

**Health Updates - X**  
**– News/New Researches**  
**- Compiled**

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# Details of Health Updates –X

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145	High BP may be more dangerous for Women than Men	<a href="http://www.business-standard.com/article/pti-stories/high-bp-may-be-more-dangerous-for-women-than-men-114010200272_1.html">http://www.business-standard.com/article/pti-stories/high-bp-may-be-more-dangerous-for-women-than-men-114010200272_1.html</a>
146	Top 5 Health Benefits of Fish Oil (Omega-3 fatty acids)	<a href="http://zeenews.india.com/news/health/healthy-eating/top-5-health-benefits-of-fish-oil-omega-3-fatty-acids_26386.html">http://zeenews.india.com/news/health/healthy-eating/top-5-health-benefits-of-fish-oil-omega-3-fatty-acids_26386.html</a>
147	A Man dies of Prostate Cancer Every 17 Minutes	<a href="http://health.india.com/news/a-man-dies-of-prostate-cancer-every-17-minutes/">http://health.india.com/news/a-man-dies-of-prostate-cancer-every-17-minutes/</a>
148	10 Foods to Eat Every Day for Perfect Skin	<a href="http://en.amerikanki.com/foods-eat-every-day-for-perfect-skin/?utm_source=taboola&amp;utm_medium=referral">http://en.amerikanki.com/foods-eat-every-day-for-perfect-skin/?utm_source=taboola&amp;utm_medium=referral</a>
149	Make Friends with the Sun: International Women's Health Day	<a href="http://zeenews.india.com/news/health/health-news/international-women-s-health-day-make-friends-with-the-sun_28174.html">http://zeenews.india.com/news/health/health-news/international-women-s-health-day-make-friends-with-the-sun_28174.html</a>
150	9 Reasons You Should Start Eating Potato	<a href="http://www.fitnea.com/wp-content/uploads/2013/09/9238275_m.jpg">http://www.fitnea.com/wp-content/uploads/2013/09/9238275_m.jpg</a>
151	Oral Cancer kills One Every Six Hours	<a href="http://www.livemint.com/Leisure/tL9FIBjshhgYE0fVlgaAQO/News-You-Can-Use--Oral-cancer-kills-one-every-six-hours.html">http://www.livemint.com/Leisure/tL9FIBjshhgYE0fVlgaAQO/News-You-Can-Use--Oral-cancer-kills-one-every-six-hours.html</a>
152	Five Powerful Health Benefits of eating Pomegranate	<a href="http://zeenews.india.com/news/health/healthy-eating/five-powerful-health-benefits-of-eating-pomegranate_1463771.html">http://zeenews.india.com/news/health/healthy-eating/five-powerful-health-benefits-of-eating-pomegranate_1463771.html</a>
153	Eat Mangoes to lower Your Blood Sugar	<a href="http://indiatoday.intoday.in/story/eat-mangoes-to-lower-your-blood-sugar/1/381843.html">http://indiatoday.intoday.in/story/eat-mangoes-to-lower-your-blood-sugar/1/381843.html</a>
154	Want to beat the Blues - Eat fruits, Vegetables	<a href="http://timesofindia.indiatimes.com/home/science/Want-to-beat-the-blues-Eat-fruits-vegetables/articleshow/43383768.cms">http://timesofindia.indiatimes.com/home/science/Want-to-beat-the-blues-Eat-fruits-vegetables/articleshow/43383768.cms</a>
155	How to Keep Your Brain Healthy	<a href="http://cooks.ndtv.com/article/show/how-to-keep-your-brain-healthy-606064">http://cooks.ndtv.com/article/show/how-to-keep-your-brain-healthy-606064</a>
156	10 Seconds of Intimate Kiss leads to transfer of 80 Million Bacteria	<a href="http://timesofindia.indiatimes.com/home/science/10-seconds-of-intimate-kiss-leads-to-transfer-of-80-million-bacteria/articleshow/45176471.cms">http://timesofindia.indiatimes.com/home/science/10-seconds-of-intimate-kiss-leads-to-transfer-of-80-million-bacteria/articleshow/45176471.cms</a>
157	Coming soon: A pro-biotic Pill that will make diabetes History	<a href="http://www.hindustantimes.com/wellness/coming-soon-a-probiotic-pill-that-ll-make-diabetes-history/article1-1312037.aspx">http://www.hindustantimes.com/wellness/coming-soon-a-probiotic-pill-that-ll-make-diabetes-history/article1-1312037.aspx</a>
158	High-fat Milk Products reduce Diabetes Risk	<a href="http://www.dailytimes.com.pk/entertainment/06-Apr-2015/high-fat-milk-products-reduce-diabetes-risk">http://www.dailytimes.com.pk/entertainment/06-Apr-2015/high-fat-milk-products-reduce-diabetes-risk</a>
159	Health Benefits and Sources of Vitamin B8	<a href="http://www.thehealthsite.com/fitness/health-benefits-and-sources-of-vitamin-b8/">http://www.thehealthsite.com/fitness/health-benefits-and-sources-of-vitamin-b8/</a>
160	Even 1-2 Alcoholic Drinks a Day may Cause Liver Disease	<a href="http://timesofindia.indiatimes.com/life-style/health-fitness/health-news/Even-1-2-alcoholic-drinks-a-day-may-cause-liver-disease/articleshow/47066411.cms">http://timesofindia.indiatimes.com/life-style/health-fitness/health-news/Even-1-2-alcoholic-drinks-a-day-may-cause-liver-disease/articleshow/47066411.cms</a>

# 145\_High BP may be more dangerous for Women than Men

Scientists have for the first time found significant differences in the mechanisms that cause high blood pressure in women as compared to men.

