allo is under-recognised in mood disorders,” Pinna said.



1. An Internal fountain of youth: Why these Amish live longer and healthier

The first genetic mutation that appears to protect against multiple aspects of biological aging in humans has been discovered in an extended family of Old Order Amish living in the vicinity of Berne, Indiana, report Northwestern Medicine scientists. An experimental "longevity" drug that recreates the effect of the mutation is now being tested in human trials to see if it provides protection against some aging-related illnesses. For more details click on the below link.

https://www.eurekalert.org/pub_releases/2017-11/nu-aif111517.php

2. Cholera pandemics are fueled by globe-trotting bacterial strains

Cholera strains behind worldwide outbreaks of the deadly disease over the last five decades are jet-setters rather than homebodies. It had been proposed that these cholera epidemics were homegrown, driven by local strains of *Vibrio cholerae* living in aquatic ecosystems. But DNA fingerprints of the *V. cholerae* strains behind recent large outbreaks in Africa and Latin America were more closely related to South Asian strains than local ones, according to two papers published in the Nov. 10 Science. For more details click on the below link

<https://www.sciencenews.org/article/cholera-pandemics-are-fueled-globe-trotting-bacterial-strains?tgt=nr>

3. Engineering the gut microbiome with 'good' bacteria may help treat Crohn's disease

Engineering the gut microbiome with 'good' bacteria may help Researchers have singled out a bacterial enzyme behind an imbalance in the gut microbiome linked to Crohn's disease. The new study suggests that wiping out a significant portion of the bacteria in the gut microbiome, and then re-introducing a certain type of 'good' bacteria that lacks this enzyme, known as urease, may be an effective approach to better treat these diseases. For more details click on the below link

<https://www.sciencedaily.com/releases/2017/11/171115144142.htm>

4. Corals' pH Sensor Identified

Researchers have identified an enzyme that helps corals keep a steady pH in their cells, even as the acidity changes in their environments. Corals experience pH variation due to fluctuations in cellular metabolism, the differing pH needs of various parts of the coral polyp, and even the changing acidity of the ocean itself. For more details click on the below link

<http://www.the-scientist.com/?articles.view/articleNo/50860/title/Corals--pH-Sensor-Identified/>



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