

# RMRC, Bhubaneswar

(Laxmi Narayan Memorial Library)

## Weekly Current Awareness Service

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*“The joy of learning is as dispensible in study as breathing is in running .”*

— Simone Weil

### 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)

## Excessive body hair may point to PCOS in women

### FEMALE DIARY

WASHINGTON: Women with unwanted dark, course hair growing on the face, chest or back should undergo testing for polycystic ovary syndrome (PCOS) and other underlying health problems, experts suggest.

For the first time since 2008, the Endocrine Society issued an update to its Clinical Practice Guideline on hirsutism — a condition where women experience unwanted hair growth in areas where men typically grow hair.

“Excess facial or body hair is not only distressing to women, it is often a symptom of an underlying medical problem,” said Kathryn A Martin, of Massachusetts General Hospital in the US.

“It is important to see your health care provider to find out what is causing the excess hair growth and treat it,” said Martin. Hirsutism affects 5 to 10 per cent of women. The excess hair growth can be caused by PCOS, a common condition that contributes to infertility and metabolic health problems.

Society experts now suggest all women with hirsutism undergo blood tests for testosterone and other male sex hormones called



androgens. Women naturally have small amounts of these hormones, but the levels tend to be elevated in women with PCOS and other conditions that cause hirsutism. Experts previously called for testing for women with moderate to severe hirsutism, but the recommendation was broadened to improve diagnosis rates of PCOS.

Hirsutism can cause personal distress, anxiety and depression when it is not treated.

Experts suggests treating mild cases with no sign of an underlying condition with medication or direct hair removal. Women with hirsutism who are not trying to become pregnant, authors suggested oral contraceptives as a first treatment.

## 1. Are the Brains of Transgender People Different from Those of Cisgender People?

In recent years, techniques such as functional magnetic resonance imaging (fMRI) have begun to yield clues to possible biological underpinnings of the condition known as gender dysphoria. In particular, researchers are identifying similarities and differences between aspects of the structure and function of the brains of trans- and cisgender individuals that could help explain the conviction that one's gender and natal sex don't match. For more details click on the below link

<https://www.the-scientist.com/?articles.view/articleNo/51914/title/Are-the-Brains-of-Transgender-People-Different-from-Those-of-Cisgender-People-/>

## 2. A lifetime of regular exercise slows down aging, study finds

Researchers at the University of Birmingham and King's College London have found that staying active keeps the body young and healthy. The researchers set out to assess the health of older adults who had exercised most of their adult lives to see if this could slow down ageing. For more details click on the below link

[https://www.eurekalert.org/pub\\_releases/2018-03/uob-alo030518.php](https://www.eurekalert.org/pub_releases/2018-03/uob-alo030518.php)

## 3. A Man with a Life-Threatening Heart Infection Was Saved by a Virus Plucked from a Lake

A virus scooped up from a lake saved an 80-year-old Connecticut man who had a life-threatening bacterial infection in his heart. Doctors had tried to combat the infection using antibiotics, to no avail. So they turned to a virus that was originally found in a nearby lake. The virus, a type called a bacteriophage, appeared to eradicate the patient's infection, according to a new report of the case. For more details click on the below link

<https://www.livescience.com/61963-virus-found-in-lake-treats-bacterial-infection.html>

## 4. Gender equality must be at the core of 'Health for All'

International Women's Day Statement by WHO Director-General Dr Tedros Adhanom Ghebreyesus. On this International Women's Day, we imagine a world where every woman and girl has access to quality and affordable health care, a world in which women and girls can freely exercise their sexual and reproductive health rights, and one where all women and girls are treated and respected as equals. For more details click on the below link

<http://www.who.int/mediacentre/news/statements/2018/gender-equality-health-for-all/en/>



## E- CAS (Current Awareness Service)

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