

Health Updates- VII
– News/New Researches
- Compiled

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Health Updates – News/New Researches

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Details of Health Updates – VII

97. Chlorine in Tap Water Linked to increase in Number of People Developing Food Allergies

By Nick Mcdermott

PUBLISHED: 3 December 2012

Chlorine in tap water has been linked to the rising number of people developing food allergies, a study has revealed.

The chemical, which is used to treat drinking water and is also present in commonly-available pesticides and household items, may weaken food tolerance in some individuals.

Researchers found adults with high levels of dichlorophenol – a chemical by-product of chlorine – in their urine, were up to 80 per cent more likely to have a food allergy.

Britain has seen a rise in food allergies in recent years, with up to ten million adults claiming to be unable to eat a variety of foods from milk to mustard – although scientists believe the figure may be exaggerated by the ‘worried well’.

Studies also estimate that four per cent of children have a food allergy. A rising number are diagnosed with gut allergies linked to common foods such as cow’s milk, wheat, soya, eggs, celery, kiwi fruit and other fruit and vegetables.

Food allergy can take the form of a sudden life-threatening reaction known as anaphylaxis, as well as eczema or an itchy rash. Much of the water supply in Britain is chlorinated to kill germs, although experts say it is at much lower levels than in the US.

They point out that, for British households at least; certain common household products are more likely to be sources of dichlorophenol than tap water.

Professor Jeni Colbourne, the chief inspector of drinking water, said strict regulations in the UK meant dichlorophenol is unlikely to be found in household taps.

She said its likeliest source for British consumers were household products impregnated with triclosan, commonly used in lipsticks, face washes, toothpaste and kitchen utensils. An anti-bacterial, it can break down to form dichlorophenol.

In a study of 2,211 American adults with the chemical in their urine, 411 were found to have a food allergy, while 1,016 had an environmental allergy.

The research, published in journal of the American College of Allergy, Asthma and Immunology, concluded: ‘Excessive use of dichlorophenols may contribute to the increasing incidence of food allergies in Westernised societies.

‘This chemical is commonly found in pesticides and consumer insect and weed control products, as well as tap water.’

Lead author Dr Elina Jerschow added: 'Previous studies have shown that both food allergies and environmental pollution are increasing in the United States.

'Our study suggests these two trends might be linked, and that increased use of pesticides and other chemicals is associated with a higher prevalence of food allergies.'

Professor Colbourne insisted: 'Currently in the UK consumer, exposure to dichlorophenol via tap water is considered to be minimal.

'In the US generally chlorination is known to be less well controlled and relatively high doses of chlorine are used, so it would be reasonable to consider the risk of exposure to be generally higher.

'In the UK exposure is more likely to come from other, non-tap water sources.'

<http://www.dailymail.co.uk/health/article-2242094/Chlorine-tap-water-linked-increase-number-people-developing-food-allergies.html>

98. Fish Oil heals Bed Sores Too

IANS | Dec 5, 2012

Fish oil promotes healing in bed sores of critically ill patients, too, says an Israeli research.

Bed sores result from constant [pressure](#) on the skin and underlying tissue due to prolonged sitting or lying down by such patients.

Painful and prone to infection, these sores need to be healed, says Pierre Singer, professor at the [Tel Aviv](#) University's Sackler Faculty of Medicine.

With doctoral candidate Miriam Theilla at the Rabin Medical Centre, Singer designed a randomized experiment to test the impact of dietary [fish oil](#) supplements on bed sores, the British Journal of Nutrition and the American Journal of Critical Care reported.

After a three week period of adding eight grams of fish oil to their patients' daily diet, researchers found not only a significant easing of pain and discomfort from bed sores - a 20 to 25 percent improvement, according to the Pressure Ulcer Scale for Healing - but also a more efficient immune system and a reduction to [inflammation](#) throughout the body.

Inspired by the results of a previous study showing that dietary fish oil supplements also raised oxygen levels in body tissues, Singer and fellow researchers sought to determine whether the supplement could also help heal bed sores, which are also formed by a lack of oxygen, reduced blood flow, and skin wetness, according to a Tel Aviv statement.

To test this [theory](#), the researchers developed a randomized study with 40 critically ill patients. Half the patients were given standard hospital diets, and the rest had a daily addition of eight grams of fish oil added in their food, said a university statement.

After a three-week period, the patients in the fish oil group had an average of 20 to 25 percent improvement in the healing of their bed sores compared to the control group.

Fish oil, chock-full of Omega-3 [fattyacids](#) and anti-oxidants, can also help lower blood pressure, reduce inflammation in the skin and [joints](#), and promote healthy foetal development.

<http://timesofindia.indiatimes.com/life-style/health-fitness/health/Fish-oil-heals-bed-sores-too/articleshow/17489866.cms>

99. Top 20 Health Benefits of Fish Oil

Comments on this article By Renita Tisha Pinto, Nov 22, 2012

Fish oil will never disappoint health conscious folks. Not only is it loaded with essential fatty acids that benefit heart health, it also improves mental disorders like depression, bipolar disorder and schizophrenia.