Doctors may need to treat high blood pressure in women earlier and more aggressively than they do in men, according to scientists at Wake Forest Baptist Medical Center, US.

"The medical community thought that high blood pressure was the same for both sexes and treatment was based on that premise," said Carlos Ferrario, professor of surgery at Wake Forest Baptist and lead author of the study.

"This is the first study to consider sex as an element in the selection of antihypertensive agents or base the choice of a specific drug on the various factors accounting for the elevation in blood pressure," said Ferrario.

Although there has been a significant decline in cardiovascular disease mortality in men during the last 20 to 30 years, the same has not held true for women, Ferrario said.

In the comparative study, 100 men and women age 53 and older with untreated high blood pressure and no other major diseases were evaluated using an array of specialised tests that indicated whether the heart or the blood vessels were primarily involved in elevating the blood pressure.

The tests measured hemodynamic - the forces involved in the circulation of blood - and hormonal characteristics of the mechanisms involved in the development of high blood pressure in men and women.

The researchers found 30 to 40 per cent more vascular disease in the women compared to the men for the same level of elevated blood pressure.

There were significant physiologic differences in the women's cardiovascular system, including types and levels of hormones involved in blood pressure regulation, that contribute to the severity and frequency of heart disease.

"Our study findings suggest a need to better understand the female sex-specific underpinnings of the hypertensive processes to tailor optimal treatments for this vulnerable population," Ferrario said.

"We need to evaluate new protocols - what drugs, in what combination and in what dosage - to treat women with high blood pressure," said Ferrario.

The study was published in the journal Therapeutic Advances in Cardiovascular Disease.

**[http://www.business-standard.com/article/pti-stories/high-bp-may-be-more-dangerous-for-women-than-men-114010200272\\_1.html](http://www.business-standard.com/article/pti-stories/high-bp-may-be-more-dangerous-for-women-than-men-114010200272_1.html)**

# 146\_Top 5 Health Benefits of Fish Oil (Omega-3 fatty acids)

New Delhi: Omega-3 fatty acids are a vital nutrient important for our body. Intake of omega-3 fatty acids is essential as the human body cannot produce them and so one needs to get it from outside food that we consume.

Omega-3 fatty acids are abundantly found in fish, such as salmon, tuna and other seafood like algae and krill. Thus, it is generally advised to consume fish for good skin, better vision, sharp brain and what not.

Here are a few health benefits of consuming omega-3 fatty acids in your diet:

- Researchers suggest that high concentrations of omega-3 fatty acids derived from fish, helps reduce the risk of developing Type 2 diabetes.
- According to a new study fish oil can soothe and prevent neuropathic pain caused by injuries to the sensory system.
- Fish oil supports the functioning of white blood cells in the human body thereby strengthening the immune system.
- Studies suggest that omega-3 fatty acids are effective in reducing the incidence of cardiovascular diseases (CVD).
- Regular consumption of fish oil aids in reducing inflammation in the blood and tissues.

[http://zeenews.india.com/news/health/healthy-eating/top-5-health-benefits-of-fish-oil-omega-3-fatty-acids\\_26386.html](http://zeenews.india.com/news/health/healthy-eating/top-5-health-benefits-of-fish-oil-omega-3-fatty-acids_26386.html)

# 147\_A Man dies of Prostate Cancer Every 17 Minutes

If you are a man and are least interested in going to the doctor for those little ailments you have, its time you took notice. According to experts areas like cancer, heart disease and other lifestyle related diseases affect men two times more than women. This disparity is also seen in the national health programmes that focus mostly on communicable diseases and on children and women. ‘Men’s Health remains neglected and is not a focus of any national programme as most of them focus on mostly on communicable diseases, child and woman health’, say doctors. ‘The average life span of man is five years shorter than that of a woman in India,’ said Dr Rajeev Sood, head of department of Urology in RML Hospital,

He said cancer, stone disease (like kidney stones etc.) as well as those of heart and life style grip men 2-4 times more than women. To address the issue and discuss health programmes that can be framed for them on a national scale, the Urological Society of India is all set to host the 47th annual conference here from tomorrow.

**‘Studies have shown that the incidences of prostate cancer are growing by one per cent every year. A new case occurs every 2.5 minutes and a man dies from prostate cancer every 17 minutes. ‘It has become the second most frequently diagnosed cancer after lung cancer. Of the 7.6 million deaths due to cancer worldwide, one-sixth is caused by prostate cancer,’ said Sood who is organising secretary of USICON 2014. Could you be at risk of suffering from the disease?**

The conference aims at enhancing the skills of urologists in the performance of advanced urologic endoscopic surgery. The five-day conference will be attended by over 3000 urologists across India, SAARC countries, US, Europe (UK, France, Germany, Spain) and Australia.

