

# RMRC, Bhubaneswar

(Laxmi Narayan Memorial Library)  
Weekly Current Awareness Service

VOL 3#6

5th February

2018

*"When one teaches, two learn"*

*- Robert Heinlein*

## 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  
Hemanti Mahali & Poonam Singh Deo (Lib. Trainee)

## 60 pc of women suffer from insomnia during pregnancy

### SLEEPY HEADS



LONDON: Researchers in Spain have found that 64 per cent of pregnant women suffer from insomnia in the third trimester of pregnancy. The study, published in the *European Journal of Obstetrics & Gynecology and Reproductive Biology*, involved 486 healthy pregnant women.

The effects of pregnancy on these women were monitored throughout all three trimesters. The results revealed that 44 per cent of

pregnant women suffer from insomnia in the first trimester of pregnancy, which increases to 46 per cent in the second trimester and 64 per cent in the third trimester.

These are very high figures which justify the need for a "systematic approach to this problem", according to the authors of the research.

"Although it is well known that pre-existing sleep problems worsen and new issues frequently arise during pregnancy, there is a tendency to assume that difficulties related to getting to sleep and maintaining restorative sleep are characteristic phenomena of pregnancy and that they must be endured," said one of the researchers, Maria del Carmen Amezcua Prieto, University of Granada.

But insomnia causes numerous problems. It affects the quality of life of pregnant women, which apart from being of great importance per se, is also a risk factor for high blood pressure and pre-eclampsia, gestational diabetes, depression, premature birth and unplanned caesarean sections.

The study also revealed whether factors such as obesity can have an impact on sleeping patterns of women.

<http://epaper.newindianexpress.com/c/25886695>

## 1. Food preservative enhances schizophrenia treatment

The common food preservative sodium benzoate improves symptoms in clozapine-resistant schizophrenia patients, according to a new study published in Biological Psychiatry. The randomized, double-blind, placebo-controlled trial led by Hsien-Yuan Lane, M.D., Ph.D., of China Medical University, Taiwan, showed that adding on sodium benzoate to the antipsychotic clozapine improved symptoms in patients who did not see results with any other medications, providing a new option for the hardest-to-treat patients..For more details click on the below link [https://www.eurekalert.org/pub\\_releases/2018-02/e-fpe020118.php](https://www.eurekalert.org/pub_releases/2018-02/e-fpe020118.php)

## 2. Does Coffee Contain a Carcinogen? Here's What the Science Says

If a lawsuit in California is successful, Golden State stores that sell coffee will have to warn customers that drinking a cup of joe may be a cancer risk, according to news reports. But coffee companies argue that although coffee does contain a possible carcinogen — a chemical called acrylamide — it isn't present in the drink in levels that are high enough to increase the risk of cancer in people. For more details click on the below link <https://www.livescience.com/61598-lawsuit-warns-of-coffee-cancer-risk.html>

## 3. Simple blood test spots dementia protein

Scientists in Japan and Australia have developed a blood test that can identify people who have high levels of a protein associated with Alzheimer's disease. If confirmed by further research, this long-sought test could help in the increasingly desperate search for therapies that halt the progression of dementia, which affects tens of millions of people worldwide. For more details click on the below link <https://www.nature.com/articles/d41586-018-01466-8>

## 4. Practical hair regeneration technology

Researchers have developed a method for the mass preparation of cellular aggregates, also known as 'hair follicle germs (HFGs)', that may lead to a new treatment for hair loss. Although hair loss is not life-threatening, it troubles a substantial number of individuals all over the world, particularly in aging societies. Hair regenerative medicine has emerged as a new therapy to combat the problem. The therapy involves regenerating hair follicles, the tiny organs that grow and sustain hair. For more details click on the below link [https://www.eurekalert.org/pub\\_releases/2018-02/ynu-phr020118.php](https://www.eurekalert.org/pub_releases/2018-02/ynu-phr020118.php)



## E- CAS (Current Awareness Service)

Monday Morning team

Library & Information Division

ICMR-Regional Medical Research Centre

Bhubaneswar- 751023, ODISHA ,

E- Mail: drbsahoo@gmail.com, Tel: 9438182087