

Monday Morning

RMRC, Bhubaneswar **(Laxmi Narayan Memorial Library)** **Weekly Current Awareness Service**

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“The Best way to predict your Future is to create it.”

- Abraham Lincoln.

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
Sonali Sribastab & Shaktidhar Barik (Lib. Trainee)

All About Apples: Health Benefits, Nutrition Facts and History



Apples may help reduce the risk of cancer, cardiovascular disease and diabetes.

<https://www.livescience.com/44686-apple-nutrition-facts.html>

1. Blood test could lead to cystic fibrosis treatment tailored to each patient

Cystic fibrosis is a progressive genetic disease that damages multiple organs, including the lungs and pancreas. Although cystic fibrosis is caused by dysfunction of a single gene (CFTR) and treatment that targets CFTR mutations is available, the relationships between the abnormal gene product, development of inflammation and disease progression are not fully understood. For more details, click on the below link

https://www.eurekalert.org/pub_releases/2018-12/arh-btc121218.php

2. Butantan Institute and MSD agree to collaborate on dengue vaccine development.

Brazil's Butantan Institute signed a collaboration agreement with Merck Sharp & Dohme (MSD) to develop dengue vaccines. The São Paulo State research institution and pharmaceutical company will exchange information on proprietary processes and clinical trials that are at different stages of development. For more details click on the below link

https://www.eurekalert.org/pub_releases/2018-12/fda-bia121218.php

3. Researchers identify pathway that drives sustained pain following injury

Research in mice identifies a set of neurons responsible for sustained pain and resulting pain-coping behaviors Findings point to the existence of separate neural pathways that regulate threat avoidance versus injury mitigation Study can inform new ways to gauge the efficacy of candidate pain therapies by assessing behaviors stemming from different pathways. For more details, click on the below link

<https://www.sciencedaily.com/releases/2018/12/181213142209.htm>

4. These Simple Tips May Prevent Holiday Weight Gain, Study Suggests

Tis the season for festivities ... and also weight gain. Indeed, holiday parties and large meals with family make it all too easy to pack on the pounds this time of year. But a new study from the United Kingdom suggests that some simple tips, including weighing yourself regularly, can help prevent holiday weight gain. For more details click on the below link

<https://www.livescience.com/64271-tips-prevent-holiday-weight-gain.html>



E- CAS (Current Awareness Service)

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