India has a population of over 1.3 billion, but only a handful of Urologists to cater to urological problems. It will also address numerous important issues of national concern like organ donation and urinary genital cancers among others.

The conference will begin with the pre-conference live workshop which will feature robotic and laparoscopic surgeries in 3D. The focus will be the technological advances like Fusion Biopsy and Photodynamic therapy for focal ablation of prostate cancer and pharmacological advances in terms of newer molecules that can be disease altering. Recently scientists also discovered a way to assess the risk of prostate cancer recurring.

**Wondering what prostate cancer is? Here are some facts about the disease:**



The prostate is an exocrine gland (whose secretions end up outside the body) of the male reproductive system, and exists directly under the bladder. Roughly the size of a walnut, the urethra (the tube carrying urine and semen out of the body) passes through the prostate. Besides producing a fluid that forms part of the semen and protects the sperm, the prostate gland also plays a role in urine control.

A cancer in the region shows some classic symptoms like frequent need to urinate – especially at night, a weak or interrupted urinary stream and blood in urine or semen.

**Here are some facts about the disease:**

- One new case of prostate cancer occurs every 2.5 minutes, and a man dies from prostate cancer every 17 minutes.
- A non-smoking man is more likely to get prostate cancer than lung, bronchus, colon, rectal, bladder, lymphoma, melanoma, oral and kidney cancers combined.

- Because prostate cancer is a relatively slow-growing cancer, the 5-year survival rate for prostate cancer survivors – at all stages – is **98%**. The relative 10-year survival rate is **84%** and the 15-year survival rate is **56%**.
- In the West, where a number of celebrities and high profile people have spoken publicly about the disease, awareness has steadily risen. Hollywood stalwarts Robert De Niro and Michael Douglas have undergone treatment for prostate cancer, so have South Africa's iconic former **President Nelson Mandela** and former US Secretary of State Colin Powell.
- Age, genetic predispositions and diet all seem to have a direct correlation with the risk of prostate cancer. Some studies have also indicated that men with sexually transmitted diseases too, have a higher chance of getting afflicted with **prostate cancer**.
- Of the 7.6 million deaths due to cancer worldwide, one-sixth is caused by prostate cancer which is also today the second most frequently diagnosed cancer type after lung cancer.
- In India the awareness about the disease still remains low.

**Wondering how you can prevent it? Here are some essential dos and don'ts to help you keep prostate cancer at bay:**

#### **Do**

- **Exercise:** Regular exercise and a constant weight go a long way in fighting diseases, especially prostate cancer. All you need is a brisk walk every day, find out how.
- **Eat healthy:** Include cereals, fish, green leafy vegetables, and green tea into your diet. They help fight the ill effects of anti oxidants and prevent the onset of the disease.

#### **Don'ts**

- **Ignore the symptoms:** The signs of prostate cancer are very easy to overlook. Don't ignore the symptoms. Get then checked as soon as you notice anything amiss. An early diagnosis is the best way to successful treatment.
- **Eat fatty foods:** Avoid red meat (as it contains a lot of fat that can lead to prostate cancer) and sugary and starch rich foods (both these components lead to inflammation and can speed up the process of formation of the cancer). Read about the top 5 ways to prevent the onset of prostate cancer.

**For more articles on diseases and conditions, check out our diseases & conditions section and for videos, check out our YouTube Channel. Don't miss out on the latest updates. Follow us on Facebook, Twitter and Google Plus.**

**<http://health.india.com/news/a-man-dies-of-prostate-cancer-every-17-minutes/>**

## **148\_10 Foods to Eat Every Day for Perfect Skin**

Are you tired of using different expensive and ineffective beauty products? It's time to throw away all those ineffective products and start eating foods for perfect skin. I went from terrible acne five months ago to not having acne now. It was hard, but it was possible, and less expensive than turning to pricey products. While some foods can aggravate your skin, others can enhance it. Check out a list of 10 foods to eat every day for perfect skin.

## 1. Red Bell Peppers

## 2. Dark Chocolate

## 3. Salmon

## 4. Coconut Oil

## 5. Green Tea

## 6. Spinach

Spinach is a healthy and nutrient-rich food you should certainly include in your everyday diet. You may hate **spinach**, but it is a wonderful source of iron, folate, chlorophyll, Vitamin E, magnesium, Vitamin A, fibre, plant protein, and Vitamin C. Due to their antioxidant abilities, Vitamins C, E, and A are especially great for your skin.

Spinach contains antioxidants that fight against all types of skin problems. Add it to your everyday diet and see what happens. By eating spinach, you're just cleaning your skin from the inside out!

## 7. Seeds

**Chia seeds, hemp seeds, sunflower seeds, pumpkin seeds, and flax seeds** are all great for your skin. Pumpkin seeds and sunflower seeds are both rich in selenium, Vitamin E, magnesium and protein. Selenium and protein keep all wrinkles away, Vitamin E enhances moisture in your skin and magnesium lowers your stress levels. The healthy Omega 3 fatty acids in flax, chia and hemp seeds are perfect for fighting wrinkles and acne. Plus, these seeds are rich in protein.

