

Details of Health Updates – IV

Health Updates – News/New Researches

S. No.	News / New Research	Internet Address	Date
49	Cut down on the overtime! Working more than eight Hours a Day raises the Risk of Heart Disease by 80%	http://www.dailymail.co.uk/health/article-2201519/Working-hours-day-raises-risk-heart-disease-80.html?ito=feeds-newsxml	11-09-12
50	Smoking may lead to Ovarian Cancer	http://timesofindia.indiatimes.com/life-style/health-fitness/health/Smoking-may-lead-to-ovarian-cancer/articleshow/16364531.cms	12-09-12
51	World Oral Health Day: Don't ignore Oral Health	http://timesofindia.indiatimes.com/life-style/health-fitness/health/World-Oral-Health-Day-Dont-ignore-oral-health/articleshow/16365663.cms	12-09-12
52	Child Deaths around the World below 7 Million in 2011	http://www.telegraph.co.uk/health/children_shealth/9540335/Child-deaths-around-the-world-below-7-million-in-2011.html	13-09-12
53	Exercise helps You Cope with Stress, Anxiety	http://www.dnaindia.com/health/report_exercise-helps-you-cope-with-stress-anxiety_1741057	14-09-12
54	Want to lose Weight? It's all about the Timing	http://health.india.com/news/want-to-lose-weight-its-all-about-the-timing/	15-09-12
55	The Wait for a Donor's Organ	http://www.indianexpress.com/news/the-wait-for-a-donors-organ/1003430/	17-09-12
56	Kids without Siblings More Likely to be Overweight	http://zeenews.india.com/news/health/health-news/kids-without-siblings-more-likely-to-be-overweight_18864.html	18-09-12
57	Early Menopause ups Heart Stroke Risk	http://timesofindia.indiatimes.com/home/science/Early-menopause-ups-heart-stroke-risk-Study/articleshow/16468663.cms?	20-09-12
58	Just One Glass of Wine a Day could trigger Breast Cancer	http://www.business-standard.com/generalnews/news/just-one-glass-wine-a-day-could-trigger-breast-cancer/58721/	20-09-12
59	Proteins can kick-start Male Fertility	http://timesofindia.indiatimes.com/life-style/health-fitness/health/Protein-can-kick-start-male-fertility/articleshow/16526759.cms	24-09-12
60	Can you really work up an Appetite?	http://timesofindia.indiatimes.com/life-style/health-fitness/fitness/Can-you-really-work-up-an-appetite/articleshow/16382471.cms	24-09-12
61	Swine Flu killing Doctors Now	http://www.hindustantimes.com/India-news/Bhopal/Swine-flu-killing-doctors-now/Article1-935279.aspx	25-09-12
62	More Indian Youths Suffering from Heart Diseases	http://ibnlive.in.com/news/more-indian-youths-suffering-from-heart-diseases/295702-17.html	27-09-12
63	Snore away; Your Heart is not at Risk from It	http://zeenews.india.com/news/health/diseases/snore-away-your-heart-is-not-at-risk-from-it_18994.html	01-10-12
64	Hormone Linked to Sleep could battle Alzheimer's	http://zeenews.india.com/news/health/diseases/hormone-linked-to-sleep-could-battle-alzheimer-s_19026.html	01-10-12

49. Cut down on the overtime! Working more than eight Hours a Day raises the Risk of Heart Disease by 80%

- Researchers found spending too long in the workplace resulted in up to 80% greater chance of heart disease
- Britain has some of the longest working hours in Europe, averaging out at 42.7 hours a week. Only Austria and Greece have longer

By [Pat Hagan](#)

PUBLISHED: 11 September 2012| **UPDATED:** 12 September 2012

Doing overtime increases the risk of heart disease by up to 80 per cent, a major study has claimed.

Researchers say long working hours could be condemning thousands of employees to heart attacks and strokes.

The warning follows analysis of 12 studies dating back as far as 1958, involving a total of 22,000 people from around the world.

Time for a holiday: Research shows that employees who frequently put in overtime significantly increase their risk of heart attacks and strokes

The analysis, by scientists at the Finnish Institute of Occupational Health, found that those whose working days that were longer than the traditional eight hours had a 40 to 80 per cent greater chance of heart disease.

The size of the increase varied depending on how each study was carried out.

The effects were more pronounced when participants were asked how long they worked for – but when researchers closely monitored working hours, the increased risk of heart disease was closer to 40 per cent.

- [Don't count calories, it'll just make you FATTER! Which foods really make us fat?](#)
- [NHS hospitals sending your confidential notes to India to be typed up](#)

Lead researcher Dr Marianna Virtanen said the effects could be due to 'prolonged exposure to stress'. Other triggers could be poor eating habits and lack of exercise due to restricted leisure time.

In 2009, the same team discovered that long working hours increased the risk of dementia later in life. The effect was similar in magnitude to that of smoking.

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Calm down: Prolonged exposure to psychological stress, which can occur at work, may be one reason for the link between longer hours and heart disease

Middle-aged workers putting in 55 hours or more a week had poorer brain function than those clocking up no more than 40 hours, with lower scores on tests to measure intelligence, short-term memory and word recall.

