

Monday Morning

# RMRC, Bhubaneswar

## (Laxmi Narayan Memorial Library)

### Weekly Current Awareness Service

VOL 3#32

20<sup>th</sup> August

2018

*“In learning you will teach, and in teaching you will learn”*

– Phil Collins

#### 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 (Lib. Trainee)

*Cancer drugs may help the liver recover from common painkiller overdoses*



**OVERDOSE ANTIDOTE** Thousands of people overdose with Tylenol or other acetaminophen-containing drugs each year, leading to liver damage.

<https://www.sciencenews.org/article/cancer-drugs-may-help-liver-recover-common-painkiller-overdoses?tgt=nr>

## 1. Viruses may help phytoplankton make clouds — by tearing the algae apart

When tiny sea algae get sick, they may sneeze the seeds of clouds. Phytoplankton (*Emiliana huxleyi*) infected with a virus shed the small calcium carbonate plates that make up their shells much more quickly than healthy phytoplankton. Kicked up by thrashing waves into sea spray, those calcium bits may ultimately become part of the complex dance of cloud formation. For more details click on the below link.

<https://www.sciencenews.org/article/viruses-may-help-phytoplankton-make-clouds-tearing-algae-apart?tgt=nr>

## 2. New HIV therapy reduces virus, boosts immunity in drug-resistant patients

A new HIV drug reduced viral replication and increased immune cells in individuals with advanced, drug-resistant HIV infection. Used in combination with existing HIV medications, the drug is a promising strategy for patients who have run out of effective treatment options. For more details click on the below link

[https://www.eurekalert.org/pub\\_releases/2018-08/you-nht081518.php](https://www.eurekalert.org/pub_releases/2018-08/you-nht081518.php)

## 3. Childhood exposure to secondhand smoke may increase risk of adult lung disease death

A new study suggests that long-term exposure to secondhand smoke during childhood increases the risk of chronic obstructive pulmonary disease (COPD) death in adulthood. The study also suggests secondhand smoke exposure as an adult increases the risk of death not only from COPD but also several other conditions. For more details click on the below link

[https://www.eurekalert.org/pub\\_releases/2018-08/acs-cet081318.php](https://www.eurekalert.org/pub_releases/2018-08/acs-cet081318.php)

## 4. Okra For Diabetes: Here's How Your Favourite Bhindi May Help Regulate Diabetes

The incredible fibre content of okra helps aid digestion. It is an excellent source of potassium, which helps maintain our blood pressure levels. By keeping you full for longer, okra also facilitate weight loss. For more details click on the below link.

<https://food.ndtv.com/food-drinks/okra-for-diabetes-heres-how-your-favourite-bhindi-may-help-regulate-diabetes-1900375>

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### **E- CAS (Current Awareness Service)**



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