Just sprinkle seeds right on top of your salad or oatmeal and enjoy the great taste as well as perfect skin. I like to add seeds to a fruit yogurt, I think it tastes even better. I also add raw pumpkin seeds in my oh-so delicious smoothies. And what are your favorite seeds? How do you eat them?

## 8. Celery

Another food to eat daily for perfect skin is **celery**. Many of us underestimate this veggie, but celery contains Vitamin K that keeps the blood circulation healthy and helps to reduce high blood pressure. This can reduce your stress level, and as you know stress can cause bad skin, migraines and even cancer.

Celery also contains natural sodium, potassium and water, and can help to prevent dehydration. I hope you know that dehydrated skin means dryness, flaking, wrinkles, and even breakouts. Make sure you consume celery every day or at least every other day. If you are counting calories, don't worry, celery is very low in calories!

## 9. Papaya

Papaya is a wonderful fruit which has a rich history and numerous nutritional benefits. It is very low in calories (only 39 calories per 100 g!) and also contains no cholesterol. So if you are trying to lose weight, consider eating papaya every day to maximize its health benefits.

A great beauty food, **papaya** is low in fructose and is excellent for digestion! The antioxidant nutrients found in it, including Vitamins C and E and beta-carotene, are great at reducing inflammation and acne. Moreover, Vitamin C may also protect your skin against sun damage.

## 10. Carrots

Carrots are good not only for your eyes, but also for your skin. They are especially good for clearing up breakouts. Carrots are rich in vitamin A and they help prevent the overproduction of cells in the outer layer of the skin. That's where excess sebum combines with dead cells and clogs pores.

Another great reason to snack on some carrots is because Vitamin A reduces the development of skin-cancer cells. So make sure you nibble on a half-cup of baby carrots every day for perfect skin. I love carrots and I think they make a great snack.

You don't have to eat all these foods every day, but even some of them would be great! Be sure to avoid junk foods, too much sugar, Tran's fats and refined carbs for the best skin possible. Which of these foods do you eat every day? Share your thoughts, please, and thanks for reading!

[http://en.amerikanki.com/foods-eat-every-day-for-perfect-skin/?utm\\_source=taboola&utm\\_medium=referral](http://en.amerikanki.com/foods-eat-every-day-for-perfect-skin/?utm_source=taboola&utm_medium=referral)

## 149\_Make Friends with the Sun: International Women's Health Day

**New Delhi: Sunlight is reportedly missing from the lives of many young women, which is making them Vitamin D deficient and it has lately emerged as a major health issue for them.**

**Vitamin D is a major regulator of calcium metabolism, hence an important determinant of bone health. Its deficiency in young girls can precipitate osteoporosis and increase the risk of fractures by manifold.**

**Osteoporosis is a skeletal disorder characterized by low bone mass and deterioration of bone architecture leading to increased bone fragility and susceptibility to fractures.**

An estimate suggests that 20 percent of women and 10 percent of men would be osteoporotic by 2015.

"There is a good evidence that sufficient levels of Vitamin D (>30ng/ml) are associated with lower risk of serious pregnancy complications like pre-eclampsia, decreased chances of caesarean section and reduced incidence of breast cancer," says Raju Easwaran, senior consultant, orthopaedics, Max Super Speciality Hospital, Shalimar Bagh told IANS.

Other diseases like rheumatoid arthritis and multiple sclerosis are also lower in women with normal vitamin D levels.

"Despite abundant sunshine, Vitamin D deficiency is widespread in India. A judicious exposure of arms and legs or hands to sunlight, simply for not more than 5-15 minutes per day, for 2-3 times per week during spring and summer is all that is required to satisfy the body's requirements of Vitamin D," said Palash Gupta senior consultant, Orthopaedics, Max Super Speciality Hospital, Shalimar Bagh was quoted as saying to IANS.

**It is seen that women working in night shifts are more prone to Vitamin D deficiency. It is recommended that one takes at least 15 minutes out to be in the sun at early morning hours before hitting the sack, as the morning sun rays between 5-7 am is considered more beneficial than the scorching sun of afternoons.**

[http://zeenews.india.com/news/health/health-news/international-women-s-health-day-make-friends-with-the-sun\\_28174.html](http://zeenews.india.com/news/health/health-news/international-women-s-health-day-make-friends-with-the-sun_28174.html)

## **150\_9 Reasons You Should Start Eating Potato**

Nutritionists tell us that potatoes are not only tasty additions to any diet but carry enormous health benefits as well. What does this mean to your dinner time? Check out these benefits of eating potatoes and you will find out why you should bring potato to your every day meal.

### **Potato is high in vitamin B6**

This Vitamin helps reduce the chemical homocysteine in your body which has been linked with degenerative diseases, as well as the prevention of heart attacks.

### **Potato is a good source of vitamin C**

While most of you know that vitamin C is important to help get rid of cold and flu viruses, few of you are aware that this crucial vitamin plays an important role in tooth and bone formation, digestion and blood cell formation. Vitamin C helps accelerate healing of wound, produces collagen which helps maintain youthful elasticity of your skin and is essential to helping you cope with stress. It even appears to help protect your body against toxins that might be linked to cancer.