Britons work some of the longest hours in Europe, with full-time employees averaging 42.7 a week. Those in Germany typically work for 42, while Danes do 39.1.

It estimated that more than five million people a year in Britain work unpaid extra hours to hang on to their jobs.

But the long-term toll on workers' health could be devastating, the new research suggests.

In a report on the findings Dr Virtanen said: 'There are several potential mechanisms that may underlie the association between long working hours and heart disease.

In addition to prolonged exposure to psychological stress she said other triggers could be raised levels of the stress hormone cortisol, poor eating habits and lack of physical activity due to restricted leisure time.

<http://www.dailymail.co.uk/health/article-2201519/Working-hours-day-raises-risk-heart-disease-80.html?ito=feeds-newsxml>

50. Smoking may lead to Ovarian Cancer

IANS | Sep 12, 2012

Scientists have for the first time linked [smoking](#) with [ovarian cancer](#) - the second most commonly diagnosed gynaecological cancer in Australia with a five-year survival rate of only 40 per cent.

[Andy Lee](#) and Colin Binns, both professors from the Curtin University's School of Public Health, took part as members of the Collaborative Group on Epidemiological Studies of Ovarian Cancer based at [Oxford University](#) and funded by UK Cancer research.

Their work involved the completion of two studies in China, which were fed into a pool of data totalling 28,114 [women](#) with, and 94,942 women without, ovarian cancer, the journal *Lancet Oncology* reported.

"Previously there was only a weak link between smoking and ovarian cancer, coming from a paper in 2009. This new analysis firmly establishes that relationship for one particular type of ovarian cancer, mucinoid tumours, which account for about 15 percent of the total of all ovarian cancers," Binns said, according to a university statement.

Outcomes were consistent along 13 socio-demographic and personal characteristics which were taken into account, including body-mass index, use of alcohol, use of oral contraceptives and menopausal hormone therapy.

Binns said more research was needed to understand how smoking stimulated the creation of mucinoid tumours, but stressed the first step in prevention was for women to quit cigarettes.

"While giving up smoking is the best advice, we did find evidence that drinking green tea, breastfeeding, eating fruit and vegetables, getting regular exercise and avoiding [obesity](#) were also beneficial," he said.

<http://timesofindia.indiatimes.com/life-style/health-fitness/health/Smoking-may-lead-to-ovarian-cancer/articleshow/16364531.cms>

51. World Oral Health Day: Don't ignore Oral Health

IANS | Sep 12, 2012

Dental health is an indicator of overall health. There are simple ways to maintain oral hygiene. Chewing sugar-free gum after a meal, for instance, can help prevent oral cavities.

Experts say that ignorance is a huge cause for the wide prevalence of practices that are detrimental to oral health in India.

A consumer attitudes survey conducted recently by the Indian Market Research Bureau (IMRB) revealed that only 47 per cent of total treatments received are by dentists. More than half those with dental problems prefer to take advice from chemists and general practitioners, or use home remedies.

The survey also reveals that nearly half of Indians do not use toothbrush and toothpaste. Only 51 per cent of people in the survey brushed their teeth with toothpaste and a toothbrush. Only 28 per cent brushed their teeth twice a day. Nearly 34 per cent believed that brushing once a day was more than enough.

Moreover, 65 per cent of the respondents had no clue that eating habits could cause dental problems.

"Only a handful of people across the country take oral healthcare seriously. For the most part, Indians only approach a dentist when faced with a crisis, and usually only after they turn 40. Then, they blame dentists for expensive and prolonged sessions," says Ajay Sharma, senior consultant, Department of Dentistry, Max Health Care.

"Lack of awareness on dental care is a serious issue in India. The government should set up primary health care centres in rural areas to promote oral hygiene," Sharma said.

Dentists also pointed out that many in rural areas still use their fingers, brick powder or neem sticks for brushing teeth. Some of these things could actually be harmful.

"Oral care is important, but many take it for granted. It is important because the mouth is where the digestive system begins. People fail to understand the intimate connection between oral health and overall health. The mouth is the starting place for keeping bacteria out, and it should be properly maintained. The use brick powder and neem sticks just won't serve the purpose," says Anupama Dhawan, a consultant dentist who works at a clinic in Preet Vihar, east Delhi.

Dentists reiterate that problems in the mouth could easily affect the rest of the body.

Ashok Dhoble, honorary secretary general of the Indian Dental Association (IDA) said, "Oral health is very important and critical for one's overall health. Yet it is often neglected. Gum disease is a bacterial infection. If not treated in time, it is capable of affecting other body organs through the blood stream."

An unhealthy mouth often also means an unhealthy heart.

"People suffering from periodontitis (a gum disease) are at higher risk of coronary artery disease. The bacteria might enter the bloodstream while chewing or brushing and this would contribute to the formation of clots in the arteries, which can cause heart attack," said Alka Yadav, consultant dentist, B.L. Kapur Memorial Hospital.

"Gum disease could also be a sign of diabetes. Diabetics are prone to have periodontal disease, if their condition is not under control," Yadav added.

