



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

**(Laxmi Narayan Memorial Library)**

## **Weekly Current Awareness Service**

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*“It is very easy to defeat someone, but it is very hard to win someone.”*

*– A.P.J. 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)**

### *More than 75,700 confirmed cases: Live updates on COVID-19*



**A newly identified coronavirus SARS-CoV-2 (formerly 2019-nCoV) has been spreading in China, and has now reached multiple other countries**

## 1. 6 things that can happen if you rub your eyes too much

Rubbing your eyes after spending long hours ogling at the screen can give you temporary relief. But when done often or too much, it can lead to eye diseases, worsening the existing condition and even increase the risk of eye infection. For more details, click on the below link.

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/6-things-that-can-happen-if-you-rub-your-eyes-too-much/photostory/74207468.cms>

## 2. Diabetes: HbA1c level decreased in Delhi during October-December 2019

The latest findings of India Diabetes Care Index unveiled that the average HbA1c level decreased to 8.47 from 8.76 during October to December 2019 as compared to the preceding quarter in Delhi. For more details, click on the below link.

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/diabetes-hba1c-level-decreased-in-delhi-during-october-december-2019/articleshow/74203578.cms>

## 3. Antidepressant harms baby neurons in lab-grown 'mini-brains'

Researchers at Johns Hopkins Bloomberg School of Public Health have demonstrated the use of stem-cell-derived "mini-brains" to detect harmful side effects of a common drug on the developing brain. For more details, click on the below link.

[https://www.eurekalert.org/pub\\_releases/2020-02/jhub-ahb021420.php](https://www.eurekalert.org/pub_releases/2020-02/jhub-ahb021420.php)

## 4. Harmful levels of metal linked to DNA damage found in the urine of e-cigarette users

Researchers at the University of California, Riverside, have completed a cross-sectional human study that compares biomarkers and metal concentrations in the urine of e-cigarette users, nonsmokers, and cigarette smokers. For more details, click on the below link.

<https://www.news-medical.net/news/20200220/Harmful-levels-of-metal-linked-to-DNA-damage-found-in-the-urine-of-e-cigarette-users.aspx>

## 5. Scientists question China's decision not to report symptom-free coronavirus cases

Researchers are concerned that China's official reports on the number of coronavirus infections have not been including people who have tested positive for the virus but who have no symptoms. For more details, click on the below link.

<https://www.nature.com/articles/d41586-020-00434-5>

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## E- CAS (Current Awareness Service)



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