



ICMR-Regional Medical Research Centre, Bhubaneswar Library & Information Division

(Laxmi Narayan Memorial Library)

Weekly Current Awareness Service

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"A Good education is a foundation for a better future."

-Elizabeth Warren

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)

New therapeutic food boosts gut microbes, healthy development For malnourished children



Researchers at Washington University School of Medicine are designing therapeutic foods aimed at repairing the gut microbiomes of malnourished children.

<https://www.eurekalert.org/multimedia/pub/205679.php>

1. Possible link between sugary drinks and cancer

The consumption of sugary drinks has increased worldwide during the last few decades and is convincingly associated with the risk of obesity, which in turn is recognised as a strong risk factor for many cancers. But research on sugary drinks and the risk of cancer is still limited. For more details, click on the below link

<https://www.sciencedaily.com/releases/2019/07/190710193917.htm>

2. Osteoporosis: Does poor social life impact bone health?

New research on a large cohort of women aged 50 and over has found a surprising link between poor quality social relationships and the presence of bone loss. This finding further emphasizes the importance of relationships — not just to mental and emotional well-being but also to physical health. For more details, click on the below link

<https://www.medicalnewstoday.com/articles/325709.php>

3. A Common Cold Virus Wiped Away Bladder Cancer in One Patient

Though the idea of using viruses to fight cancer isn't new, this is the first time a cold virus effectively treated an early-stage form of bladder cancer. In one patient, it eliminated a cancerous tumor. For more details, click on the below link

<https://www.livescience.com/65908-cold-virus-might-treat-bladder-cancer.html>

4. Prediabetes Doesn't Have to Turn into Diabetes: Here's How to Make Sure It Doesn't

People who have prediabetes are much more likely to return to normal blood sugar levels than to develop diabetes. For more details, click on the below link

<https://www.healthline.com/health-news/how-to-prevent-prediabetes-from-becoming-diabetes#Prediabetes-widespread,-yet-unnoticed>

5. Diabetes Diet: This Low-Carb Special Roti May Help Regulate Blood Sugar

Indian cuisine predominantly comprises different curries and a variety of dry sabzi to be had with roti. Roti is usually made with whole wheat flour (atta) and sometimes, all-purpose refined flour (maida) is used to make naan, bhatura or poori. These flours are packed with carbohydrates, something which diabetics are advised not to consume. For more details, click on the below link

<https://food.ndtv.com/food-drinks/diabetes-diet-low-carb-special-roti-may-help-regulate-blood-sugar-2067419>

E- CAS (Current Awareness Service)



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INDIAN COUNCIL OF
MEDICAL RESEARCH REGIONAL MEDICAL RESEARCH
CENTRE, BHUBANESWAR

Monday Morning team

Library & Information Division

ICMR-Regional Medical Research Centre

Bhubaneswar- 751023, ODISHA,

E- Mail: drbsahoo@gmail.com, Tel: 9438182087