Good sources of fish oil are mackerel, sardines, swordfish, oysters, salmon, and tunas. Here are 20 important health benefits of fish oil that everyone should know.

Cardiovascular Disease

Fish oil helps in preventing cardiovascular diseases.

Fish oil not only helps in lowering triglycerides, hardening of the arteries and cholesterol, but also prevents certain heart rhythm abnormalities.

Cancer Prevention

Fish oil has proved effective against three common forms of cancer - breast, colon and prostate.

Omega 3 helps in maintaining normal healthy cells from mutating into cancerous tumours and restrain unwanted cellular growth.

Normalize Cholesterol

One of the main benefits of fish oil is that it helps in regulating cholesterol levels.

The presence of EPA (eicosapentaenoic acid) and DPA (docosahexaenoic acid) found in most high quality fish oil supplements helps in regulating cholesterol.

Go slim; with fish oil

Fish consumption can be used to cure hypertension and obesity.

A study in Australia has discovered that a weight-loss diet which includes a regular amount of fish can be quite effective.

Treatment of Arthritis

Fish oil helps in treating arthritis. Prolonged use of the oil can be effective in reducing and preventing arthritis pain.

The relief, will not be immediate, and may take days, weeks or even months to show results.

Eye Health

Omega-3 offers protection against macular degeneration (AMD) of the eye and also reduces the risk of dry eye syndrome.

Mental Disorders

Fish oil helps in reducing the risk of Alzheimer's disease, dementia, and schizophrenia.

Skin and Hair Health

Omega 3 helps lock moisture into skin cells, produces collagen, alleviates skin blemishes, and gives one a youthful look.

The protein content in fish oil helps in hair growth and maintaining strong, healthy hair.

High Blood Pressure

Omega-3 possesses anti inflammation and anti-coagulant properties, which help in lowering blood pressure.

Blood is pushed more proficiently throughout the body hence there is less pressure exerted on the heart.

Asthma

Fish oil is very effective for respiratory problems like asthma. It helps in reducing asthma attacks and to breathe more easily.

AIDS

Research conducted by the Nutritional Sciences Program in Lexington proved that fish oil helps in the treatment of AIDS, as it helps in reducing triglycerides levels

Nails

Fish oil can also be used in cosmetic enhancement, as high intakes of fish oil can help improve the texture and quality of nails

Health Bones

Omega-3s found in fish oil helps in regulating the balance of minerals in bone and surrounding tissue.

Depression

People suffering from depression have lower levels of EPA. Hence, fish oil is beneficial for those suffering with depression.

Happy Pregnancy

Fish oil is good for pregnant women as the DHA present in it helps in the development of the baby's eyes and brain.

It helps to avoid premature births, low weight at birth, and miscarriage.

Anti-inflammation

Fish is effective in reducing inflammation in blood and tissues.

Fish oil is effective in treating gastrointestinal disorders, short bowel syndrome and chronic inflammatory diseases.

Brain and Nervous System

Fish oil also helps in improving memory, reasoning and focus.

It improves blood flow and may even affect hormones and the immune system, eventually affecting brain function.

Protects against Type 2 Diabetes

A study has found that fish oil can prevent inflammation in fat cells which can lead to insulin resistance and, ultimately, type 2 diabetes.

Acne

Fish oil is effective for acne as well, because of its EPA properties, which influence the formation of sebum in hair follicle.

Improves your Mood

In addition to decreasing depression, fish oil has been shown to improve mood swings.

Read more Personal Health, Diet & Fitness stories on www.healthmeup.com

<http://timesofindia.indiatimes.com/life-style/health-fitness/diet/Top-20-health-benefits-of-fish-oil/articleshow/16248086.cms>

100. Why Women are more prone to Arthritis

ANI | Nov 24, 2012

New genetic clues piecing together the arthritis puzzle of why more [women](#) succumb to the condition than men have been found by University of [Manchester](#) researchers, bringing potential treatments closer to reality.

[Rheumatoid arthritis](#) - which affects about 1 per cent of the world's population - is a complicated disease: [lifestyle](#) and environmental factors, such as [smoking](#), diet, [pregnancy](#) and infection are thought to play a role, but it is also known that a person's genetic makeup influences their [susceptibility](#) to the condition.

Scientists at the Arthritis Research UK Epidemiology Unit at The University of Manchester have discovered 14 new genes that can lead to rheumatoid arthritis, adding to the 32 other genes they had already identified; the team believes it has now discovered the vast majority of disease-causing genes for the condition.

The Manchester researchers' latest study has identified genes specific to the female X-chromosome - which could explain why three times more women than men present with the disease.

"This work will have a great impact on the clinical treatment of arthritis; we have already found three genes that are targets for [drugs](#), leaving a further 43 genes with the potential for drug development, helping the third of patients who fail to respond well to current medications," first author Dr Stephen Eyre said.

