

Monday Morning

RMRC, Bhubaneswar

(Laxmi Narayan Memorial Library)

Weekly Current Awareness Service

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“You learn something every day if you pay attention”

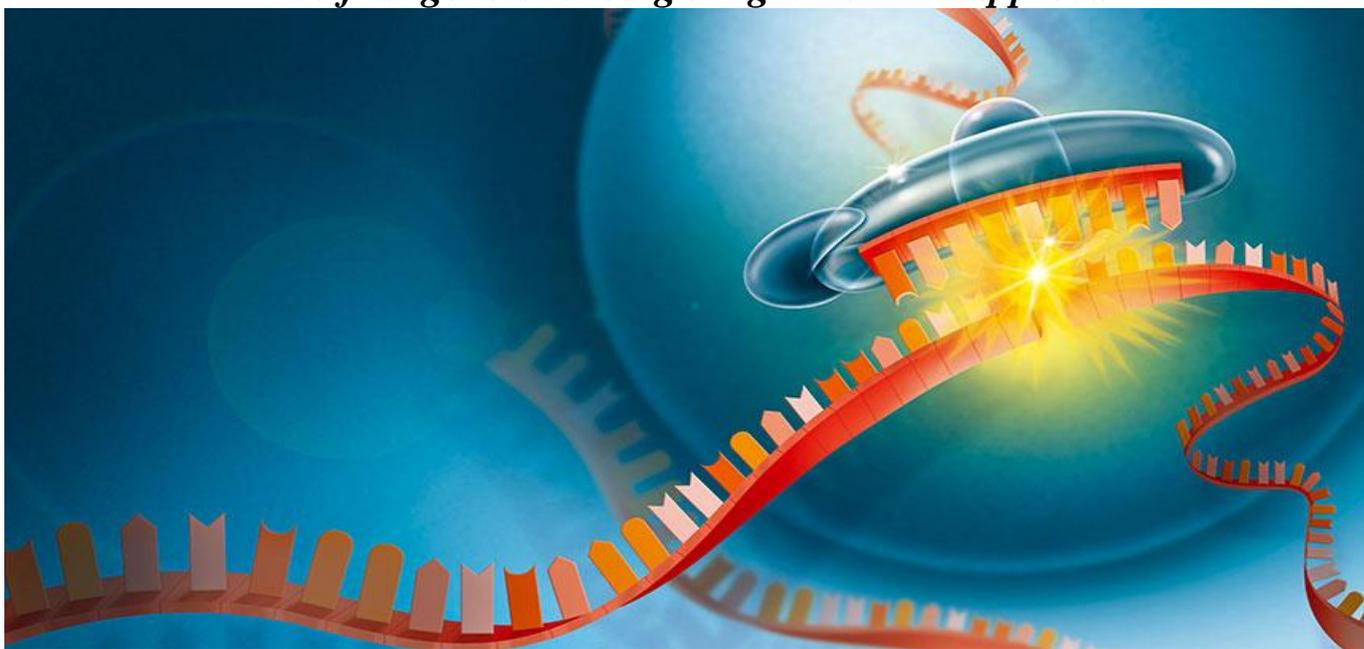
– Ray Le Blond

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 (Lib. Trainee)

The first gene-silencing drug wins FDA approval



INTERCEPTION Small bits of RNA can latch onto longer messenger RNA molecules that are carrying DNA's instructions to make proteins (illustrated), halting the production process.

<https://www.sciencenews.org/article/first-gene-silencing-drug-wins-fda-approval?tgt=nr>

1. Ebola vaccination begins in North Kivu.

The Ministry of Public Health of the Democratic Republic of the Congo today announced the launch of Ebola vaccinations for high risk populations in North Kivu province. The vaccinations have begun just one week after the announcement of a second outbreak of Ebola this year in the country. A total of 44 cases have been reported so far, of which 17 have been confirmed. For more details click on the below link.

<http://www.who.int/news-room/detail/08-08-2018-ebola-vaccination-begins-in-north-kivu>

2. More than 40 percent of women with asthma may develop COPD, but risk may be reduced

More than 4 in 10 women with asthma may go on to develop chronic obstructive pulmonary disease (COPD), according to a study conducted in Ontario, Canada, and published online in the Annals of the American Thoracic Society. The researchers examined risk factors for developing asthma and COPD overlap syndrome, known as ACOS. For more details click on the below link

https://www.eurekalert.org/pub_releases/2018-08/ats-mt4080718.php

3. How Does PrEP, the HIV-Prevention Medication, Work?

At the 22nd International AIDS Conference in Amsterdam last month, a group of researchers announced that, although their HIV-prevention trial isn't over yet, they know that the treatment is going to be a success. This isn't the first study of its kind to go extraordinarily well; a few years ago, a trial was stopped early because the treatment was obviously working. click on the below link

<https://www.livescience.com/63307-prep-truvada-hiv-explainer.html>

4. Long Duration Exercises Lasting For Over 90 Minutes Worsen Your Mental Health, Not Improve it

“You definitely want to be reading this if you participate in long-distance activities, such as marathons or even long workout sessions. Engaging in exercises such as cycling, aerobics and gymming for more than three hours a day can worsen mental health more than not exercising at all, finds a recent study. In fact, people who exercised between three and five times a week had better mental health than people who exercised less or more each week. For more details click on the below link.

<https://www.indiatimes.com/health/buzz/long-duration-exercises-lasting-for-over-90-minutes-worsen-your-mental-health-not-improve-it-350995.html>

E- CAS (Current Awareness Service)



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