[http://www.fitnea.com/wp-content/uploads/2013/09/9238275\\_m.jpg](http://www.fitnea.com/wp-content/uploads/2013/09/9238275_m.jpg)

## **151\_Oral Cancer kills One Every Six Hours**

Oral cancer kills one person every 6 hours in the country, signalling an alarming rise in the incidence of the disease, according to a top orthodontist. The situation could be even more grave as many cases of the disease go unreported, the secretary general of the Indian Dental Association, Ashok Dhoble, told news agency *PTI* in Mumbai.

“Cases of the disease and deaths resulting from it in rural areas and among the poorer sections of society are hardly registered,” Dr Dhoble said. He pointed out that owing to the high prevalence of smokers and the widespread use of other chewable tobacco products, India has seen a steep growth in the number of oral cancer patients in the past decade.

In fact, Dr Dhoble said, oral cancer accounts for about 40% of all cancer-related disease in the country, with the North-Eastern states worst affected. “States like West Bengal, Andhra Pradesh, Gujarat and Tamil Nadu are also affected,” he said, adding that every third person in these states uses tobacco-related products.

Talking about measures to curb the prevalence of the disease, he said that nothing short of a total ban on the use of tobacco would work.

Pointing out that it is the nicotine in the tobacco which makes it addictive and difficult to kick the habit, Dr Dhoble said: “Our government also understands the problem. But the huge number of people employed with the tobacco industry is the problem. The government has to provide them with an alternative livelihood and then ban tobacco totally.”

A dentist, he said, would be the first person to diagnose oral cancer since it is not limited to teeth—it can affect the mouth, tongue, pharynx and gums too.

He explained that oral cancer is 100% curable only if it is reported in the first stage. Once it slips into the second stage, the patient is left with a life span of just five years. “I will advise people to visit a dentist and not to ignore even if there is a slight problem in the mouth. But above all they have to give up using tobacco in every form. That’s the best medicine.” **PTI**

**<http://www.livemint.com/Leisure/tL9FIBjhshgYE0fVlgaAQO/News-You-Can-Use-Oral-cancer-kills-one-every-six-hours.html>**

## **152\_Five Powerful Health Benefits of eating Pomegranate!**

**Pomegranate (botanical name is Punica Granatum) is not just a delicious fruit, but is also high in nutrition. Rich in antioxidants and phytochemicals, pomegranate is one of the most powerful, nutrient dense foods for overall good health.**

### **Five health benefits of eating pomegranate:**

**Heart Health:** Pomegranate is packed with Polyphenols, tannins and other antioxidant properties which protect your heart. These compounds also lower blood pressure and bad cholesterol (LDL).

**Cancer:** Various studies have shown that the antioxidants and polyphenols found in pomegranate can help prevent cancer cells from spreading and may even be competent of killing the cells.

**Weight Management:** Pomegranate seeds are low in calories and rich in fiber and vitamins. Pomegranate and other fiber-rich foods such as whole grains may help in weight management while reducing your risk of developing chronic diseases.

**Skin Health:** Eating pomegranate can keep your skin youthful, healthy and wrinkle-free. The antioxidants present in pomegranates can help delay the ageing process.

**Dental Health:** Pomegranate has been found to be beneficial for dental health as it has anti-bacterial effects. Drinking pomegranate juice can fight off dental plaque thus keeping your teeth and gums healthy.

**[http://zeenews.india.com/news/health/healthy-eating/five-powerful-health-benefits-of-eating-pomegranate\\_1463771.html](http://zeenews.india.com/news/health/healthy-eating/five-powerful-health-benefits-of-eating-pomegranate_1463771.html)**

## **153\_Eat Mangoes to lower Your Blood Sugar**

**By consuming just 10 grams of mangoes daily you can help manage your high blood sugar, particularly in obese people, a new study has found.**

Researchers have found that regular consumption of mango by obese adults may lower blood sugar levels and does not negatively impact body weight.

**"We are excited about these promising findings for mangoes, which contain many bioactive compounds, including mangiferin, an antioxidant that may contribute to the beneficial effects of mango on blood glucose. In addition, mangoes contain fibre, which can help lower glucose absorption into the blood stream,"** said Edralin Lucas, Associate Professor of Nutritional Sciences at Oklahoma State University and lead study author.

**"Our results indicate that daily consumption of 10 grams of freeze-dried mango, which is equivalent to about one-half of a fresh mango (about 100 grams), may help lower blood sugar in obese individuals,"** said Lucas.

**Participants completing the 12-week study included 20 adults (11 males and 9 females) aged 20 to 50 years.**

The researchers found that after 12 weeks, participants had reduced blood glucose, and this glucose lowering effect was seen in both males and females.

No changes were observed in overall body weight, hip or waist circumference, waist to hip ratio, percent fat mass, and lean mass, researchers said.

However, hip circumference was significantly lower in males but not females. BMI tended to be higher in females but not males after mango supplementation, although these results were not statistically significant, they said.