"Although patients who first present at [clinic](#) have similar symptoms, it is likely that their route to developing [disease](#) has involved a varied path. The genetic findings can help divide patients into smaller groups with more similar types of rheumatoid arthritis and assist in the allocation of therapies and disease management."

The Manchester team used advanced technology and a large collection of international samples to identify the new genes.

Professor Jane Worthington, study lead based at the NIHR Manchester Musculoskeletal Biomedical Research Unit, said: "This groundbreaking study brought together scientists from around the world and involved the use of DNA samples from more than 27,000 patients with rheumatoid arthritis and healthy controls. As a result of our findings, we now know that genetic [variations](#) at over 45 regions of the genome determine susceptibility to this form of arthritis.

"We observed remarkable similarities with genetic markers associated with other autoimmune diseases. Our future work will focus on understanding how the simple genetic changes alter normal biological processes and lead to disease. Ultimately, this will help us to develop novel therapies and improved targeting of existing drugs," she added.

The study has been published in the journal *Nature Genetics*.

<http://timesofindia.indiatimes.com/life-style/health-fitness/health/Why-women-are-more-prone-to-arthritis/articleshow/17243409.cms>

101. Foods to fight Immunity in Winter

Article by Meghna Mukherjee, TNN | Dec 10, 2012

Here are a couple of super-foods that will protect you from cold and flu this winter

A diet rich in a variety of produce like lean proteins, whole grains and low-fat dairy products along with adequate sleep, moderate exercise and minimal stress contribute to a well-functioning immune system and may promote a faster recovery if you come down with a cold or a flu.

Carrots

Packed with beta-carotene carrots make an excellent base for soups, stews and risotto. Rich in vitamin A, carrots help fight cold and flu and also protect you from infections which are very common during the colder months.

Green Tea and Chamomile Tea

Green tea is a powerful antioxidant and has strong antiviral and antibacterial properties. Drinking approximately three to five cups of green tea a day keeps your immune system in check.

Chamomile tea is also said to possess antioxidants that help fight against cold and flu during the winters.

Mushrooms

Mushrooms are said to be immunity boosters. Mushrooms protect your system against cold and virus during winter. White mushrooms have significantly increased levels of natural killer cells - a vital component of the immune system.

Garlic

Garlic is known to be the easiest home remedy to cure fever and cold. Western medicine has theorised that garlic has the ability to increase levels of enzymes that help the liver detoxify the blood that gives it special immune powers. Eating raw garlic provides maximum potency but if you cannot stomach the strong taste, you can have that cooked in food.

Honey

Known to be the safest and the easiest way to cure cold and fever during winter. Honey is known for its antibacterial properties that help fight bacteria and virus. You can have honey every night before going to bed, or mix it in a cup of warm milk for added advantage.

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<http://timesofindia.indiatimes.com/life-style/health-fitness/diet/Foods-to-fight-immunity-in-winter/articleshow/17462583.cms>

102. A New Drug to overcome Depression

The writer has posted comments on this article IANS | Dec 13, 2012

Researchers have now discovered a drug that could ease out depression without any side-effects.

An experimental drug AZD6765 eased hard-to-treat depression within hours, minus side-effects, in a clinical trial conducted by the National Institute of Health (NIH).

Prescription anti-depressants, working through the brain's serotonin system, take weeks to work, which might prompt severely depressed to commit suicide.

Ketamine also works in hours, but its usefulness is limited by its potential for side-effects, including hallucinations. It is being studied mostly for clues to how it works.

"Our findings serve as a proof of concept that we can tap into an important component of the glutamate pathway to develop a new generation of safe, rapid-acting practical treatments for depression," said Carlos Zarate, of the NIH's National Institute of Mental Health, which conducted the research, the journal Biological Psychiatry reported.

AZD6765, like ketamine, works by blocking glutamate binding to a protein on the surface of neurons, called the NMDA receptor. It is a less powerful blocker of the NMDA receptor, which may be a reason why it is better tolerated than ketamine, according to an NIH statement.

About 32 percent of treatment-resistant depressed patients infused with AZD6765 showed a clinically meaningful response at 80 minutes after infusion that lasted for about half an hour - with residual effects lasting two days for some.

Conversely, 52 percent of patients receiving ketamine show a comparable response, with effects still detectable at seven days. So a single infusion of ketamine produces more robust and sustained improvement, but most patients continue to experience some symptoms with both drugs.

However, depression rating scores were significantly better among patients who received AZD6765 than in those who received placebos.

The researchers deemed this noteworthy, since, on average, these patients had failed to improve in seven past antidepressant trials, and nearly half failed to respond to electroconvulsive therapy (ECT).

Zarate and colleagues say their results warrant further trials with AZD6765, testing whether repeated infusions a few times per week or higher doses might produce longer-lasting results.

<http://timesofindia.indiatimes.com/life-style/health-fitness/health/A-new-drug-to-overcome-depression/articleshow/17597060.cms>

103. Top 10 Causes of High Cholesterol

The writer has posted comments on this article By Renita Tisha Pinto, Nov 26, 2012

A desirable level of cholesterol is essential for the body to function properly. When the level of cholesterol within the body increases, it causes blockage, strokes and other cardiovascular problems.

