



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

(Laxmi Narayan Memorial Library)

Weekly Current Awareness Service

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"Change is the end result of all true learning."

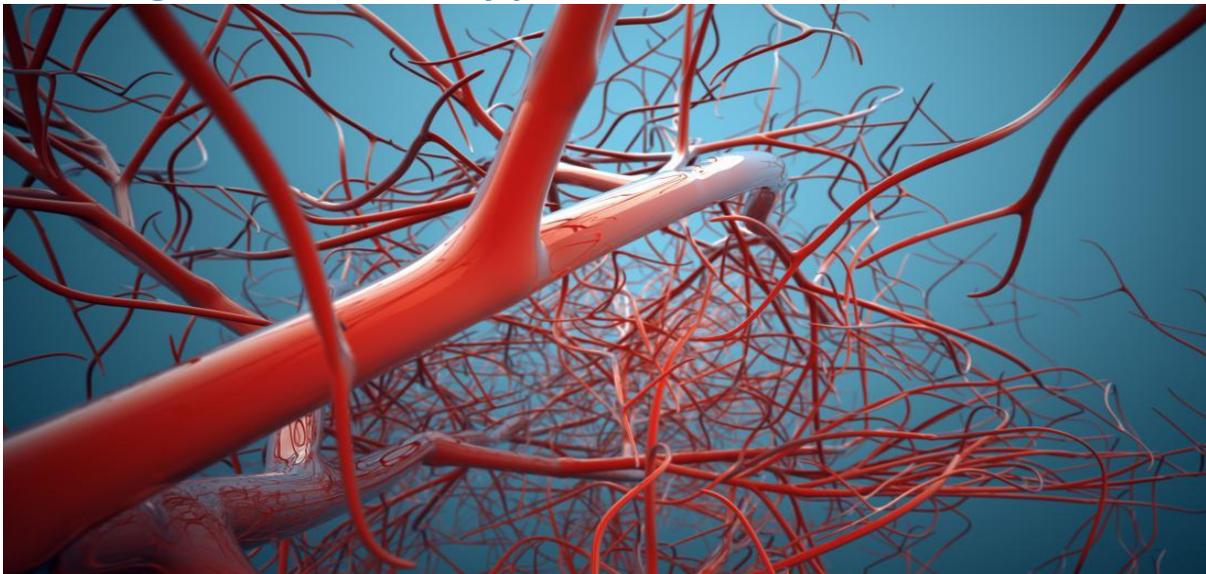
-Leo Buscaglia

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)

Higher iron levels may protect arteries but raise clot risk



Having higher natural levels of iron could be both good and bad for cardiovascular health.

<https://www.medicalnewstoday.com/articles/325788.php>

1. Person Goes Blind After Wearing Contacts in the Shower

A woman's habit of keeping her contact lenses in while swimming and showering had serious consequences: She developed a rare eye infection that left her legally blind in one eye, according to a new report of the case. For more details, click on the below link

<https://www.livescience.com/65966-eye-infection-contact-lens-shower.html>

2. Surprising truth about Multivitamins

Multivitamins are the most commonly used supplements in the world. Some people believe that multivitamins can improve health, compensate for poor eating habits, and even reduce your risk of chronic diseases. However, you may wonder if these supposed benefits are true. This article examines the scientific evidence behind multivitamins. For more details, click on the below link

<https://www.healthline.com/nutrition/do-multivitamins-work>

3. Cracks in the skin of eczema patients promote allergic diseases

Many babies with eczema go on to develop food allergies, asthma and hay fever, and researchers say it's not a coincidence. The cracks caused by eczema weaken the skin barrier, allowing allergens to penetrate the skin and cause a sequence of allergic diseases, what experts call the 'atopic march.'. For more details, click on the below link

<https://www.sciencedaily.com/releases/2019/07/190717230345.htm>

4. Ivacaftor may reduce common infections in patients with CF

Cystic fibrosis is caused by mutations in the cystic fibrosis transmembrane conductance regulator (CFTR) gene. Ivacaftor is prescribed to patients whose CF is caused by a "gating" mutation. This group of mutations, which are responsible for about 4 percent of all CF cases, prevents chloride from moving in and out of cells. By restoring the gate's function, invocator has been shown to improve lung function and quality of life. For more details, click on the below link

https://www.eurekalert.org/pub_releases/2019-07/ats-imr071619.php

5. Gut Health: Celeb Nutritionist Rashi Chowdhary Suggests Diet Changes for Reducing Gut Inflammation

The gut or the digestive tract is an organ that has come to the limelight, all thanks to increasing research that revealed its multifarious roles. A healthy gut or digestive tract, which begins from the mouth and ends at the anus, has been tied to not just physiological health, but also psychological health. For more details, click on the below link

<https://food.ndtv.com/food-drinks/gut-health-celeb-nutritionist-rashi-chowdhary-suggests-diet-changes-for-reducing-gut-inflammation-2071713>

E- CAS (Current Awareness Service)



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