

Monday Morning

RMRC, Bhubaneswar

(Laxmi Narayan Memorial Library)

Weekly Current Awareness Service

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“Education is at the heart of achieving your dreams.”

- *Patrice Motsepe*

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)

A High-Fat Diet May Be Bad for Your Gut Bacteria



Eating too much fat may be bad for your gut bacteria, a new study from China suggests.

<https://www.livescience.com/64810-gut-bacteria-high-fat-diet.html>

1. Melanoma brain metastases are immunosuppressive with treatment-resistant metabolism

Tumors in the brain are diagnosed in up to 60 percent of metastatic melanoma patients. Across all cancers, an estimated 100,000 to 170,000 new cases of brain metastasis are diagnosed annually. For more details, click on the below link

<https://www.sciencedaily.com/releases/2019/02/190220103405.htm>

2. How genes affect tobacco and alcohol use

Alcohol consumption was measured in terms of the number of standard alcohol units. Tobacco use was measured in the number of cigarettes per day. “The study group that was genetically predisposed to smoking was also genetically predisposed to a number of health problems, including obesity, diabetes, ADHD and various mental illnesses, whereas a genetic risk for alcohol was associated with lower disease risk. For more details, click on the below link

https://www.eurekalert.org/pub_releases/2019-02/nuos-hga022019.php

3. Chemical added to consumer products impairs response to antibiotic treatment

Triclosan exposure may inadvertently drive bacteria into a state in which they are able to tolerate normally lethal concentrations of antibiotics -- including those antibiotics that are commonly used to treat urinary tract infections (UTIs). For more details, click on the below link

<https://www.sciencedaily.com/releases/2019/02/190221172048.htm>

4. Breast cancer study confirms importance of multigenerational family data to assess risk

Breast cancer risk models are used to help inform decisions about primary prevention and increasingly, in screening programs, including when women should have mammographies. There are several different models to assess breast cancer risk, and they vary in how they take into account family history and genetics. For more details, click on the below link

https://www.eurekalert.org/pub_releases/2019-02/cums-bcs022119.php

5. 7 Reasons Why You Should Replace White Rice with Brown Rice

It is estimated that India consumes about 100 million metric tonnes of rice. What is given to us as an option rather as a healthy option to combat such heavy usage. With that, we definitely need to know the benefits of eating brown rice over white. Something as small as this might as well result in better health results. For more details, click on the below link

<https://www.indiatimes.com/health/healthyliving/7-reasons-why-you-should-replace-white-rice-with-brown-rice-354383.html>



E- CAS (Current Awareness Service)

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