

Monday Morning

RMRC, Bhubaneswar

(Laxmi Narayan Memorial Library)

Weekly Current Awareness Service

VOL 3#18

30th April

2018

"Never stop learning; when we stop learning, we stop growing."

— Loyal Jack Lewmane

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 & Hemanti Mahali (Lib. Trainee)

Though often forgotten, the placenta has a huge role in baby's health



<https://www.sciencenews.org/blog/growth-curve/placenta-baby-embryo-health>

1. Learning Enhances Synapses Between “Memory Cells” in Mice

Scientists have long attempted to understand where, and how, the brain stores memories. At the beginning of the 20th century, German scientist Richard Semon coined the term “engram” to describe the hypothetical physical representations of memories in the brain. Then, in the 1940s, Canadian psychologist Donald Hebb proposed that, when neurons encoded memories, connections, called synapses, between coactivated memory, or engram, cells were strengthened—a theory that was famously paraphrased as neurons that “fire together, wire together.” For more details click on the below link

<https://www.the-scientist.com/?articles.view/articleNo/52441/title/Learning-Enhances-Synapses-Between--Memory-Cells--in-Mice/>

2. Unprecedented study identifies 44 genetic risk factors for major depression

A global research project has mapped out the genetic basis of major depression, identifying 44 genetic variants which are risk factors for depression, 30 of which are newly discovered. The study, by the Psychiatric Genomics Consortium and co-led in the UK by King's College London, is the largest study to-date of genetic risk factors for major depression. For more details click on the below link

https://www.eurekalert.org/pub_releases/2018-04/kcl-usi042518.php

3. ‘Warm Here's Why You Should Add More Beans To Your Diet

Iron deficiency is one of the most common conditions; it could cause the haemoglobin or red blood cell count to reduce, further causing anemia. Adding beans to our diet increases the iron intake. However, beans are plant-foods and contain non-heme iron that is not readily absorbed by our body as compared to the iron that we find in meat. For more details click on the below link

<https://food.ndtv.com/health/heres-why-you-should-add-more-beans-to-your-diet-1843261>

4. What Is Stevia?

Stevia is perhaps unique among food ingredients because it's most valued for what it doesn't do. It doesn't add calories. Unlike other sugar substitutes, stevia is derived from a plant. There is some question as to its effectiveness as a weight loss aid or as a helpful diet measure for diabetics. For more details click on the below link

<https://www.livescience.com/39601-stevia-facts-safety.html>



E- CAS (Current Awareness Service)

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