Nowadays, more and more adults are struggling with high cholesterol, due to various reasons. Here is a list of the most common causes of high cholesterol.

Unhealthy Diet

Consumption of saturated fat can cause high cholesterol. Saturated fat is found in food that is high in cholesterol and fat. These are foods like red fatty meat, butter, cheese, cakes, ghee etc.

Avoid or limit the intake of food items with saturated fat.

Hereditary Factors

If there is a family history of high cholesterol, and then maybe it is a reason for you to start worrying. The inherited form of high cholesterol may lead to early blockages or stroke.

Being Over-weight

Obesity or even simply being overweight is another cause of high cholesterol. Besides, damaging your social life, it increases triglycerides which further cause blockages.

Hence, maintain your weight to ward off the risk of high cholesterol.

Laziness

People who spend their life sitting or lying the whole day are at a huge risk of high cholesterol. An active life can lower triglycerides and also help you maintain your weight.

Smoking

Cigarette smoking plays a significant role in your cholesterol level. It lowers the level of good cholesterol as well as your lifespan.

Therefore, quit smoking to maintain your cholesterol level and live healthily.

Age and Gender

The level of cholesterol naturally begins to rise, as you turn 20. Level of cholesterol usually increases until the age of 60-65 years, in both genders.

Females generally have low cholesterol level before menopause.

But after menopause, women can have higher level of cholesterol than men. Hence as, you age maintain a healthy lifestyle and diet.

Medicines

Some medicines can increase the level of triglycerides. Thus, before popping a pill, consult your doctor.

Alcohol

Consuming alcohol regularly can damage liver and heart muscles, which leads to high blood pressure and causes the level of cholesterol in the body to rise.

Stress

When people are stressed they usually console themselves by smoking, drinking alcohol or eating fatty food items. Hence, prolonged stress may cause blood cholesterol to increase.

Diseases

Certain diseases like diabetes and hypothyroidism increase the level of cholesterol in the body.

For this reason, carry out a medical examination regularly, to keep your cholesterol level under control.

Read more Personal Health, Diet & Fitness stories on www.healthmeup.com

<http://timesofindia.indiatimes.com/life-style/health-fitness/diet/Top-10-causes-of-high-cholesterol/articleshow/16912034.cms>

104. High Cholesterol: Lifestyle Habits for Cholesterol Control

The writer has posted comments on this article By Renita Tisha Pinto, Dec 13, 2012

High cholesterol increases your risk of [heart](#) disease and heart attacks. One can easily lower cholesterol by medication, but Dr. Eileen says - it is advisable to lower cholesterol and improve lipids profile by making some important lifestyle changes first. Dr. Eileen Canday - Chief Dietician at Breach Candy Hospital, lists down 5 simple lifestyle changes, which will help lower [high cholesterol](#) and improve lipid profile...

Fight High Cholesterol: Lose Weight

"Losing even 5 to 10 pounds of weight will help to lower cholesterol levels," says Dr. Eileen. She adds, "Losing weight is the best way towards healthy living. Take simple steps to fulfill this goal - take a walk when you are bored instead of munching on food, pick up healthier options like carrots while watching a film or take stairs instead of elevators. This doesn't end here; add more innovative ways to incorporate more activity in your daily routine."

Fight High Cholesterol: Eat Heart-Healthy Foods

If your high cholesterol problem comes from indulging in unhealthy foods, then here are some solutions:

Avoid saturated fats that are available in ghee, palm oil, red meat and dairy products as they increase the total cholesterol level in the body. Make sure that you get only 10 percent of your daily calories from fats. The best way to lower cholesterol is by choosing leaner meat and monounsaturated fats present in olive oil and canola oils.

Eradicate trans fats from your diet. Trans fats are usually found in cookies, snack cakes, mithais and other ghee-laden dishes.

Choose whole [grain](#) bread and whole grain pasta to lower your cholesterol level.

Eat lots of fruits and vegetables as they are rich in dietary fiber. If you prefer dry fruits over fresh fruits, then limit yourself to not more than a handful of nuts to keep calories in control.

Fight High Cholesterol: Exercise on Most Days of the Week

Exercising even for 30 minutes a day will help boost good cholesterol and even help to lose weight.

Fight High Cholesterol: Quit Smoking

Staying away from [smoking](#) not only improves good cholesterol, but also decreases your blood pressure - which further cuts the risk of various heart diseases. Hence, quit smoking to live a healthy life free of high cholesterol.

Fight High Cholesterol: Limit Your Alcohol Intake

Drinking too much alcohol can lead to serious health problems, including [high blood pressure](#), heart failure and stroke.

Read more *Personal Health, Diet & Fitness stories* on www.healthmeup.com

<http://timesofindia.indiatimes.com/life-style/health-fitness/health/High-cholesterol-Lifestyle-habits-for-cholesterol-control/articleshow/17596410.cms>

105. Online Porn Addiction can make you lose Your Memory

ANI : London, Mon Dec 17 2012

People addicted to watching pornography on the internet are in danger of suffering from short-term memory loss, researchers say.

