

# RMRC, Bhubaneswar

(Laxmi Narayan Memorial Library)

## Weekly Current Awareness Service

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*“The capacity to learn is a gift ; the ability to learn is a skill ; the willingness to learn is a choice.”*

— Brian Herbert

### 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)

## Socialising may lower diabetes risk: Study

According to researchers, men were likelier to develop the disease, due to their relatively low social participation compared to women



LONDON: Making new friends and participating in social activities may help prevent the development of type 2 diabetes, a recent study has claimed.

“High risk groups for type 2 diabetes should broaden their network and should be encouraged to make new friends, as well as become members of a club, such as a volunteer organisation,

sports club or discussion group,” said Miranda Schram from Maastricht University in the Netherlands.

“We are the first to determine the association of a broad range of social network characteristics — such as social support, network size or type of relationships — with different stages of type 2 diabetes,” said Stephanie

Brinkhues, lead author of the study published in the journal *BMC Public Health*.

Resolving social isolation and social participation may help prevent development of type 2 diabetes. A lack of participation in clubs or other social groups was associated with 60 per cent higher odds of pre-diabetes and 112 per cent higher odds of type 2 diabetes in women compared to those with normal glucose metabolism. In men, lack of social participation was associated with 42 per cent higher odds of type 2 diabetes.

Researchers used data on 2,861 participants in the study of men and women aged 40 to 75 years from the southern part of the Netherlands. Out of the total number of participants, 1,623 (56.7 per cent) had a normal glucose metabolism, 430 (15.0 per cent) had pre-diabetes, 111 (3.9 per cent) had newly diagnosed type 2 diabetes and 697 (24.4 per cent) had existing type 2 diabetes at study entry.

<http://epaper.newindianexpress.com/c/24741812>

## 1. What you should know about white hair

It is normal for hair color to change, as people age. But white hair can appear at almost any time in life. Even teenagers and people in their 20s may notice strands of white hair. The human body has millions of hair follicles or small sacs lining the skin. The follicles generate hair and color or pigment cells that contain melanin. Over time, hair follicles lose pigment cells, resulting in white hair color. For more details click on the below link

<https://www.medicalnewstoday.com/articles/320288.php>

## 2. Urine Test for TB Yields Results in 12 Hours

Researchers have developed a new urine test for tuberculosis (TB) that is up to 1,000 times more accurate than previous urine tests and much faster than two currently used methods of diagnosing the disease. Compared with a TB skin test or bacterial culture, which take days to return results, the new technique, which detects the LAM sugar found in the outer coat of the TB bacterium, takes only 12 hours. For more details click on the below link

<https://www.the-scientist.com/?articles.view/articleNo/51173/title/Urine-Test-for-TB-Yields-Results-in-12-Hours/>

## 3. Immune System Targets Diverse Viruses Using the Same Small Peptide

Natural killer (NK) cells help fight viral infections as part of the body's innate immune response. Activation of these cells depends partly on a set of NK cell-surface proteins called activating killer cell immunoglobulin-like receptors (KIRs). But how activating KIRs recognize pathogens is poorly understood. For more details click on the below link

<https://www.the-scientist.com/?articles.view/articleNo/50953/title/Immune-System-Targets-Diverse-Viruses-Using-the-Same-Small-Peptide/>

## 4. Multifunctional protein contributes to blood cell development

In a new finding, a team of investigators from the Salk Institute has uncovered in mouse cells a previously unknown job for a protein called nup98. In addition to helping control the movement of molecules in and out of the nucleus of the cell, they found that it also helps direct the development of blood cells, enabling immature blood stem cells to differentiate into many specialized mature cell types. For more details click on the below link

[https://www.eurekalert.org/pub\\_releases/2017-12/si-mpc122117.php](https://www.eurekalert.org/pub_releases/2017-12/si-mpc122117.php)



## E- CAS (Current Awareness Service)

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