**"We believe this research suggests that mangoes may give obese individuals dietary options in helping them maintain or lower their blood sugar,"** said Lucas.

The study was published in the journal Nutrition and Metabolic Insights.

**<http://indiatoday.intoday.in/story/eat-mangoes-to-lower-your-blood-sugar/1/381843.html>**

## **154\_Want to beat the Blues - Eat fruits, Vegetables**

LONDON: Fruit and vegetable consumption may not only be good for your physical health, it could also boost your mental wellbeing, a new study suggests.

The research by the University of Warwick's Medical School using data from the Health Survey for England, focused on mental wellbeing and found that high and low mental wellbeing were consistently associated with an individual's fruit and vegetable consumption. As many as 33.5% of respondents with high mental wellbeing ate five or more portions of fruit and vegetables a day, compared with only 6.8% who ate less than one portion.

"The data suggest that higher an individual's fruit and vegetable intake the lower the chance of their having low mental wellbeing," Dr Saverio Stranges, the research paper's lead author, said.

As many as 31.4% of those with high mental wellbeing ate three-four portions and 28.4% ate one-two, researchers said.

Other health-related behaviours were found to be associated with mental wellbeing, but along with smoking only fruit and vegetable consumption was consistently associated in both men and women. Alcohol intake and obesity were not associated with high mental wellbeing, researchers said. "Along with smoking, fruit and vegetable consumption was the health-related behaviour most consistently associated with both low and high mental wellbeing. These novel findings suggest that fruit and vegetable intake may play a potential role as a driver, not just of physical, but also of mental wellbeing in the general population," said Dr Saverio Stranges, the research paper's lead author.

Low mental wellbeing is strongly linked to mental illness and mental health problems, but high mental wellbeing is more than the absence of symptoms or illness; it is a state in which people feel good and function well.

Optimism, happiness, self-esteem, resilience and good relationships with others are all part of this state. Mental wellbeing is important not just to protect people from mental illness but because it protects people against common and serious physical diseases, researchers said.

**<http://timesofindia.indiatimes.com/home/science/Want-to-beat-the-blues-Eat-fruits-vegetables/articleshow/43383768.cms>**

## **155\_How to Keep Your Brain Healthy**

***Could Sudoku, drugs and a Mediterranean diet help keep our brains fit? What can the latest neuroscience research tell us?***

Neuroscience research got a huge boost last week with news of Professor John O'Keefe's Nobel Prize for work on the "brain's internal GPS system". It is an exciting new part of the giant jigsaw puzzle of our brain and how it functions. But how does cutting-edge neuroscience research translate into practical advice about how to pass exams, remember names, tot up household bills and find where the hell you left the car in a crowded car park?

O'Keefe's prize was awarded jointly with Swedish husband and wife team Edvard and May-Britt Moser for their discovery of "place and grid cells" that allow rats to chart where they are. When rats run through a new environment these cells show increased activity. The same activity happens much faster while the rats are asleep, as they replay the new route.

We already knew that the part of the brain known as the hippocampus was involved in spatial awareness in birds and mammals, and this latest work on place cells sheds more light on how we know where we are and where we're going. In 2000, researchers at University College London led by Dr Eleanor Maguire showed that London taxi drivers develop a pumped-up hippocampus after years of doing the knowledge and navigating the backstreets of the city. MRI scans showed that cabbies start off with bigger hippocampuses than average, and that the area gets bigger the longer they do the job. As driver David Cohen said at the time to BBC News: "I never noticed part of my brain growing - it

makes you wonder what happened to the rest of it!"

Yet great breakthroughs don't automatically translate into practical benefits. "Research may give us great insights, but we still can't cure Alzheimer's," points out neuroscientist Baroness Susan Greenfield. "And just because we know more about what parts of the brain do normally, it doesn't tell us why things go wrong. We still need to know why special cells die in dementia. How come you can have a major stroke with lots of neuronal damage, but not lose your memory? What is the link between Parkinson's disease and dementia?" In other words, why are some cells damaged but not others?

Lab-based research is key to piecing together the jigsaw of how our brains work and what goes wrong when they don't. Even scans or post-mortem examinations of brains of people who had dementia are of limited value, points out Greenfield, because "degeneration starts 10-20 years before symptoms appear". So what *does* neuroscience tell us about keeping the brain fit?

It seems obvious that the more you train, use and test your brain, the better it will perform. There is some evidence that people with more education or skills have a lower incidence of dementia. But the picture is complicated; perhaps highly educated people eat better food. And more skilled people may be more likely to be in work, benefiting from exercise, social interaction and mental stimulation. You may build up a "cognitive reserve" while young, which gives you a head-start over less educated people once dementia sets in. Staying physically, mentally and socially active means that even if your brain scan looks as ropey as that of a less active person, you will function better. No one can confirm the benefits, but there is at least no downside to daily Sudoku, crosswords, reading, walks and talks.

