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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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“It is the mark of an educated mind to be able to entertain a thought without accepting it.”

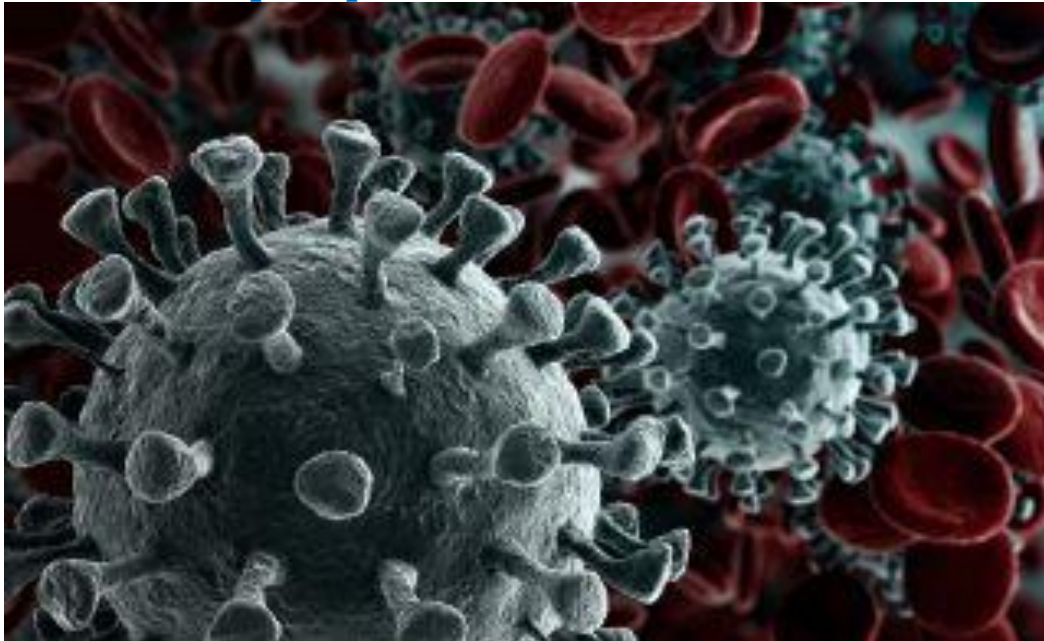
- Aristotle

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)

How experts plan to treat the new coronavirus



Recently, a group of researchers tested a number of antivirals in the lab for their effectiveness against the new coronavirus.

<https://www.livescience.com/possible-treatments-new-coronavirus.html#MERS-CoV-study-found.aspx>

1. Can wearing a face mask protect you from the new coronavirus?

A more specialized mask, known as an N95 respirator, can protect against the new coronavirus, also called 2019-nCoV. The respirator is thicker than a surgical mask, but Schaffner doesn't recommend it for public use, at least not at this point. For more details, click on the below link.

<https://www.livescience.com/face-mask-new-coronavirus.html>

2. Coronavirus update: Crucial information about transmission, diagnosis, treatment

The virus, which has been declared a global health emergency by the World Health Organization (WHO), is just a recent example of how pathogens can start in animals and make their way through the human population, triggering deadly consequences. For more details, click on the below link.

news-medical.net/news/20200206/Coronavirus-update-Crucial-information-about-transmission-diagnosis-treatment.aspx

3. Cancer Threat Persists After Risk-Reducing Surgery

This validates National Comprehensive Cancer Network guidelines for risk-reducing salpingo-oophorectomy in *BRCA1* and *BRCA2* mutation carriers before 40 and 45 years of age, respectively, with additional potential benefit in high-risk patients with a strong family history suggestive of 'BRCAness. For more details, click on the below link.

<https://www.medpagetoday.com/hematologyoncology/ovariancancer/84750>

4. For a Longer Life and Happier Gut, Eat More Fiber

It's easy to get caught up in counting calories and grams of added sugars, fats, proteins, and carbs when you're trying to eat well. But there's one nutrient that too often gets thrown to the wayside: dietary fiber. For more details, click on the below link.

<https://www.news-medical.net/health/How-Does-Your-Diet-Affect-Depression.aspx>

5. China reports H5N1 bird flu in Hunan amid coronavirus crisis

The new bird flu outbreak was reported on Feb. 1 in the Shuangqing district of Shaiyang City. The farm had 7,850 chickens, with 4,500 dying from the virus. Local authorities have culled more than 17,000 poultry and destroyed eggs after the reported outbreak, in the hopes to curb the spread of the virus. For more details, click on the below link.

https://www.eurekalert.org/pub_releases/2020-01/tl-pss013020.php

E- CAS (Current Awareness Service)



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