German scientists studied the part of the brain responsible for keeping information in the mind while using it to complete a task, critical for understanding, reasoning, problem solving and decision making.

In the first research of its kind, they asked 28 men — all heterosexual with an average age of 26 — to look at a number of computer images, some pornographic and some nonsexual.

The clean images included pictures of people doing a number of activities, like laughing, playing sports or carrying a weapon.

As the volunteers viewed the pictures, they touched a “yes” or “no” key to indicate whether the picture was the same as one they had seen four slides previously.

The men logged a significantly greater number of incorrect answers when they viewed the porn than when they saw the nonsexual images.

On an average, they answered correctly 67 percent of the time when they viewed pornographic pictures, which rose to 80 percent when they saw the clean pictures.

According to researchers at the University of Duisburg-Essen, the findings could help psychologists understand why some people with internet porn addictions forget to sleep, miss appointments, shirk job responsibilities and neglect relationships.

“Sexual arousal and its impacts on cognitive processes might explain parts of these negative effects,” the Daily Mail quoted the researchers as writing.

The study has been published in the Journal of Sex Research.

<http://www.indianexpress.com/news/online-porn-addiction-can-make-you-lose-your-memory-/1046435/>

106. India to see decrease in Malaria Cases: WHO

Last Updated: Tuesday, December 18, 2012

United Nations: India, the country most affected by malaria in the South east Asian region, is projected to see a decrease of 50-75 per cent in malaria case incidence by 2015, a report by the

World Health Organisation said.

The WHO's World Malaria Report 2012 said a concerted effort by endemic countries, donors and global malaria partners during the past decade has led to strengthened malaria control around the world.

It however warned that a significant slowdown in global funding of anti-malaria campaigns threatens to roll back the gains made against the preventable mosquito-borne disease over the last 10 years.

In the south-east Asia Region, Bhutan, Korea, Nepal, Sri Lanka and Thailand have registered decreases of 75 per cent or more in the incidence of microscopically confirmed malaria incidence rates between 2000 and 2011.

"India, the country with the highest number of cases in the region, is projected to achieve decreases of 50-75 per cent in malaria case incidence by 2015," it said.

India, Nepal and Thailand could also potentially move from the "control" to the "pre-elimination" phase by continuing their progress, assuring that "all malaria cases are laboratory confirmed and including the private sector in the health reporting system."

India has been taking measures like providing insecticide-treated mosquito nets (ITNs) and long-lasting insecticidal nets in affected areas.

The number of patients tested by microscopic examination increased to a peak of 171 million in 2011, with India accounting for over 108 million blood slide examinations.

Outside Africa, 54 million ITNs were distributed during 2009-2011, with six countries accounting for 70 per cent of the total - India 18.4 million, Indonesia 6.5 million, Afghanistan 4.6 million, Myanmar 3.6 million, Philippines three million and China 2.2 million.

According to the report, 50 countries around the world are on track to reduce their malaria case incidence rates by 75 per cent by 2015, in line with World Health Assembly and Roll Back Malaria targets.

However, these nations only represent three per cent or seven million of the malaria cases that were estimated to have occurred in 2000, the benchmark against which progress is measured.

The report indicates that international funding for malaria appears to have reached a plateau well below the level required to reach the health-related Millennium Development Goals and other internationally-agreed global malaria targets.

An estimated USD 5.1 billion is needed every year between 2011 and 2020 to achieve universal access to malaria interventions in the 99 countries with on-going malaria transmission.

While many countries have increased domestic financing for malaria control, the total available global funding remained at USD 2.3 billion in 2011, less than half of what is needed.

"This means that millions of people living in highly endemic areas continue to lack access to effective malaria prevention, diagnostic testing, and treatment," the report said.

"Efforts to prevent the emergence and spread of parasite resistance to antimalarial medicines and

mosquito resistance to insecticides are also constrained by inadequate funding," it said.

Malaria struck an estimated 219 million people globally in 2010, killing about 660,000, mostly children under five years of age, WHO said.

In 2011, 2.15 million parasitologically confirmed malaria cases were reported, with three countries accounting for 95 per cent of confirmed cases - India (61 per cent), Myanmar (22 per cent) and Indonesia (12 per cent).

While Congo and Nigeria account for over 40 per cent of the estimated total of malaria deaths globally, Congo, India and Nigeria account for 40 per cent of estimated malaria cases.

"If we fail to come together and urgently resolve the shortfall, there will be no averting a humanitarian crisis," UN Secretary-General's Special Envoy for Malaria Ray Chambers said.

PTI

http://zeenews.india.com/news/health/diseases/india-to-see-decrease-in-malaria-cases-who_20038.html

107_Diet Tips for Preventing Cervical Cancer

Sobiya N. Moghul, Jan 8, 2013

Cervical cancer is the third most common cancer in the world and it kills nearly 200,000 women a year.

