

RMRC, Bhubaneswar

(Laxmi Narayan Memorial Library)

Weekly Current Awareness Service

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“A LIBRARY IS LIKE AN ISLAND IN THE MIDDLE OF A VAST SEA OF IGNORANCE, PARTICULARLY IF THE LIBRARY IS VERY TALL AND THE SURROUNDING AREA HAS BEEN FLOODED.”

— **Lemony Snicket, Horseradish**

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 & Ashutosh Patra (Lib. Trainee)

Eat protein thrice a day to stay strong

McGill University study propounds that such dietary composition balances intake in elderly, builds muscle strength

FOOD WITH THOUGHT

TORONTO: Eating protein equally in the three daily meals could lead to greater mass and muscle strength in the elderly, says a study.

Many seniors consume the majority of their daily protein intake at lunch and dinner. The new study suggests that breakfast should also be protein rich.

“We wanted to see if people who added protein sources to breakfast, and therefore had balanced protein intake through the three meals, had greater muscle strength,” said the lead author of the study, Stephanie Chevalier, assistant professor at McGill University in Canada.

For the study, published in the *American Journal of Clinical Nutri-*



tion, the research team examined both the amount of protein consumed and its distribution among people aged 67 and over.

Chevalier and her team used the database from a study which included nearly 1,800 people who were fol-

lowed for three years.

They reviewed the protein consumption patterns of 827 healthy men and 914 healthy women aged 67 to 84 years, all residents of Quebec in Canada, trying to establish links with variables such as strength,

muscle mass or mobility.

The researchers found that participants — both men and women — who consumed protein in a balanced way during the day had more muscle strength than those who consumed more during the evening meal and less at breakfast.

Lona Sandon, assistant professor in clinical nutrition at the University of Texas Southwestern, said: “Muscle protein is constantly being broken down and built back up. This occurs at a faster rate in older people.”

“Eating protein throughout the day seems to be a means to stay in a positive protein balance longer than just eating most of your protein for the day only during the evening meal.”

<http://epaper.newindianexpress.com/c/21782853>

1. Study identifies new genetic risk factor for developing autism spectrum disorder.

Autism spectrum disorder affects approximately one out of every 68 children in the United States. Despite expansive study, the origin and risk factors of the complex condition are not fully understood. For more details click on the below link.

https://www.eurekalert.org/pub_releases/2017-08/ohs-sin083117.php

2. Asthma drug may thwart Parkinson's disease.

When people with asthma have trouble breathing, they may reach for an inhaler containing salbutamol, a drug that expands the airways. Salbutamol may have another beneficial effect—protecting against Parkinson's disease. Individuals who inhaled the highest doses of salbutamol were about half as likely to develop the devastating neurological condition as those who didn't take the drug, a study reveals. For more details click on the below link.

<http://www.sciencemag.org/news/2017/08/asthma-drug-may-thwart-parkinson-s-disease>

3. New drug restores memories in brain-damaged mice.

For the first time, scientists have reversed memory and learning deficits in mice following traumatic brain injuries. This new research could someday lead to treatments for head trauma and debilitating cognitive diseases. For more details click on the below link.

https://www.washingtonpost.com/news/to-your-health/wp/2017/07/10/brain-damaged-mice-lost-their-memories-and-this-drug-restored-them/?utm_term=.481644b2ef5e

4. The Annual Report of ICMR-Regional Medical Research Centre available in web.

To access the annual report click on the below link

<http://www.rmrcbbsr.gov.in/publication.php?uid=2>

5. WHO Weekly epidemiological record.

In April 2016, as part of providing technical guidance on leprosy control and to reduce the burden of disease, WHO launched a 5-year global leprosy strategy¹ in consultation with national programmes and all other stakeholders of leprosy control. The strategy is built around 3 pillars: i) to strengthen government ownership, coordination and partnership; ii) to stop leprosy and its complications; and iii) to stop discrimination and promote inclusion. For more details click on the below link.

<http://apps.who.int/iris/bitstream/10665/258841/1/WER9235.pdf?ua=1>



E- CAS (Current Awareness Service)

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