**Neuro-enhancing drugs** Nootropics are also called smart drugs or cognitive enhancers. One of the best known is modafinil, a "wakefulness-promoting" drug that stimulates the central nervous system and is only prescribable in the UK for excessive daytime sleepiness (narcolepsy). Whether it is much more effective than a strong cup of coffee remains debatable, but its effect lasts longer. Modafinil is widely used by academics and students because it makes people feel sharper and more alert. Professor Barbara Sahakian of the University of Cambridge has found that sleep-deprived surgeons perform better on modafinil, and thinks it may have a wider role in improving our memory and mental function. "We found that modafinil improves motivation and working memory in healthy people and makes doing tasks more pleasurable," she said. But long-term safety, especially for young brains, is still not established. But for a lot of students, the question isn't whether the drugs are safe or constitute cheating, but how they can get hold of some.

**Avoiding Damage** Our environment is full of neurotoxins that can interfere with the genes, proteins and small molecules that build and maintain our brains. The younger the brain, the more susceptible it is to neurotoxins. A paper by the US National Scientific Council on the Developing Child says there are three types of neurotoxins that can affect the developing brain: environmental chemicals such as lead, mercury and organophosphates (pesticides); recreational drugs such as alcohol, nicotine and cocaine; and prescription medications such as Roaccutane, used for severe acne. Mature brains can be quite resilient, thanks in part to a barrier of cells that restricts entry of chemicals from the bloodstream into the brain tissue. But drugs, alcohol and cigarettes will poison even the most developed of brains if you take enough of them.

### **Keeps the Blood Flowing**

The brain needs a good blood flow to deliver vital nutrients and oxygen and take away waste products. Smoking, high blood pressure, uncontrolled diabetes, obesity and high cholesterol all sludge up the arteries and impede blood flow. If you care about your brain function, sorting out these risk factors

remains the most useful thing you can do.

**Effects of Diet** Omega-3 fatty acids, antioxidants such as vitamins C and E, and vitamins B and D all have neuroprotective effects, but trials have failed to show that high-dose supplements of these individual nutrients will protect you from dementia. However, eating a tasty Mediterranean diet that combines most of these nutrients can't hurt.

**Future Research** Professor Sahakian has identified five areas of neuroscience research that will help our understanding over the next five years.

- Smart and wearable technology to monitor people's brain health - similar to wristband monitors that track heart rate.
- Brain scanning to monitor changes in mental illness and track changes during treatments such as CBT.
- Trials of neuroprotective drugs such as solanezumab to prevent further deterioration in patients with Alzheimer's disease.
- Connectomics, the study and production of connectomes - neural maps of the brain - will combine a number of techniques to map and study connectivity in the brain.
- Genetics, to understand the genetic mutations that contribute to autism and other conditions.

*A brain ready for dissection, Photograph: Graeme Robertson/Guardian*

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[\*\*http://cooks.ndtv.com/article/show/how-to-keep-your-brain-healthy-606064\*\*](http://cooks.ndtv.com/article/show/how-to-keep-your-brain-healthy-606064)

# **156\_10 Seconds of Intimate Kiss leads to transfer of 80 Million Bacteria**

LONDON: A long intimate kiss has now been found to do more than make your blood race. Scientists have found that a 10 second kiss leads to the transfer of as many as 80 million bacteria between partners.

Partners who kiss each other at least nine times a day end up sharing billions of bacteria thereby ending up with a similar community of oral bacteria. Bacteria in the human mouth play a vital role - from helping us digest food to synthesizing nutrients and preventing disease.

Humans have in them an ecosystem of more than 100 trillion microorganisms that thrive inside us - popularly called the microbiome. It is shaped by genetics, diet and age, but also the individuals with whom we interact. With the mouth playing host to more than 700 varieties of bacteria, the oral micro biota also appear to be influenced by those closest to us.

Researchers from Netherlands studied 21 couples, asking them to fill out questionnaires on their kissing behaviour including their average intimate kiss frequency. They then took swab samples to investigate the composition of their oral micro biota on the tongue and in their saliva. The results showed that when couples intimately kiss at relatively high frequencies their salivary micro biota become similar. On average it was found that at least nine intimate kisses per day led to couples having significantly shared salivary micro biota.

In a controlled kissing experiment to quantify the transfer of bacteria, a member of each of the couples had a probiotic drink containing specific varieties of bacteria including Lactobacillus and Bifidobacteria. After an intimate kiss, the researchers found that the quantity of probiotic bacteria in the receiver's saliva rose threefold and calculated that in total 80 million bacteria would have been transferred during a 10 second kiss.

The study also suggests an important role for other mechanisms that select oral micro biota, resulting from a shared lifestyle, dietary and personal care habits, and this is especially the case for micro biota on the tongue. The researchers found that while tongue micro biota were more similar among partners than unrelated individuals, their similarity did not change with more frequent kissing, in contrast to the findings on the saliva micro biota.

Commenting on the kissing questionnaire results, the researchers say that an interesting but separate finding was that 74% of the men reported higher intimate kiss frequencies than the women of the same couple. This resulted in a reported average of ten kisses per day from the males, twice that of the female reported average of five per day.

Lead author Remco Kort said "Intimate kissing involving full tongue contact and saliva exchange appears to be courtship behaviour unique to humans and is common in over 90% of known cultures. Interestingly, the current explanations for the function of intimate kissing in humans include an important role for the micro biota present in the oral cavity, although to our knowledge, the exact effects of intimate kissing on the oral micro biota have never been studied. We wanted to find out the extent to which partners share their oral micro biota and it turns out, the more a couple kiss, the more similar they are".