Offering a simple solution, Dhoble said: "As many people eat food away from their home, it may not be easy to floss or use a mouthwash to gargle. But it is easy enough to chew a sugar-free gum immediately after eating. This is something that could be carried around easily, and could supplement the oral care routine. It could easily help reduce the risk of cavities."

"Research has shown that chewing sugar-free gum for 20 minutes after eating or drinking can help reduce tooth decay risk by up to 40 percent," Dhoble said.

<http://timesofindia.indiatimes.com/life-style/health-fitness/health/World-Oral-Health-Day-Dont-ignore-oral-health/articleshow/16365663.cms>

52. Child Deaths around the World below 7 Million in 2011

BST 13 Sep 2012

The number of children under the age of five who die annually fell to less than 7 million in 2011, but around 19,000 boys and girls around the world are still dying every day from largely preventable causes, the UN said.

A report by the United Nations Children's Fund said that four-fifths of under-five deaths last year occurred in sub-Saharan Africa and South Asia. More than half the pneumonia and diarrhoea deaths – which together account for almost 30 per cent of under-five deaths worldwide – occur in just four countries: Congo, India, Nigeria and Pakistan, it said.

"Given the prospect that these regions, especially sub-Saharan Africa, will account for the bulk of the world's births in the next years, we must give new impetus to the global momentum to reduce under-five deaths," UNICEF Executive Director Anthony Lake said in the report.

He said children from disadvantaged and marginalised families in poor and fragile nations are the most likely to die before their fifth birthday, but their lives can be saved with vaccines, adequate nutrition and basic medical and maternal care.

"The world has the technology and know-how to do so," Lake said. "The challenge is to make these available to every child."

UNICEF said the rate of decline in under-five deaths has drastically accelerated in the last decade, from 1.8 per cent per year during the 1990s to 3.2 per cent per year between 2000 and 2011.

"There is much to celebrate," Lake said. "More children now survive their fifth birthday than ever before – the global number of under-five deaths has fallen from around 12 million in 1990 to an estimated 6.9 million in 2011." In 2010, there were 7.6 million under-5 deaths.

The report underscores that a country's location and economic status need not be a barrier to reducing child deaths.

Low income countries such as Bangladesh, Liberia and Rwanda, middle income countries including Brazil, Mongolia and Turkey, and high income countries such as Oman and Portugal have all made dramatic gains, lowering their under-five mortality rates by more than two-thirds between 1990 and 2011, the report said.

But UNICEF Deputy Executive Director Geeta Rao Gupta stressed that there is "unfinished business" and it is not just about the number of child deaths.

"Behind every statistic is an unseen child, and a grieving mother and father," she said. "A child's death is all the more tragic when caused by a disease that can easily be prevented. That's why we have this global movement to recommit to child survival and renew the promise to end child deaths. This decline shows we can make this happen."

http://www.telegraph.co.uk/health/children_shealth/9540335/Child-deaths-around-the-world-below-7-million-in-2011.html

53. Exercise helps You Cope with Stress, Anxiety

IANS, Sep 14, 2012

Moderate exercise not only keeps one fit and healthy but also helps him or her to cope with anxiety and stress, suggests a new study.

"While it is well-known that exercise improves mood, not as much is known about the potency of exercise's impact on the emotional state," explains J. Carson Smith, assistant professor of kinesiology, University of Maryland School of Public Health, who led the study.

"We found that exercise helps to buffer the effects of emotional exposure. If you exercise, you'll not only reduce your anxiety, but you'll be better able to maintain that reduced anxiety when confronted with emotional events," said Smith, the journal *Medicine and Science in Sports and Exercise* reports.

Smith, whose research explores how exercise and physical activity affect brain function, aging and mental health, compared how moderate intensity cycling versus a period of quiet rest (both for 30 minutes) affected anxiety levels in a group of healthy college students, according to a Maryland statement.

He assessed their anxiety state before the period of activity (or rest), shortly afterward (15 minutes after) and finally after exposing them to a variety of highly arousing pleasant and unpleasant photographs, as well as neutral images.

Smith found that exercise and quiet rest were equally effective at reducing anxiety levels initially. However, once they were emotionally stimulated (by being shown 90 photographs from the International Affective Picture System, used in emotion research) for 20 minutes, the anxiety levels of those who had simply rested went back up to their initial levels, whereas those who had exercised maintained their reduced anxiety levels.

The study findings suggest that exercise may play an important role in helping people to better endure life's daily anxieties and stressors.

http://www.dnaindia.com/health/report_exercise-helps-you-cope-with-stress-anxiety_1741057

54. Want to lose Weight? It's all about the Timing

Sep 15, 2012

On a diet, but still want those crisp fries and a shake? It could be possible to include those yummy treats into your menu, if eaten at the right time! A new study has found that people who snack on healthy food may consume only small amounts of fat. However, a haphazard eating pattern could mean that you put on weight. The study says that sticking to a strict eating pattern means a good rate of metabolism, which helps to burn off fat, allowing you to include your favourite foods into the menu. The finding claim that having a fixed timetable for meals could be a more effective means of dieting than curbing your cravings. This finding is very important in the world's fight against obesity.