"Cervical cancer, a slow-growing cancer that starts in the lower portion of the uterus known as the cervix, is still a very scary and deadly disease", points Dr. Bandita Sinha, MD Obs & Gynac, Senior Consultant, Fortis Hiranandani Hospital. As per the report of the National Cancer Institute, one-third of all cervical cancer deaths are associated with wrong dietary practices. Cervical cancer can be prevented with certain food types owing to their cancer-fighting properties and antioxidants. Foods with cancer-fighting ability nullify the effect of free radicals promoting cervical cancer development.

According to nutrition experts, there isn't a single element or a particular food that works to prevent cervical cancer. Therefore, it is advisable to structure a diet with a variety of foods. These foods help prevent cancer and restrict the activity of cancer cell growth. Besides structuring a requisite diet plan, a healthy lifestyle which includes regular exercise, minimizing stress level and abstaining from unhealthy habits such as cigarette smoking and indulging in alcohol also play a part in the prevention of cervical cancer.

Vitamins especially vitamins A, C, E and calcium. Vitamins A, C and E are antioxidants, which help protect cells from damage caused by free radicals, thus preventing cervical cancer. A study published in the "International Journal of Gynaecologic Cancer" found that patients who took multivitamins that included these supplements had a lower viral load of HPV. Folic acid can also help boost the immune system and protect against HPV. A study in "Cancer Epidemiology, Biomarkers and Prevention" found that women with lower folate levels were more likely to have high-risk HPV infection

Foods rich in vitamin A include orange, carrots, squash, eggs, liver, tuna and fortified dairy

products work best as cervical cancer preventers.

Foods rich in the vitamin-B folate should also be incorporated in diet to avoid cervical cancer. Folate lowers the level of homocysteine, a substance responsible for abnormal cell growth in the cervix. Broccoli, cauliflower, cabbage and collard greens are excellent sources to boost folate consumption and prevent cervical cancer.

Avocados are acknowledged for their antioxidant effect and their ability to attack free radicals by restricting intestinal absorption to limit cervical cancer development.

Foods high in antioxidants are advised for the prevention of cervical cancer. Blueberries, squash, bell peppers, cherries, salmon and fatty fish are the antioxidants-enriched food options that fight free radicals to restrict abnormal growth of cells on the cervix.

Carrots contain beta carotene, which is helpful for preventing cervical cancer growth.

Inclusion of chilli peppers and jalapenos in the diet is recommended to neutralize nitrosamines to avoid cervical cancers.

Incorporation of **cruciferous vegetables** such as broccoli, cauliflower and cabbage contain antioxidants (lutein and zeaxanthin) that help reduce cervical cancer growth.

Foods with polyphenols and flavonoids that include green tea, olive oil, red grapes, black raspberries, blackberries, red wine, chocolate, walnuts, grapefruit, tomatoes, red beans and green peppers, peanuts and pomegranate are beneficial to prevent cervical cancer and inhibit cancer growth.

Foods that increase aflatoxin should be avoided as it may cause cervical cancer due to its ability to damage DNA.

Symptoms of Cervical Cancer

Sobiya N. Moghul, Jan 7, 2013

Cervical cancer symptoms are often misinterpreted as PMS or [Ovulation](#) pains. The biggest difficulty in [cervical cancer](#) is that it hardly shows any symptoms, not until it reaches a advanced stage, though it differs from woman to woman.

Abnormal bleeding

Women who are suffering from cervical cancer experience abnormal vaginal bleeding. This is heavy to light during the month.

Heavy white discharge

Another symptom of cervical cancer is increased vaginal discharge. This again differs from women to women; it may smell bad, would be thick or contain mucus. Every time you visit your gynecologist inform her about these unusual white discharges.

Pelvic pain

One may not experience pelvic pain during normal menstrual cycle. This cervical cancer symptom may last for hours and can scale to dull pains or sharp aches, mild or very severe.

Pain during urination

Bladder pain or pain during urination can be a symptom of advanced cervical cancer. This cervical cancer symptom usually occurs when cancer has spread to the bladder.

Bleeding between regular menstrual periods, after sex, or pelvic exam

Bleeding after sex or pelvic exam can be cervical cancer symptoms. This is due to the irritation of the cervix during these activities. While a healthy cervix may have a very small amount of bleeding, many conditions may cause bleeding after activities like sex.

(Input: Dr. Bandita Sinha MD (Obs & Gynae), [Fortis Hospitals](#), Vashi)

Read more Personal Health, Diet & Fitness stories on www.healthmeup.com

<http://timesofindia.indiatimes.com/life-style/health-fitness/diet/Diet-tips-for-preventing-cervical-cancer/articleshow/17937079.cms>

108. Salmonella Cases Drop after Vaccination Drive

IANS | Jan 17, 2013

Mass vaccination drives have brought about a sharp drop in *salmonella* cases since the late 1990s, according to the latest finding.

