

RMRC, Bhubaneswar

(Laxmi Narayan Memorial Library)

Weekly Current Awareness Service

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“TO BUILD UP A LIBRARY IS TO CREATE A LIFE. IT’S NEVER JUST A RANDOM COLLECTION OF BOOKS.

-CARLOS MARIA DOMINGUEZ

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)

Artificial sweetener could up obesity, heart disease risk

High blood pressure & diabetes also linked with intake, states University of Manitoba’s research



Eat wisely

Researchers from University of Manitoba also stressed on exercising caution while consuming artificial sweeteners. They reasoned that data from clinical trials didn’t clearly support their intended benefits for weight management.



TORONTO: Use of artificial sweeteners may be associated with weight gain and increased risk of obesity, diabetes, high blood pressure and heart disease, a study claims.

Consumption of artificial sweeteners, such as aspartame, sucralose and stevia, is widespread and increasing, according to researchers from the University of Manitoba in Canada.

Emerging data indicate that artificial, or non-nutritive, sweeteners may have negative effects on metabolism, gut bacteria and appetite, although the evidence is conflicting.

To better understand whether consuming artificial sweeteners is associated with negative long-term effects on weight and heart disease, the researchers conducted a systematic review of 37 studies that followed over 4,00,000 people for an average of 10 years.

Only seven of these studies were randomised controlled trials, involving 1,003 people followed for six months on average. The trials did not show a consistent effect of artificial sweeteners on weight loss, researchers said.

The longer observational studies showed a link between consumption of artificial sweeteners and relatively higher risks of weight gain and obesity, high blood pressure, diabetes, heart disease and other health issues, they said.

1. For first time in history, half of all people with HIV are getting treatment.

A new update on the global HIV/AIDS epidemic offers “scorecards” for countries that starkly highlight successes in green and failures in red (for an example, see here). Collectively, the world receives high marks for its HIV/AIDS efforts from the Joint United Nations Programme on HIV/AIDS (UNAIDS) in Geneva, Switzerland. It notes in *Ending AIDS* that 19.5 million of the estimated 36.7 million people living with the virus now receive lifesaving antiretroviral (ARV) drugs. This is the first time in history that more than half the infected people are being treated. For more details click on the below link.

<http://www.sciencemag.org/news/2017/07/first-time-history-half-all-people-hiv-are-getting-treatment>

2. Vaccines promoted as key to stamping out drug-resistant microbes.

The battle against drug-resistant superbugs has neglected a key weapon, scientists say: using vaccines to quell the spread of resistance. As drug-resistant infections sweep across the globe, public-health organizations have focused mainly on developing new antimicrobial treatments and cutting the overuse of existing ones, to prevent resistant strains emerging. For more details click on the below link.

<http://www.nature.com/news/vaccines-promoted-as-key-to-stamping-out-drug-resistant-microbes-1.22324>

3. Sleep disorders may increase cognitive problems particularly in those at risk for Alzheimer's.

People who carry a genetic susceptibility to Alzheimer's disease appear to be at greater risk of diminished cognition from sleep-disordered breathing than those without the susceptibility, according to new research published online, ahead of print in the *Annals of the American Thoracic Society*. For more details click on the below link.

https://www.eurekalert.org/pub_releases/2017-07/ats-sdm071817.php

4. Wildlife conservation efforts: Sanjay Gubbi wins Whitley Award 2017.

Sanjay Gubbi is a wildlife biologist and conservationist who mainly works on conservation issues in Karnataka, India. His interests lie in large conservation biology conservation policy, human-wildlife interactions and outreach. Sanjay hails from Tumkur district in Karnataka. He graduated with a Bachelor's degree in engineering. For more details click on the below link.

<http://www.currentscience.ac.in/Volumes/113/02/0202.pdf>



E- CAS (Current Awareness Service)

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