



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

(Laxmi Narayan Memorial Library)

Weekly Current Awareness Service

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"Well done is Better than Well said."

- Benjamin Franklin

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
Adyasa Bhoi & Suryajit Samal (Lib. Trainee)

Research reveals how muscles talk to the brain to regulate feeding behavior.



The brain determines when it is time to feed - but how does it know?

https://www.eurekalert.org/pub_releases/2019-12/sjcr-rrh121219.php

1. Saliva test shows promise for earlier and easier detection of mouth and throat cancer .

A novel noninvasive technique may detect human papilloma virus-16, the strain associated with oropharyngeal cancer, in saliva samples, reports The Journal of Molecular Diagnostics. For more details, click on the below link.

https://www.eurekalert.org/pub_releases/2019-12/e-sts121119.php

2. Stroke: Excessive sleep may raise risk by 85%.

Stroke is one of the leading causes of death and disability worldwide and in the United States, specifically. New research finds that excessive sleep considerably raises the risk of this cardiovascular problem. For more details, click on the below link.

<https://www.medicalnewstoday.com/articles/327280.php#1>

3. Why Do We Hiccup?

You might find yourself hiccuping after a holiday meal or a glass of wine or sometimes just out of the blue. But is there a purpose to these repeated "hics"? Exactly why humans hiccup is a mystery, but scientists do have one intriguing theory hiccupping may help a fetus in utero learn to breathe. Later in life, hiccupping is a vestige of that early respiratory training. For more details, click on the below link.

<https://www.livescience.com/why-we-hiccup.html>

4. Poor nutrition can lead to vision loss in later life: Study.

If you want to protect your vision in old age, make sure you eat healthy food. Researchers have found that people eating a diet high in red and processed meat, fried food, refined grains and high-fat dairy products maybe three times more likely to develop an eye condition that damages the retina and affects a person's central vision. For more details, click on the below link.

<https://www.orissapost.com/poor-nutrition-can-lead-to-vision-loss-in-later-life-study/>

5. Antitumour T cells stand the test of time.

Enhancing antitumour immune responses has revolutionized cancer treatment, yet some hurdles impede this approach. The discovery of a way to boost the lifespan and function of antitumour immune cells removes a key obstacle. For more details, click on the below link.

<https://www.nature.com/articles/d41586-019-03731-w>

E- CAS (Current Awareness Service)



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