Previous studies have shown that both a high-fat diet and eating patterns that disrupt the natural body clock can interfere with our metabolism and raise the risk of obesity. Scientists from the Hebrew University of Jerusalem tested the effects of timing and fat intake on four groups of mice over an 18-week period to determine whether careful scheduling of meals could lower the effects of a high-fat diet.

Half were given a high-fat diet that would normally be expected to make them obese. Of these, a quarter was fed at the same time each day and another quarter could eat as much as they liked, whenever they liked. The other half were fed a diet that was lower in fat. Again, one quarter had a fixed feeding time, the other had not. All four of the groups gained weight over the course of the trial, with the group that ate a high-fat diet at irregular intervals unsurprisingly gaining the most weight, while those on a low-fat, scheduled diet gained the least. But more surprisingly, the mice that had been fed a high-fat diet at regular intervals finished the trial in a better condition than those that ate low-fat foods whenever they wanted, despite both groups consuming the same number of calories overall.

The mice in the scheduled, high-fat group had 12 per cent lower body weight, 21 per cent lower cholesterol and 1.4 times higher sensitivity to insulin than the unscheduled, low-fat group. The diet also changed their metabolism so that they burnt off the fats they ingested to produce energy in between meal times, rather than storing the fat in their bodies.

The study was published in the Journal of the Federation of American Societies for Experimental Biology. Experts said that the timing of the food took precedence over the amount of fat consumed,

leading to improved metabolism and helping in prevent obesity. They also said, Improving metabolism through the careful scheduling of meals, without limiting the content of the daily menu, could be used as a therapeutic tool to prevent obesity in humans.

<http://health.india.com/news/want-to-lose-weight-its-all-about-the-timing/>

55. The Wait for a Donor's Organ

[Ananya Banerjee](#) : Mumbai, Sep 17 2012

After being bedridden for almost all of last year, 41-year-old Jayashree Mehta finally underwent a successful lung transplant a couple of months ago at Mumbai's P D Hinduja Hospital. Diagnosed with pulmonary fibrosis eight years go, she had been living on an external oxygen supply for almost two years. The surgery in July marked a milestone event as it was Mumbai's first ever lung transplant and the sixth in the country, the previous five having been performed at various hospitals in South India since 1999.

It took a wait of six months to find a match for Jayashree. Even when they did get a call about a potential donor, it did not work out. "A week before the actual surgery, we got a call from the hospital saying they had found a match. However, the family of the donor backed out at the last minute," said Parag Mehta, her husband. "Luckily, a week later we got news of another donor and the surgery was performed."

There are thousands in the country who die waiting for a suitable organ to come. The dearth of usable organs, bureaucratic procedures and sheer lack of general awareness mark the organ transplantation scene in the country.

As per data collated from 48 top hospitals in the country by the Indian Society of Organ Transplantation, the total kidney transplants performed between 1971 and 2011 was 20,952 and the total liver transplant surgeries done between 1995 and 2011 was only 329. Experts say there is a need for 1,50,000 kidneys, 2,00,000 livers and 1,50,000 heart cadavers for transplants every year in the country.

In 1994, The Transplantation of Human Organs Act was framed for the regulation of removal, storage and transplantation of human organs for therapeutic purposes and also for the prevention of commercial dealings in organs. The Act, first introduced in Goa, Maharashtra, Himachal Pradesh and the UTs, was later extended to all other states. Amendments were made in 2008 to specifically address concerns about an organ trading racket. While the Act did put in place a mechanism for transplantation, medical consultations continue for further streamlining of its implementation.

"There is ambiguity regarding a brain-dead patient who will eventually be the organ donor. There are two types of transplants that are done. While the liver and kidney can be transplanted from a live donor, the heart can be transplanted only after the person is declared brain-dead. However, hospitals themselves cannot declare a patient brain-dead," said Dr Kishore Adyanthaya, professor & head of the surgery department at Bombay Hospital. As per the Act, a team of four medical authorities needs to declare the patient brain-dead twice in six hours. Procedural rules and bureaucratic interferences also often hinder the harvest process.

“There are certain rules and norms such as paperwork, permissions etc that come into play at the time of transplantation. While these can be the reason for several patients dying waiting for the organs, these rules are crucial to check the illegal organ trade. It is important to strike a balance when it comes to such rules,” said Dr Mohammed Rela, who was supervising the treatment of former Maharashtra chief minister Vilasrao Deshmukh at Global Hospitals in Chennai.

Setting an example for the entire country is the Tamil Nadu model for organ transplantation. Since the first lung transplant in the country, performed in Chennai in the late 1990s, Tamil Nadu has seen around 1.3 million cadaveric donations. Support from the Tamil Nadu government and mass awareness has largely contributed to the success of organ transplantation in that state.

“The Tamil Nadu government has helped in pushing the cause of organ donation . There is a transplant coordinator in every hospital,” said Dr T Sunder, senior consulting cardio-thoracic surgeon at Apollo Hospital, Chennai. “But most importantly it is public awareness that has helped the most. People are now more willing to come forward to help the cause.”

“Awareness among the masses about transplants is high in the south. NGOs and governmental organisations conduct various campaigns and activities that help spread the word,” Dr Rela said.

