

RMRC, Bhubaneswar

(Laxmi Narayan Memorial Library)

Weekly Current Awareness Service

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"A LIBRARY IN THE MIDDLE OF A COMMUNITY IS A CROSS BETWEEN AN EMERGENCY EXIT, A LIFE RAFT, AND A FESTIVAL THEY ARE CATHEDRALS OF THE MIND; HOSPITALS OF THE SOUL; THEME PARKS OF THE IMAGINATION." - CAITLIN MORAN

World Environment Day-2017 #Connecting People to Nature#

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
Satyajit Nayak & Twinkle Rout (Lib. Trainee)

Less sleep may deep-six your life

As per Pennsylvania Univ study, those with metabolic syndrome at double risk of death

NEW YORK: Failing to sleep less than six hours may nearly double the risk of death in people with metabolic syndrome — a combination of diabetes, high blood pressure and obesity, researchers have warned.

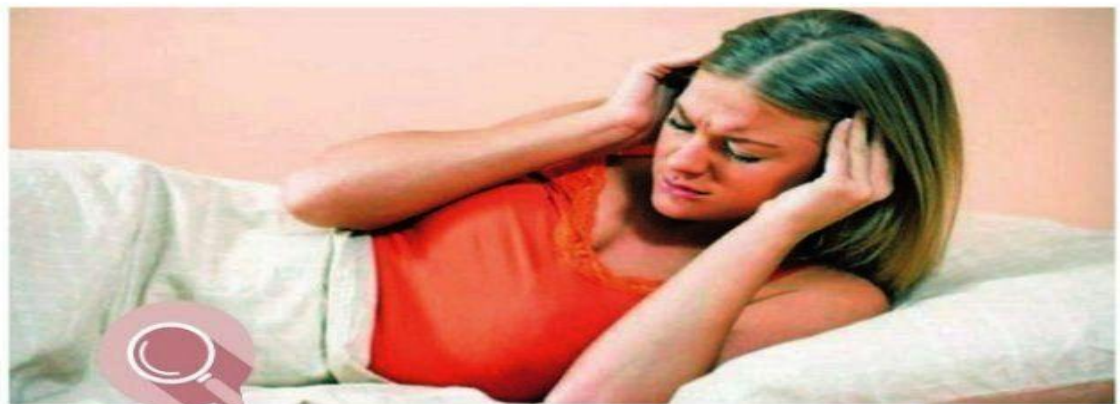
A study found that people with metabolic syndrome who slept for more than six hours were about 1.49 times more likely to die of stroke.

Conversely, those who slept less than six hours were about 2.1 times more likely to die of heart disease or stroke.

For those who got more sleep, the risk of death was more modest, the researchers said. The short sleepers with metabolic syndrome were also 1.99 times more likely to die from any cause compared to those without metabolic syndrome.

For the study, published in the *Journal of the American Heart Association*, the team selected 1,344 adults (average age 49 years, 42 per cent male) who agreed to spend one night in a sleep laboratory.

"If you have several heart disease risk factors, taking care of your sleep and consulting with a clinician if you have insufficient sleep is important if you want to lower your risk of death



Study methodology

The research team selected 1,344 adults (average age of 49 years, 42 per cent male), all of whom agreed to spend one night in a sleep laboratory.

from heart disease or stroke," said lead author Julio Fernandez-Mendoza, who is also an assistant professor at the University of Pennsylvania.

Results showed that 39.2 per

cent of participants had at least three of the risk factors — body mass index (BMI) higher than 30 and elevated total cholesterol, blood pressure, fasting blood sugar and triglyceride levels. During an average follow-up of 16.6 years, 22 per cent of the participants died. "Future clinical trials are needed to determine whether lengthening sleep improves the prognosis of people with the metabolic syndrome," Fernandez-Mendoza said.

Brain damage

Also, burning the midnight oil can lead your brain to 'eat' up its connections, worn-out cells and debris, say scientists who found that lack of sleep may increase risk of neurological disorders. Researchers from Marche Polytechnic University postulated that sleep loss can trigger astrocytes — a type of glial cells which prunes unnecessary synapses — to start breaking down more of the brain's connections and their debris.

1. Corals can still grow their ‘bones’ in acid waters.

Climate change is a big problem for corals, the colony-forming animals that provide a home to an estimated 25% of marine life. Ocean acidification in particular, caused as the ocean absorbs carbon dioxide from the atmosphere, is a grave concern for stony corals, because it makes it harder for the animals to passively precipitate skeletons made of calcium carbonate, the same molecule found in antacids for heartburn and indigestion. For more details click on the below link.

<http://www.sciencemag.org/news/2017/06/corals-can-still-grow-their-bones-acid-waters>

2. Neuroscientists rethink how the brain recognizes faces.

People can pick a familiar face out of a crowd without thinking too much about it. But how the brain actually does this has eluded researchers for years. Now, a study shows that rhesus macaque monkeys rely on the coordination of a group of hundreds of neurons that pay attention to certain sets of physical features to recognize a face. For more details click on the below link.

<http://www.nature.com/news/neuroscientists-rethink-how-the-brain-recognizes-faces-1.22091>

3. Ethnicity and breastfeeding influence infant gut bacteria.

The bacteria in a child's gut appears to be influenced as early as its first year by ethnicity and breastfeeding, according to a new study from McMaster University. And while stable gut bacteria, called microbiota, may not be established until one to three years after birth, the infant gut bacteria seems to be an important indicator of immune function, nutrient metabolism and could offer protection from pathogens. For more details click on the below link.

https://www.eurekalert.org/pub_releases/2017-06/mu-eab060117.php

4. Earlier menopause puts women at greater risk of heart failure, study shows.

Women who start the menopause earlier have a greater risk of being taken to hospital with heart failure, researchers have found. For more details click on the below link.

<https://www.theguardian.com/science/2017/may/15/earlier-menopause-puts-women-at-greater-risk-of-heart-failure-study-shows>

5. Diarrhoeal disease trends in the GBD 2015 study: optimism tempered by skepticism.

A now-deceased iconoclastic colleague of ours long enjoyed provoking his public health students with the statement, “Public health is the art of deciding who lives and who dies, and with what degree of misery”. Cynical? Yes, but essentially correct: at its core, public health is all about the allocation of sparse resources, and nowhere is this more so than in global public health. To make progress, there must be an accurate and recurring record of the burden of disease so that resources are used costeffectively and progress tracked systematically. In this regard, the Global Burden of Disease (GBD) project from the Institute of Health Metrics and Evaluation (IHME) in Seattle has emerged as the leading authority on global health outcomes. For more details click on the below link.

[http://www.thelancet.com/pdfs/journals/laninf/PIIS1473-3099\(17\)30336-5.pdf](http://www.thelancet.com/pdfs/journals/laninf/PIIS1473-3099(17)30336-5.pdf)



E- CAS (Current Awareness Service)

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