

**Monday Morning**

# **RMRC, Bhubaneswar**

## **(Laxmi Narayan Memorial Library)**

### **Weekly Current Awareness Service**

VOL 3#34

3<sup>rd</sup> September

2018

*“Develop a Passion for learning , If you do , You Will Never Cease To Grow”*

*- Anthony J. D'Angelo*

#### **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&Sonali Sribastab(Lib. Trainee)**

#### ***Guillain-Barre Syndrome: Causes, Symptoms & Treatment***



Shown here is the nervous system, containing the brain, spinal cord and peripheral nerves. Credit: The BioDigital HumanTM developed by NYU School of Medicine and BioDigital Systems LLC

<https://www.livescience.com/63479-guillain-barre-syndrome.html>

## 1. High school student generates electricity using biodegradable resources

In Macdonald Chirara's community in Zimbabwe, people often face electricity shortages and they use firewood as a source of energy. This practice can add to increased rates of deforestation and contribute to global climate change. Chirara wants to offer an alternative way to produce electricity for his community. To solve this problem, he created a biogas digester setup, which converts organic waste into electricity. For more details click on the below link

<https://www.sciencenews.org/sponsored/high-school-student-generates-electricity-using-biodegradable-resources?tg=nr>

## 2. A master switch controls aggressive breast cancer

A team at the Salk Institute has identified a master switch that appears to control the dynamic behavior of tumor cells that makes some aggressive cancers so difficult to treat. The gene Sox10 directly controls the growth and invasion of a significant fraction of hard-to-treat triple-negative breast cancers. For more details click on the below link

[https://www.eurekalert.org/pub\\_releases/2018-08/si-ams083018.php](https://www.eurekalert.org/pub_releases/2018-08/si-ams083018.php)

## 3. Raw Garlic And Honey For Weight Loss: Eat This Combination On Empty Stomach To Lose Weight Fast

Losing weight isn't very easy, but even small healthy habits can go a long way in making your weight loss journey a little bit quick and easy. There are some dietary practices that can help you get results faster like drinking warm water in the morning as well as before meals, or snacking healthy, etc.. For more details click on the below link

<https://food.ndtv.com/weight-loss/raw-garlic-and-honey-for-weight-loss-eat-this-combination-on-empty-stomach-to-lose-weight-fast-1909034>

## 4. The Coconut Oil Controversy: Here's The Truth About Coconut Oil Consumption

The biggest tragedy of our times concerning health and diet is the mistaken belief that coconut oil is a poison that causes heart diseases. In fact, coconut oil - a highly saturated fat - is not vulnerable to oxidization and thus safest to use in cooking. For more details click on the below link

<https://food.ndtv.com/opinions/the-coconut-oil-controversy-here-s-the-truth-about-coconut-oil-consumption-1908460>

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



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