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(Laxmi Narayan Memorial Library)

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"Today a reader tomorrow a leader."

— Margaret Fuller

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)

GENDER BIAS AFFECTING WOMEN'S HEALTH

Compared to 8.5 per cent in 1990, Swedish study states fifth of females found themselves lacking in wellbeing in 2014



Apparent reasons

According to the study's authors, possible causes for this negative health trend may be increased risk of burnouts, lack of equality in one's private life, and men's violence against women. Tougher working conditions in female-dominated professions may also contribute to women's ill health.



MALE-AISE

LONDON: Women's health has significantly worsened while that of men has improved since 1990, say scientists who suggest that gender disparities in the society is causing significant harm to the wellbeing of young females.

Researchers at Umea University and Region Norrbotten in Sweden have studied health trends among women and men aged 25-34 from

1990-2014.

In 1990, 8.5 per cent of women self-rated their health as being worse than peers in their own age group. In 2014, this trend increased to 20 per cent of women.

In contrast, a bigger part of the men self-rated their health as better at the end of the study period compared to the start.

"In recent years, public debate has raised the issue of increased illness and sick leaves among women. Our study now shows, for the first time, that there are corresponding health trends also among young women," said Annika Forssen, co-author of the study published in the journal *PLOS One*.

The researchers behind the study have, through a long-term, population-based survey, analysed answers from 1,811 people in the MONICA study in Northern Sweden.

As a part of a standard health check, the study's participants answered a questionnaire which included questions about self-rated health.

The results also showed that an increased proportion of study participants indicated obesity, anxiety and dissatisfaction with their personal economy, among both women and men.

Simultaneously, the proportion of women and men with high levels of physical activity increased over the period.

1. Interrupted reprogramming converts adult cells into high yields of progenitor-like cells

A modified version of iPS methodology, called interrupted reprogramming, allows for a highly controlled, safer, and more cost-effective strategy for generating progenitor-like cells from adult cells. Researchers converted adult mouse respiratory tract cells called Club cells into large, pure populations of induced progenitor-like cells, which retained a residual memory of their parental cell lineage. For more details click on the below link

<https://www.sciencedaily.com/releases/2017/11/171130122856.htm>

2. Researchers ID bacteria tied to esophageal cancer

Researchers at NYU Langone Health's Perlmutter Cancer Center report that at least three kinds of bacteria in the mouths of Americans may heighten or lower their risk of developing esophageal cancer. Publishing online Dec. 1 in the journal Cancer Research, an analysis of data from two national studies involving more than 120,000 patients finds a 21 percent increased cancer risk tied to the presence of *Tannerella forsythia*, bacteria commonly linked to gum disease. For more details click on the below link

https://www.eurekalert.org/pub_releases/2017-12/nlh-rib112817.php

3. Combinations of certain personality traits may guard against depression and anxiety

People showing high levels of extraversion and conscientiousness may have protection against depression and anxiety, according to the results of a new study. Though high levels of neuroticism put people at risk for depression and anxiety, if those same individuals are also highly extraverted and conscientious they could have a measure of protection against those disorders, according to the results of a new study by a team of University at Buffalo psychologists. For more details click on the below link

<https://www.sciencedaily.com/releases/2017/11/171129131357.htm>

4. Obesity increases dementia risk

People who have a high body mass index (BMI) are more likely to develop dementia than those with a normal weight, according to a new UCL-led study. For more details click on the below link

<https://www.sciencedaily.com/releases/2017/11/171130133812.htm>



E- CAS (Current Awareness Service)

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