

# RMRC, Bhubaneswar

(Laxmi Narayan Memorial Library)

## Weekly Current Awareness Service

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“Through learning we re-create ourselves. Through learning we become able to do something we were never able to do”

- Peter senge

### 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)

## Night shifts may cause common cancer in women

According to study, females who worked at irregular hours were at increased risk of the deadly diseases by 19 per cent



### Findings

Researchers performed a dose-response meta-analysis among breast cancer studies and found that the risk of breast cancer increased by 3.3 per cent for every five years.



BELJING: If you are a woman and have been assigned night shifts at workplace for long, be a little concerned about your health. According to new research, continuous shifts at irregular hours may increase the risk of common cancers among women. Researchers found that overall, long-term night shift work among women increased the risk of cancer by 19 per cent.

Of all the occupations analysed, nurses had the highest risk of developing breast cancer if they worked the night shift.

“Our study indicates that night shift work serves as a risk factor for common cancers in women,” said Xuelei Ma, co-author of the study from West China Medical Center of Sichuan University in Chengdu, China.

For the study, published in the journal *Cancer Epidemiology, Biomarkers & Prevention*, researchers performed a meta-analysis using data from 61 articles comprising 1,14,628 cancer cases and 39,09,152 participants from North America, Europe, Australia and Asia.

The articles consisted of 26 cohort studies, 24 case-control studies and 11 nested case-control studies. These studies were analysed for an association between long-term night shift work and risk of 11 types of cancer.

When analysing specific cancers, researchers found that this population had an increased risk of skin (41 per cent), breast (32 per cent) and gastrointestinal cancer (18 per cent) compared with women who did not perform

long-term night shift work.

A further analysis was conducted which looked specifically at long-term night shift work and risk of six types of cancer among female nurses. Among female nurses alone, those who worked the night shift had an increased risk of breast (58 per cent), gastrointestinal (35 per cent) and lung cancer (28 per cent) compared with those that did not work night shifts.

Researchers suggested that nurses that worked at night may have been more likely to undergo screening examinations. Long-term night shift workers should have regular physical examinations and cancer screenings. The results might help establish and implement effective measures to protect female night shifters.

## 1. Malaria parasite packs genetic material for trip from mosquitoes to humans

The parasite that causes malaria has not one, but two, specialized proteins that protect its messenger RNAs -- genetic material that encodes for proteins -- until the parasite takes up residence in a new mosquito or a human host. A new study by researchers at Penn State describes the two proteins and reveals an additional role that one may play to facilitate RNA-based interactions between the parasite, its mosquito vector, and its human host. For more details click on the below link

[https://www.eurekalert.org/pub\\_releases/2018-01/ps-mpp011018.php](https://www.eurekalert.org/pub_releases/2018-01/ps-mpp011018.php)

## 2. Viruses could inspire nano drug-delivery device

Researchers have discovered a path toward virus-like, nanoscale devices that may be able to deliver drugs to cells by chipping away at a viral protein. The protein is one of three that make up the protective shell, called the capsid, of natural adeno-associated viruses (AAV). By making progressively smaller versions of the protein, the researchers made capsids with unique abilities and learned a great deal about AAV's mechanisms. For more details click on the below link

<http://www.futurity.org/viruses-drug-delivery-device-1650312/>

## 3. Hepatitis Scare at 7-Eleven: How Do You Get The Virus?

Up to 2,000 people in Utah who visited a 7-Eleven store may have been exposed to hepatitis A, officials warned this week. But exactly how do people contract the disease?. Hepatitis A is a contagious liver infection caused by the hepatitis A virus, according to the Centers for Disease Control and Prevention. For more details click on the below link

<https://www.livescience.com/61393-hepatitis-a-7-eleven.html>

## 4. Surprise: A virus-like protein is important for cognition and memory

A protein involved in cognition and storing long-term memories looks and acts like a protein from viruses. The protein, called Arc, has properties similar to those that viruses use for infecting host cells, and originated from a chance evolutionary event that occurred hundreds of millions of years ago. For more details click on the below link

[https://www.eurekalert.org/pub\\_releases/2018-01/uouh-nrh010418.php](https://www.eurekalert.org/pub_releases/2018-01/uouh-nrh010418.php)



## E- CAS (Current Awareness Service)

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