In other states, misconceptions, superstition and sheer lack of awareness prevail even among the “educated” masses. “Relatives fear mutilation of the donor’s body and are not willing to come forward. Awareness levels even among the educated people are low. This is something that must change if we are to save the millions who are dying just waiting for a suitable donor,” said Dr Sunil Keswani of the National Institute of Burns, Airoli.

<http://www.indianexpress.com/news/the-wait-for-a-donors-organ/1003430/>

56. Kids without Siblings More Likely to be Overweight

Last Updated: Tuesday, September 18, 2012

Washington: Children who grow up without siblings have a more than 50 percent higher risk of being overweight or obese than children with siblings, according to a new study.

This finding is based on the study of 12,700 children in eight European countries, including Sweden.

The University of Gothenburg, Sweden, was one of the participating universities in the study.

The study was conducted under the framework of the European research project Identification and prevention of Dietary and lifestyle-induced health Effects In Children and Infants (IDEFICS), where researchers from various parts of Europe study diet, lifestyle and obesity and their health effects on children aged 2 to 9 years.

The study shows that only children have a more than 50 percent higher risk of obesity compared to their peers with siblings. The results were controlled for other influential factors, such as gender, birth weight and parental weight.

In the study, the children’s measured BMI was linked to a parental questionnaire that included questions relating to the children’s eating habits, television viewing habits and amount of outdoor

playtime.

“Our study shows that only children play outside less often, live in households with lower levels of education more often, and are more likely to have televisions in their bedroom,” said Monica Hunsberger, a researcher at the Sahlgrenska Academy, University of Gothenburg, who contributed to the study.

“But even when we take these factors into account, the correlation between singleton status and overweight is strong. Being an only child appears to be a risk factor for overweight independent of the factors we thought might explain the difference,” she added.

Lauren Lissner, a researcher at the Sahlgrenska Academy, University of Gothenburg continued, “The fact that only children are more susceptible to obesity may be due to differences in individual family environment and family structure that we were not able to measure in sufficient detail. To better understand the causality, a follow-up study of these families will start next year.”

Over 22 million children in Europe are estimated to be overweight. The study shows that obesity among children in general is three times more common in southern countries such as Italy, Spain and Cyprus than in Sweden and other northern countries.

The study was published in Nutrition and Diabetes in July.

ANI

http://zeenews.india.com/news/health/health-news/kids-without-siblings-more-likely-to-be-overweight_18864.html

57. Early Menopause ups Heart Stroke Risk: Study

[Kounteya Sinha](#), TNN | Sep 20, 2012

NEW DELHI: Early [menopause](#) — a rising trend among Indian [women](#) — has now been associated with increased risk of [heart](#) condition and stroke.

An Indian doctor at [the Johns Hopkins University School of Medicine](#) in the US has found that women who go into early menopause are twice as likely to suffer from coronary heart disease and stroke.

In an interview to TOI from the US, Dr Dhananjay Vaidya, an assistant professor in the department of general internal medicine at the [Johns Hopkins](#) University School of Medicine, said, "If physicians know a patient has entered menopause before her 46th birthday, they should be extra vigilant in making recommendations and providing treatments to help prevent [heart attacks](#) and stroke."

Research has shown that smokers reach menopause, on average, two years earlier than non-smokers do, so quitting [smoking](#) may delay it.

Worryingly, an average Indian female smoker puffs more cigarettes a day (7) than males (6.1). An average Indian woman is taking to smoking at 17.5 years as against 18.8 years among men.

Dr Vaidya said the association holds true in patients from a variety of different ethnic backgrounds and is independent of traditional cardiovascular disease risk factors.

The study has been published in the October issue of the journal, Menopause.

"Our results suggest it is also important to avoid early menopause if at all possible," he said.

Notably, the researchers said, their findings about the negative impact of early menopause were similar whether the women reached it naturally or surgically like removal of reproductive organs.

Often, Vaidya said, women who undergo hysterectomies have their ovaries removed and that precipitates rapid menopause. "Perhaps ovary removal can be avoided in more instances," he said.

Vaidya examined data from 2,509 women aged between 45 and 84 — all enrolled between 2000 and 2002 and followed until 2008. The survey revealed 28% reported early menopause, or menopause that occurs before the age of 46. Vaidya emphasizes that although the risk of heart attack and [stroke](#) was doubled in these groups, the actual number of cardiac and stroke events recorded among study participants was small. Only 50 women in the study suffered heart events, while 37 had strokes.

Menopause is a process during which a woman's reproductive and hormonal cycles slow down, her periods (menstruation) eventually stop, ovaries stop releasing eggs for fertilization and produce less estrogens and progesterone, and the possibility of pregnancy ends.

A natural event, which takes place in most women in the 45-55 age group, of menopausal onsets and rates are influenced by a combination of factors, including heredity, smoking, diet and exercise.

"Cardiovascular disease processes and risks start very early in life, even though the heart attacks and strokes happen later. Unfortunately, young women are often not targeted for prevention because cardiovascular disease is thought to be only attacking women in old age. What our study reaffirms is that managing risk factors when women are young will likely prevent or postpone heart attacks and strokes when they age," he said.