Salmonella, a food-borne pathogen, causes diarrhoea, vomiting, nausea, fever and abdominal pain. Currently six million cases are reported annually from the European Union alone, the bulk being accounted for by eggs, chicken, beef, pork, salad vegetables and dairy products.

Sarah O'Brien, professor of epidemiology and zoonoses, from the University of Liverpool Institute of Infection and Global Health, who led the study, attributes the sharp drop in salmonella cases to mass vaccination drives, reports the journal *Clinical Infectious Diseases*.

"We have seen a marked decline in the number of incidences of salmonella infection, shown by two significant studies conducted 10 years apart," O'Brien was quoted as saying in a Liverpool statement.

"The number of laboratory-confirmed cases of illness dropped from more than 18,000 in 1993 to just 459 in 2010," she added.

Between 1981 and 1991, the number of salmonella cases rose by 170 per cent in Britain, driven primarily by an epidemic of salmonella enteritidis which peaked in 1993.

A raft of control measures were introduced into the poultry industry including movement restrictions, compulsory slaughter and disinfection procedures, as well as a voluntary industry-led vaccination scheme that began in breeding flocks in 1994 and in laying flocks in 1998.

<http://timesofindia.indiatimes.com/life-style/health-fitness/health/Salmonella-cases-drop-after-vaccination-drive/articleshow/18059667.cms>

109. The Myriad Goodness of Kiwi

TNN | Jan 17, 2013

This brown hairy [fruit](#) is one of the most naturally available nutritious foods.

Named after a flightless bird of the same name, the [kiwi](#) is also known by other names like 'macaque peach' and 'chinese gooseberries'. And, did you know that it is the national fruit of China? Here are some [health benefits](#) of the kiwi bet you didn't know:

- Perhaps, the biggest plus point of this fruit is that it is an abundant source of vitamin C. In fact, they contain twice the amount of vitamin C than that of oranges. This advantage is useful when it comes to boosting the immune system. Also, the abundance of vitamin C helps in fight against the damage of free radicals in the body, reducing the risk of developing cancer. Also, this reduces the signs of ageing through reducing wrinkles, and dark spots.
- It is said that kiwis promote respiratory health as well. This helps in reducing instances of coughing, shortness of breath, wheezing, etc.
- Being a good source for dietary fibre, kiwis are great for reducing problems like constipation and improving digestion.
- Kiwi fruit also contains a high level of serotonin, which is known as a happy hormone and reduces stress.
- Who would have thought that kiwis are good for impotence? Arginine, an amino acid is useful for treating impotence in men.
- Kiwis are great for cardiovascular health. Pectin found in kiwis are known to lower cholesterol. Also, deficiency of magnesium is associated with heart diseases and hypertension. Cartenoids, phenolic compounds, antioxidants found in kiwis help prevent oxidation of good [cholesterol](#) (HDLs).
- A naturally occurring sugar, inositol plays a factor in regulating diabetes.
- Kiwis are great for people who want to lose weight as it contains healthy [fats](#), healthy sugars and is low in calories.
- If you want to improve eyesight, then you can turn to this fruit. The combination of vitamins A, C and E aid in maintaining healthy eyesight and preventing the macular degeneration of the eyes.

<http://timesofindia.indiatimes.com/life-style/health-fitness/diet/The-myriad-goodness-of-kiwi/articleshow/17768195.cms>

110. Winter Fruit Pumpkin's Health Benefits

Shikha Desai, TNN | Jan 11, 2013

Since it is the pumpkin season, we list down reasons why pumpkin is good for you and ways to consume it

Health benefits

Rich in Fibre

We are sure you don't know this. Pumpkin is fairly high in fibre. One cup of cooked, mashed pumpkin contains 3 grams of fibre, or roughly 11 per cent of your recommended daily intake of fibre. Pumpkin seeds also contain some fibre; about 1.1 g in 28 gm of seeds. You can consume boiled, roasted or baked pumpkin. You can also use pumpkin as a major ingredient in soup, breads and pies. Pumpkin is a great home remedy for a constipated pet because of pumpkin's fibre content and great taste.

Excellent Source of Vitamins A, K and C

Vitamin A is a key nutrient for keeping our eyes healthy and our vision good. Moreover, it also helps promote bone growth, keeps the immune system strong and maintains a vigorous reproductive system. Half a cup of canned pumpkin has 953 mg of vitamin A and only 42 calories and that vitamin A comes in the form of beta carotene. Now you know why you can eat more of pumpkin pie! Yet another reason why pumpkin is good for you is because it contains a lot of Vitamin K, about 40 per cent of the recommended daily dose of it! Vitamin K is the overlooked bone builder and heart protector. In fact, one serving of pumpkin contains almost 20 per cent of your recommended daily dose of Vitamin C which is needed for the growth and repair of tissues in all parts of your body.

Loaded with Iron, Potassium and Magnesium

One small serving of pumpkin contains 250 milligrams of potassium and the same small serving of pumpkin also contains a good amount of iron. One cup has a little less than 10 per cent of your recommended daily allowance of iron. Moreover, unlike other sources of iron, pumpkin is fat-free. Our body needs magnesium for maintaining normal muscle function and for boosting our immune systems, among other things. Pumpkin seeds provide us with enough magnesium to perform these functions well.

