



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

(Laxmi Narayan Memorial Library)

## Weekly Current Awareness Service

VOL 4#37

23<sup>th</sup> September

2019

*"You see, God helps only people who work hard .That principle is very clear."*

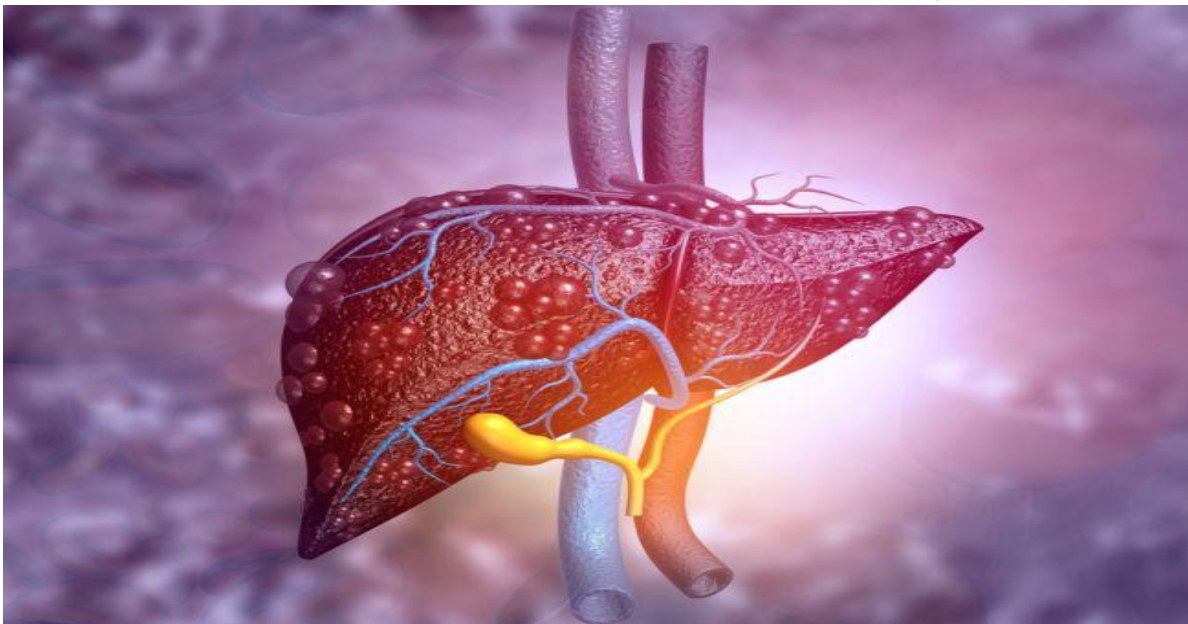
*APJ Abdul Kalam*

### 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  
Adyasa Bhoi & Suryajit Samal (Lib. Trainee)

### *Gut Bacteria Brew Their Own Booze*



**Super-strains of gut bacteria produce harmful amounts of alcohol.**

<https://www.livescience.com/alcohol-producing-gut-bacteria-harm-liver.html>

## 1. Study estimates more than 100,000 cancer cases could stem from contaminants in tap water.

Most of the increased cancer risk is due to contamination with arsenic, disinfection byproducts and radioactive elements such as uranium and radium. Water systems with the highest risk tend to serve smaller communities and rely on groundwater. These communities often need improved infrastructure and resources to provide safe drinking water to their residents. For more details, click on the below link.

[https://www.eurekalert.org/pub\\_releases/2019-09/ewg-sem091219.php](https://www.eurekalert.org/pub_releases/2019-09/ewg-sem091219.php)

## 2. C-section babies are missing key microbes.

Children born through the vaginal canal carry different microbes from those delivered by caesarean section. Newborns delivered by c-section, the study found, tend to lack strains of gut bacteria found in healthy children and adults. Instead, their guts harbour harmful microbes that are common in hospitals. For more details, click on the below link.

<https://www.nature.com/articles/d41586-019-02807-x>

## 3. Why a Rare But Deadly Mosquito-Borne Virus Is Hitting Massachusetts So Hard.

A deadly, mosquito-borne virus that causes eastern equine encephalitis (EEE) is infecting more people this year than usual. For more details, click on the below link.

<https://www.livescience.com/why-mosquito-eee-infections-spike-in-massachusetts.html>

## 4. Weight Loss: 2 High-Protein Breakfast Drink Recipes For Strong Start Of The Day.

A healthy breakfast is capable of setting the tone of the day for us. The first meal of the day is considered crucial by many as it helps in amping up the metabolism from the lowest level to get you ready for an action-packed day. For more details, click on the below link

<https://food.ndtv.com/food-drinks/weight-loss-2-high-protein-breakfast-drink-recipes-for-strong-start-of-the-day-2097264>

## 5. Temple researchers identify new target regulating mitochondria during stress.

Like an emergency response team that is called into action to save lives, stress response proteins in the heart are activated during a heart attack to help prevent cell death. For more details, click on the below link.

[https://www.eurekalert.org/pub\\_releases/2019-09/tuhs-tri091719.php](https://www.eurekalert.org/pub_releases/2019-09/tuhs-tri091719.php)

---

## E- CAS (Current Awareness Service)



**icmr** **RMRCBB**  
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