Dr Vaidya said, "I found a survey of women visiting gynecology specialists in India published by Dr M Singh of Tanvir Hospital, Hyderabad. Approximately half of the women in their approx 1000 survey may have had menopause before 46 years."

According to him, the main preventable reason for early menopause (in some countries and in some parts of the Indian population) is smoking. However, for the vast majority of women in developing countries, the reason for early menopause is poor nutrition during early life and young adulthood. Poor social/economic status women have early menopause.

"If a woman is young (or parents of girls should pay attention), good nutrition is key because the women will have a longer reproductive life and also lesser heart disease and stroke in old age. For women who smoke: quitting will do both, give a longer reproductive life and also lesser heart disease and stroke in old age. For women who are already older, if they have had early menopause, they should be extra vigilant in improving their lifestyle, exercise before heart disease happens. Greater care should be taken in controlling [high blood pressure](#) and [high cholesterol](#) — so that those do not increase risk even more," he added.

<http://timesofindia.indiatimes.com/home/science/Early-menopause-ups-heart-stroke-risk-Study/articleshow/16468663.cms?>

58. Just One Glass of Wine a Day could trigger Breast Cancer

Press Trust of India / London September 20, 2012

A single glass of wine everyday for a year could trigger breast cancer and other tumours, a new study by an international team of researchers has claimed.

Researchers compared the effects between those who consumed up to one typical drink of alcohol a day with 'non-drinkers' in terms of relative risks for a number of types of cancer.

The study concluded there were detectable increases in cancer cases involving the mouth, throat, gullet and breast.

The team, from the University of Milan and other centres in the US, Canada, Iran, France and Sweden, estimated that in just one year, light drinking caused 24,000 deaths from oesophageal cancer, 5,000 from oral and 5,000 from breast cancer worldwide, the Daily Mail reported.

The latest research pooled data from a number of previous studies, involving more than 150,000 people.

The International Scientific Forum on Alcohol Research who reviewed the findings said they were concerned about a number of aspects of the study.

These included the fact the investigators included both ex-drinkers and never drinkers in their reference group and that they had no data on the duration of alcohol consumption at different levels.

The researchers also did not adjust their estimates for other lifestyle habits, including smoking. All of these factors tend to weaken the implications of their results, they said.

The study was published in the Annals of Oncology.

<http://www.business-standard.com/generalnews/news/just-one-glasswineday-could-trigger-breast-cancer/58721/>

59. Proteins can kick-start Male Fertility

IANS | Sep 24, 2012

Adding a protein could activate infertile human sperm into fertilising an egg, improving chances of a successful pregnancy, says a new study.

The team from Cardiff University's School of Medicine first found that sperm transfers a vital protein, known as PLC-zeta (PLCz), to the egg upon fertilisation. Then it initiates a process called 'egg activation,' which switches on all the biological processes necessary for development of an embryo.

The team has found that eggs that don't fertilise because of a defective PLCz, as in some forms of male infertility, can be treated with the active protein to produce egg activation.

The added PLCz kick-starts the fertilisation process and significantly improves the chance of a successful pregnancy, the journal Fertility and Sterility reports.

"We know that some men are infertile because their sperm fail to activate eggs. Even though their sperm fuses with the egg, nothing happens," said Tony Lai, professor at Cardiff, who with Professor Karl Swann, led the team at Cardiff University's Institute of Molecular and Experimental Medicine and funded by the Wellcome Trust, according to a Cardiff statement.

"These sperm may lack a proper functioning version of PLCz, which is essential to trigger the next stage in becoming pregnant," Lai added.

"What's important from our research is that we have used human sperm PLCz to obtain the positive results that we had previously observed only in experiments with mice," Lai said.

"In the lab we have been able to prepare human PLCz protein that is active. If this protein is inactive or missing from sperm, it fails to trigger the process necessary for egg activation - the next crucial stage of embryo development," Lai said.

<http://timesofindia.indiatimes.com/life-style/health-fitness/health/Protein-can-kick-start-male-fertility/articleshow/16526759.cms>

60. Can you really work up an Appetite?

ANI | Sep 24, 2012

US scientists are challenging the popular notion that we can "work up an appetite" with vigorous exercise, saying it actually reduces a person's [motivation](#) for food.

James LeCheminant and [Michael Larson](#), both [Brigham Young University](#) professors, measured the neural (brain cell) activity of 35 [women](#) while they viewed [food](#) images, both following a [morning of exercise](#) and a morning without exercise.

The research shows that 45 minutes of moderate-to-vigorous exercise in the morning actually reduces a person's motivation for food.

They found their attentional response to the food pictures decreased after the brisk workout, the journal *Medicine & Science in [Sports](#) & Exercise* reports.

"This study provides evidence that exercise not only affects energy output, but it also may affect how people respond to food cues," LeCheminant said, according to a Brigham statement.

The study measured the food motivation of 18 normal-weight women and 17 clinically obese women over two separate days. On the first day, each woman briskly walked on a treadmill for 45 minutes and then, within the hour, had their brain waves measured.