Select the Right One

For cooking, you may want a pumpkin that is heavy for its size. The lighter ones are drier, with a bigger open space in the middle. For the most part, stay away from the large pumpkins when selecting a pumpkin for eating.

Storage and Shelf Life

Pumpkins can keep for a long time in a cool dry place. Put newspapers underneath them for proper storage. Once the pumpkin is cut open, you need to use it within a couple of days (or freeze it) as it can mold quickly. Cooked pumpkin is fine in the refrigerator for 4 to 5 days.

Try this: Pumpkin recipe packed with nutrition

Pumpkin Ravioli

Ingredients: (For 6 servings)

- 1 cup pumpkin
- 1/3 cup grated Parmesan cheese
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 6 wonton wrappers
- 1 teaspoon salt
- 1/2 cup chicken broth

1 1/2 tablespoons unsalted butter
chopped parsley

Method:

Combine pumpkin, Parmesan, ¼ teaspoon salt, and black pepper. Spoon about 2 teaspoons pumpkin mixture into center of each wonton wrapper. Moisten edges of dough with water; bring 2 opposite sides together to form a triangle, pinching edges to seal. Place [ravioli](#) into a large saucepan of boiling water with 1 teaspoon salt; cook for 7 minutes and drain in a colander. Place chicken broth and butter in pan; bring to a boil. Add ravioli, tossing to coat. Sprinkle with parsley.

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<http://timesofindia.indiatimes.com/life-style/health-fitness/diet/Winter-fruit-pumpkins-health-benefits/articleshow/17611399.cms>

111. Top Ten Facts on Blindness

Globally, every five seconds, a person goes blind.

2. Nine out of every ten blind persons live in developing economies.

3. According to the National Health Policy document of the Government of India, 1983, “One of the basic human rights is the right to see”.

4. Despite this lofty aim, India’s blind population totals a whopping 12 million.

5. More than two thirds of India’s visually handicapped live in Andhra Pradesh, Orissa, Madhya Pradesh, Maharashtra, Rajasthan, Tamil Nadu and Uttar Pradesh.

6. Cataract, the leading cause of visual disability, accounts for 62.6 percent of blindness in the country.

7. Other causes are glaucoma, macular degeneration, posterior segment pathology, retinal detachment, corneal opacities, retinitis pigmentosa, and surgical complications.

8. A largely undocumented cause for blindness in India is diabetic retinopathy, especially in the working middleclass. The extent of the problem, which can be prevented with good glycemic control, is yet to be estimated.

9. The National Programme for Control of Blindness, launched in 1976, aims to reduce the overall blindness prevalence rate from 14 blind persons per 1000 population to 3.

10. The programme focuses on controlling avoidable blindness; providing high quality eye care to affected persons, especially rural poor; increasing the number of cataract operations and reduction in backlog by screening all population over 50 years.

Read more: [Top Ten Facts On Blindness | Medindia](http://www.medindia.net/health_statistics/health_facts/blindness-facts.htm#ixzz2JM4qgpWU)

http://www.medindia.net/health_statistics/health_facts/blindness-facts.htm#ixzz2JM4qgpWU

http://www.medindia.net/health_statistics/health_facts/blindness-facts.htm

112. Top Ten Facts about Brain Tumours

1. The most **common brain tumors** are cancers from other parts of the body (e.g. lung, breast, colon or prostate) that spreads to the brain.

2. Primary brain tumors originate in the brain and there are over 126 such tumors listed by WHO.

3. **Glioma** is the commonest primary brain tumour and originates from supporting brain cells that are called glial cells and 50% of all brain tumors begin as benign tumors.

4. Another brain tumour called '**Astrocytomas**' are so named because their cells look like stars; the word 'astro' in Latin means "star".

5. A primary brain tumour usually is restricted to brain and does not spread to other organs. If brain death occurs in these patients, **it is possible to donate their organs**.

6. In most instances the cause of brain tumor is not known and they do not discriminate among gender, class or ethnicity.

7. Each year approximately **200,000 people in the United States** are diagnosed with metastatic or primary brain tumor.

8. Common **symptoms** of a brain tumor include headaches, seizures, personality changes, eye weakness, nausea or vomiting, speech disturbances, memory loss.

9. The survival from brain tumor at five years is approximately 30%.

10. Brain tumors can be treated by surgery, radiation therapy, stereotactic radiotherapy, chemotherapy or by using these in combination. The most important issue when treating these patients, besides trying to cure them, is to ensure that the quality of life is not compromised.

Read more: [Top Ten Facts About Brain Tumors | Medindia](http://www.medindia.net/health_statistics/health_facts/brain-tumors-facts.htm#ixzz2JMDXyM00)

http://www.medindia.net/health_statistics/health_facts/brain-tumors-facts.htm#ixzz2JMDXyM00

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