

# RMRC, Bhubaneswar

## (Laxmi Narayan Memorial Library)

### Weekly Current Awareness Service

Vol.2 # 29

17<sup>th</sup> July

2017

THE LIBRARY WAS THE PLACE I WENT TO FIND OUT WHAT THERE WAS TO KNOW.  
IT WAS ABSOLUTELY ESSENTIAL.

- ZADIE SMITH

### 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  
Satyajit Nayak & Twinkle Rout (Lib. Trainee)

## Regular coffee intake may result in increased lifespan

University of Southern California's study of 180,000 people shows 12 per cent decrease in risk of death, along with reduced occurrence of heart disease & cancer

### HEALTHY BREW

**BENGALURU:** Drinking coffee could lead to a longer life, according to a new study reported by US researchers at the University of Southern California (USC).

In a study of more than 180,000 participants, the researchers found that people who drank regular or decaffeinated coffee experienced health benefits, such as increased longevity.

The researchers report in the journal *Annals of Internal Medicine* that people who consumed a cup of coffee a day were 12 percent less likely to die earlier compared to those who didn't drink coffee. This association was even stronger for those who drank two to three cups a day — 18 percent reduced chance of death.

Lower mortality was present regardless of whether people drank regular or decaffeinated coffee, suggesting the association is not tied to caffeine.

Drinking coffee was also found to be associated with a lower risk of death due to heart disease, cancer, stroke, diabetes, and respiratory and



kidney disease. The study participants were followed up on the average for 16 years.

Claimed to be the largest of its kind, the study had ethnically diverse participants who included African-Americans, Japanese-Americans, Latinos and whites. "Such investigations are important because lifestyle patterns and disease risks can vary substantially across racial and ethnic backgrounds, and findings in one

group may not necessarily apply to others."

Since the association was seen in four different ethnicities, it is safe to say the results apply to other groups, the authors claim. "Seeing a similar pattern across four different populations gives stronger biological backing to the argument that coffee is good for you whether you are white, African-American, Latino or Asian."

According to the authors, although this study does not show what chemicals in coffee may have this beneficial effect, it is clear that coffee "can be incorporated into a healthy diet and lifestyle".

Apart from this research, several massive studies have now shown that the people who drink the most coffee live longer and have a reduced risk of diseases like Alzheimer's and diabetes.

A groundbreaking one, also the largest of its kind, was published in the *New England Journal of Medicine* in 2012.

In this study, 402,260 individuals between 50 and 71 years of age were asked about their coffee consumption. The results were fairly remarkable. After following the people for 12-13 years, those who drank the most coffee were significantly less likely to have died.

The sweet spot seems to be at 4-5 cups per day, where men had a 12 per cent reduced risk and women per cent. Drinking 6 or more provided no additional benefit. However, even one cup per day was associated with a 5-6 per cent reduction.

## 1. Protein tangles behind Alzheimer's disease may be critical for human reproduction.

Semen has something in common with the brains of Alzheimer's sufferers: Both contain bundles of protein filaments called amyloid fibrils. But although amyloid accumulation appears to damage brain cells, these fibrils may be critical for reproduction. A new study suggests that semen fibrils immobilize subpar sperm, ensuring that only the fittest ones make it to the egg. For more details click on the below link.

<http://www.sciencemag.org/news/2017/07/protein-tangles-behind-alzheimer-s-disease-may-be-critical-human-reproduction>

## 2. Lights, camera, CRISPR: Biologists use gene editing to store movies in DNA.

Internet users have a variety of format options in which to store their movies, and biologists have now joined the party. Researchers have used the microbial immune system CRISPR–Cas to encode a movie into the genome of the bacterium *Escherichia coli*. For more details click on the below link.

<http://www.nature.com/news/lights-camera-crispr-biologists-use-gene-editing-to-store-movies-in-dna-1.22288>

## 3. Stand Up To Cancer, St. Baldrick's Foundation hail green light for CAR T cell therapy.

Stand Up To Cancer and the St. Baldrick's Foundation welcomed the Oncology Drugs Advisory Committee's (ODAC) strong recommendation for approval by the Food and Drug Administration (FDA) of a revolutionary new therapy for a deadly form of leukemia, an approach whose development has also been supported by SU2C and St. Baldrick's. For more details click on the below link.

[https://www.eurekalert.org/pub\\_releases/2017-07/eif-sut071317.php](https://www.eurekalert.org/pub_releases/2017-07/eif-sut071317.php)

## 4. WHO Weekly epidemiological record.

Meeting of the Global Advisory Committee on Vaccine Safety, 7–8 June 2017. For more Details click on the below link.

<http://apps.who.int/iris/bitstream/10665/255870/1/WER9228.pdf?ua=1>



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

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