Electrodes were attached to each participant's scalp and an EEG machine then measured their neural activity while they looked at 240 images - 120 of food meals on plates and 120 of flowers.

The same experiment was conducted one week later on the same day of the week and at the same time of the morning, but omitted the exercise. Individuals also recorded their food consumption and physical activity on the experiment days.

The 45-minute exercise bout not only produced lower brain responses to the food images, but also resulted in an increase in total physical activity that day, regardless of body mass index.

"We wanted to see if [obesity](#) influenced food motivation, but it didn't," LeCheminant said.

"However, it was clear that the exercise bout was playing a role in their neural responses to the pictures of food."

Interestingly, the women in the experiment did not eat more food on the exercise day to "make up" for the extra calories they burned in exercise. In fact, they ate approximately the same amount of food on the non-exercise day.

"The subject of food motivation and [weight loss](#) is so complex," Larson said. "There are many things that influence eating and exercise is just one element."

<http://timesofindia.indiatimes.com/life-style/health-fitness/fitness/Can-you-really-work-up-an-appetite/articleshow/16382471.cms>

61. Swine Flu killing Doctors Now

M. Poornima, PTI

Bhopal, September 25, 2012

Despite attempts by the state health department to downplay the incidence of swine flu in Madhya Pradesh, the high mortality rate among those afflicted by it is actually alarming. Bhopal tops the death toll with seven out of 28 patients testing positive for H1N1 virus succumbing during treatment.

Indore is not far behind, where five of as many patients have died of the dreaded virus.

In fact, the in-charge of swine flu cell at the directorate of health, Dr KK Thassu, issued a circular some days ago asking people not to be scared of swine flu as it is no more an epidemic but only an endemic disease which could be cured through medication. At that time, swine flu scare seemed to be receding as most of the suspected swine flu patients were testing negative and those admitted for treatment were responding well at both government and private hospitals. But in the past few days, the situation has changed dramatically.

On Saturday, nine out of 11 samples sent for confirmation of swine flu tested positive, giving a clear indication that the infection was on the rise and facilities for its treatment grossly inadequate.

Another remarkable aspect of swine flu scare this season is the fact that a number of doctors are also catching the infection. Two doctors of LBS Hospital in Bhopal tested positive for swine flu on Monday. In Jabalpur, two doctors including the dean of Netaji Subhash Chandra Bose Medical College are being treated for swine flu. Another doctor in the city, who had tested positive for the disease, has since been discharged. But to their credit, doctors in Jabalpur have not allowed any swine flu patient to die though number of persons testing positive in the confirmation test is more or less the same as Bhopal and Indore -- 26 to be precise.

In the wake of a growing number of doctors catching the infection, the directorate of health has made it mandatory for all the doctors and paramedical staff coming in direct contact with swine flu patients to get themselves vaccinated.

"We are calling it focal outbreak as the disease is prevalent more in specific pockets while not so in other areas. In Maharashtra, the situation is worse. Over 1,100 people have tested positive and 68 deaths reported due to swine flu and there it has been declared an epidemic. In MP too, the situation is worsening. Climate is also conducive for growth of H1N1 virus but to say that we are ill-prepared won't be correct. Had it been so, there would have been more patients and more casualties," Dr Thassu told.

The chief medical and health officer (CMHO), Dr Pankaj Shukla, said the situation was not so bad in Bhopal as it appeared because patients from all over the state were coming here for treatment. "This season is conducive for spread of infectious diseases but we are keeping a tight leash over the situation and constant monitoring is being carried out," he added.

<http://www.hindustantimes.com/India-news/Bhopal/Swine-flu-killing-doctors-now/Article1-935279.aspx>

62. More Indian Youths Suffering from Heart Diseases

IBNLive, Sept 27, 2012

New Delhi: With an ever-increasing number of Indians suffering from heart diseases, a drastic change in lifestyle and eating habits is the need of the hour to tackle the alarming situation with a special focus on youths, say doctors. Cardiovascular diseases would be the largest cause of death and disability in India by 2020 as per a World Health Organisation (WHO) report.

"The average age of people with heart ailments is coming down. We are getting patients as young as 20 years," Neeraj Bhalla, senior consultant and director of the heart centre at BLK Super Specialty Hospital, told IANS ahead of World Heart Day that is observed on Sep 29. "In the next five to 10 years around 20 percent of the Indian population would be affected," he added.

Atul Mathur, director of Invasive Cardiology at Fortis Escorts Heart institute, said that patients under the age of 40 have increased from 10 percent a decade ago to 30 percent today. "This is a perturbing development... A drastic change in lifestyle and food habits is needed," Mathur told IANS.

According to doctors, many of the young professionals today have odd working hours that lead to stress, and not many of them have the privilege of savouring home cooked meals. On top of it, the indulgence in smoking and drinking to "reduce the stress" worsens the situation. Such a lifestyle results in high blood pressure, obesity, diabetes, etc. leading to heart ailments.

