



icmr **RMRCBB**
INDIAN COUNCIL OF
MEDICAL RESEARCH
REGIONAL MEDICAL RESEARCH
CENTRE, BHUBANESWAR

Monday Morning

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

(Laxmi Narayan Memorial Library)

Weekly Current Awareness Service

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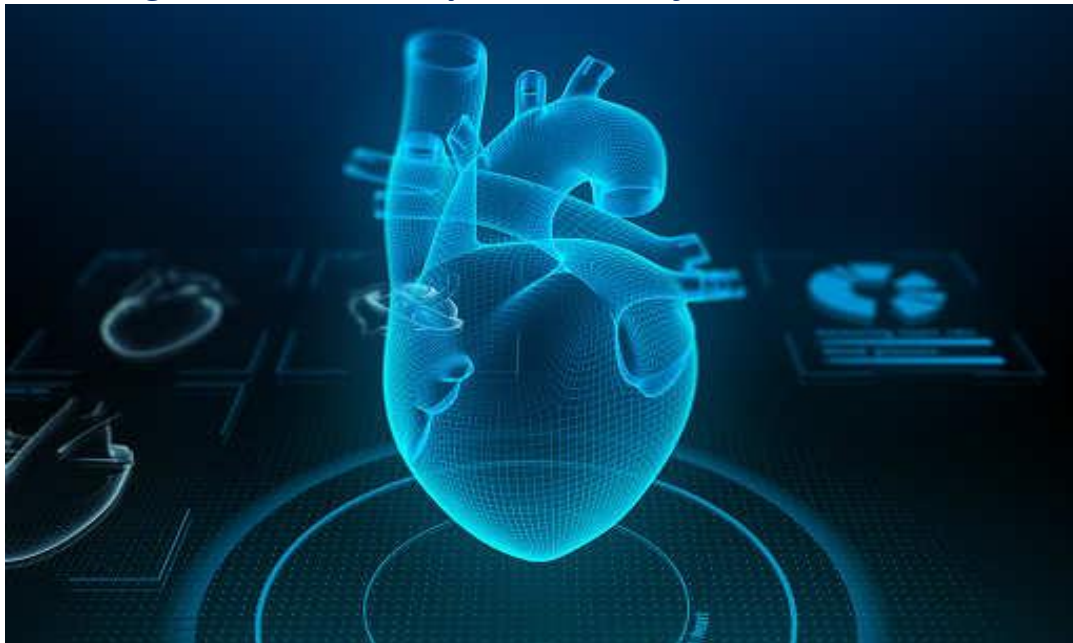
*"Health is the greatest Gift, Contentment is the greatest Wealth."
- Buddha*

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)

Artificial intelligence can better predict risk of heart attack, cardiac death.



Artificial intelligence (AI) may be better at predicting heart attacks and cardiac deaths than the standard clinical tests used by cardiologists.

<https://health.economictimes.indiatimes.com/news/diagnostics/ai-can-better-predict-risk-of-heart-attack-cardiac-death-study/72899878>

1. Which is more effective for treating PTSD: Medication, or psychotherapy?

A new study that sought to find out whether serotonin reuptake inhibitors or trauma-focused psychotherapy is more effective in treating posttraumatic stress disorder (PTSD) concluded there is insufficient evidence at present to make that determination. For more details, click on the below link.

https://www.eurekalert.org/pub_releases/2019-12/uonc-wim121919.php

2. Ultra-processed foods may raise the risk of type 2 diabetes.

Sugary drinks, packaged snacks, and ready-made meals all count as ultra-processed foods that is, foods that contain a higher number of additives and last longer because of the added preservatives. New research suggests that these foods also raise the risk of type 2 diabetes. For more details, click on the below link.

<https://www.medicalnewstoday.com/articles/327327.php#1>

3. Can You Catch a Cold and the Flu at the Same Time?

You Catching a cold when you already have the flu sounds like a nightmare scenario. But fortunately, this doesn't happen very often, a new study finds. Indeed, the researchers found that having the flu actually reduces a person's chances of developing an infection with a common cold virus. For more details, click on the below link.

<https://www.livescience.com/cold-flu-same-time.html>

4. Brain states behind exploring and hunting revealed.

The brain fluctuates between different internal states, each of which drives particular behaviours. Brain-wide imaging reveals the internal states that help zebrafish larvae to choose between exploring and hunting. For more details, click on the below link.

<https://www.nature.com/articles/d41586-019-03811-x>

5. Zika vaccine protects fetus in pregnant monkeys.

An experimental vaccine against the Zika virus reduced the amount of virus in pregnant rhesus macaques and improved fetal outcomes. The work could help support development and approval of an experimental Zika DNA vaccine currently in early stage trials in humans. For more details, click on the below link.

<https://www.sciencedaily.com/releases/2019/12/191218153526.htm>

E- CAS (Current Awareness Service)



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