"Smoking, eating junk food and less physical exercise are the evils that are severely affecting our youth today. On top of it the pressure at work which in many cases leads to drinking and smoking also complicates the situation," Kamaldeep Singh, consultant cardiologist at Gurgaon-based Columbia Asia Hospital, told IANS. According to Singh, the focus should be on how to educate youngsters to lead a healthy lifestyle.

The doctors said that efforts should be made to stop leading an unhealthy lifestyle which may lead to a cardiovascular disease later. The education and guidance should begin early. Physical exercise, avoiding junk and oily food and not smoking are some of the steps that must be adopted by people, say the doctors. "Stress is a part of life today and you can't avoid it, but half an hour of walk or

exercise at home or office, five days a week can do wonders," Rishi Gupta, director, Cardiology, Asian Institute of Medical Sciences, told IANS.

World Heart Day was created in 2000 to inform people around the globe that heart disease and stroke are the world's leading cause of death, claiming 17.3 million lives each year and the numbers are rising. By 2030, it is expected that 23 million people will die from CVDs annually. Together with its members, the World Heart Federation spreads the news that at least 80 percent of premature deaths from heart disease and stroke could be avoided if the main risk factors, tobacco, unhealthy diet and physical inactivity, are controlled.

<http://ibnlive.in.com/news/more-indian-youths-suffering-from-heart-diseases/295702-17.html>

63. Snore away; Your Heart is not at Risk from It

September 27, 2012

Sydney: Researchers have ruled out snoring as a factor in mortality or cardiovascular disease risks, especially for those who don't suffer from sleep apnoea.

Previous work by the same group from the Woolcock Institute of Medical Research had found that apnoea (dangerous pauses in breathing during sleep) ups mortality risk, but until now it was not known whether snoring by itself might increase heart risks.

Researchers found that those who snored most of the night had no greater risk of death over the next 17 years than people who snored only 12 percent or less of the night or not at all, the journal "Sleep" reports.

"Because we snore only when we are asleep, we are not really aware of it. So we rely on other people to tell us we snore," says Nathaniel Marshall, from the Woolcock Institute and the University of Sydney Nursing School, who led the study.

"So in some cases, people may be unaware that they snore. Or they may believe, when told that they snore, that it was a one-off event, and not their normal type of sleep," adds Marshall, according to a Woolcock statement.

"We do know already from this study that sleep apnoea increases cardiovascular disease risk. Some of our colleagues are also looking closely to see whether snoring by itself might increase stroke risk in people who are highly susceptible," adds Marshall.

"However the good news at the moment seems to be that snoring, by itself, does not seem to appreciably increase cardiovascular disease or death rates," he adds.

The community-based sample of 380 people comprised men and women from the highly influential Busselton Health Study from Western Australia who underwent investigation with a home sleep apnoea and snoring monitoring device in 1990.

The study helps clarify long-term risks after some clinic or hospital-based studies that suggested that snoring alone might increase stroke risk. Many previous studies had assessed snoring based on self-reports.

Ron Grunstein, senior study author and professor at Woolcock Institute, said, "Obstructive sleep apnoea is a disease that medical practitioners as well as the general public need to take seriously. Snoring is certainly an acoustic problem to bed partners, but not a condition that is likely of itself to cause cardiovascular harm.

IANS

http://zeenews.india.com/news/health/diseases/snore-away-your-heart-is-not-at-risk-from-it_18994.html

64. Hormone Linked to Sleep could battle Alzheimer`s

September 30, 2012

London: In a breakthrough, scientists have discovered that a hormone linked to sleep cycle can be a new weapon against Alzheimer`s disease.

A new study has shown that a combination of exercise and a daily intake of melatonin, the natural hormone which causes drowsiness at night, had a positive effect on rodents suffering from the illness.

The research was conducted by the Barcelona Biomedical Research Institute (IIBB), in collaboration with the University of Granada and the Autonomous University of Barcelona, the Daily Mail reported.

"For years we have known that the combination of different anti-ageing therapies such as physical exercise, a Mediterranean diet, and not smoking adds years to one`s life," said Dr Coral Sanfeliu, from the IIBB.

In the experiment, mice that had the disease were divided into one control group and three other groups which underwent the treatments of exercising on a running wheel, a dose of melatonin and a combination of the two.

In addition, a reference group of mice were included which presented no mutations of the disease.

"After six months, the state of the mice undergoing treatment was closer to that of the mice with no mutations than to their own initial pathological state. From this we can say that the disease has significantly regressed," Sanfeliu said.

According to the Natural Medicines Comprehensive Database, the molecule is probably effective in sleeping disorders in children with autism and mental retardation and in blind people, and possibly effective in case of jet-lag, sunburns and preoperative anxiety.

"Even though many more studies and clinical tests are still required to assess the doses of melatonin which will be effective for a wide range of diseases, the antioxidant and anti-inflammatory properties of melatonin mean that its use is highly recommended for diseases which feature oxidative stress and inflammation (such as Parkinson`s disease and Alzheimer`s disease)," Darío Acuña-Castroviejo, who has been studying melatonin for several years at the University of Granada, said.

The study was published in the journal *Neurobiology of Ageing*.

PTI

http://zeenews.india.com/news/health/diseases/hormone-linked-to-sleep-could-battle-alzheimer-s_19026.html