**<http://timesofindia.indiatimes.com/home/science/10-seconds-of-intimate-kiss-leads-to-transfer-of-80-million-bacteria/articleshow/45176471.cms>**

## **157\_Coming soon: A pro-biotic Pill that will make diabetes History**

**Boxed packs of yogurt are a great snack for kids and adults alike, as they contain probiotics, which are healthy bacteria that promote better digestion. “Yoghurt adds calcium and Vitamin D to your diet, is readily available, and is a great addition to be eaten with your fruits or nuts too,” says Prachi Agarwal.**

This could well be the best news you'd have heard in a long time if you are a diabetic. A new research has revealed that pro-biotic helps diabetes treatment in rats, suggesting that it can lead to human remedy.

The Cornell University researchers engineered a strain of lactobacillus, a human probiotic common in the gut, to secrete a Glucagon-like peptide 1 (GLP-1) and then administered it orally to diabetic rats for 90 days and found the rats receiving the engineered probiotic had up to 30% lower high blood glucose, a hallmark of diabetes.

The study was a proof of principle and future work will test higher doses to see if a complete treatment can be achieved, said senior author John March.

The researchers found that upper intestinal epithelial cells in diabetic rats were converted into cells that acted very much like pancreatic beta cells, which monitor blood glucose levels and secrete insulin as needed to balance glucose levels in healthy individuals.

March added that the amount of time to reduce glucose levels following a meal is the same as in a normal rat and it is matched to the amount of glucose in the blood, just as it would be with a normal-functioning pancreas. It's moving the centre of glucose control from the pancreas to the upper intestine.

Also, though it replaces the insulin capacity in diabetic rats, the researchers found no change in blood glucose levels when administered to healthy rats. If the rat is managing its glucose, it doesn't need more insulin, March said.

The study is published in the journal Diabetes.

**<http://www.hindustantimes.com/wellness/coming-soon-a-probiotic-pill-that-ll-make-diabetes-history/article1-1312037.aspx>**

## **158\_High-fat Milk Products reduce Diabetes Risk**

**Consumption of high-fat dairy products is associated with reduced risk for Type-2 diabetes, says a study.**

The new findings are in line with previous studies that indicated a link between high consumption of dairy products and a reduced risk of Type-2 diabetes.

"High meat consumption was linked to an increased risk of Type-2 diabetes regardless of the fat content of the meat," said researcher Ulrika Ericson from the Lund University in Sweden.

The researchers studied the eating habits of 27,000 individuals aged 45 to 74, Medical science today reported.

The participants took part in the Malmo Diet and Cancer study in the early 1990s, in which they provided details of their eating habits. Twenty years on, over 10 percent, that is, 2,860 people had developed Type-2 diabetes.

Both meat and dairy products contain saturated fat, but certain saturated fatty acids are particularly common in dairy products.

"When we investigated the consumption of saturated fatty acids that are slightly more common in dairy products than in meat, we observed a link with a reduced risk of Type-2 diabetes.

"However, we have not ruled out the possibility that other components of dairy products such as yoghurt and cheese may have contributed to our results," Ericson explained.

**<http://www.dailytimes.com.pk/entertainment/06-Apr-2015/high-fat-milk-products-reduce-diabetes-risk>**

## **159\_Health Benefits and Sources of Vitamin B8**

**Vitamin B8 or Inositol, as it is often called, contributes to the normal functioning of cells in our body. Vitamin B8 is present in various forms. The vitamin is also available with the names IP6 or myo-inositol. It is water soluble and is found in the brain, liver, heart, spleen, stomach and kidneys.**

### **Benefits of Vitamin B8**

Below are some important benefits of consuming inositol:

#### **Effective in Weight Loss**

At the cellular level, B8 assists in efficient breakdown of fats and transport lipids from the cells. This in turn activates the body metabolism, leading to weight loss. Inositol also improves the levels of good HDL cholesterol, which channels smoother flow of blood through arteries.

#### **Controls Hypertension**

B8 keeps blood pressure in check, because of effective blood flow via arteries. The contribution to mood management also tackles the causes of hypertension in the individuals.

#### **Helps deal with Depression, other Psychological Disorders**

Because of its effective responses on neurotransmitters, inositol triggers the production of serotonin, a vital transmitter that controls moods. Studies have been conducted over a period of time on Vitamin B8's effect on serotonin, thereby, helping with tackling psychosomatic and psychological disorders such as depression, panic disorder and bipolar. Though not completely, intake of inositol has brought superior results in the subjects who have consumed it.

## **Provides Relief with PCOS**

Women afflicted with Polycystic Ovarian Syndrome (PCOS) can now try Vitamin B8 for potential relief. PCOS is a result of hormonal imbalance that leads to increase in production of male hormones in women, leading to weight gain, infertility, ovarian cysts and erratic menstrual cycles. Intake of inositol has shown significant relief from the condition, as the vitamin enables increased ovulation and weight loss. Some healthcare providers recommend D-chiro-inositol as an effective treatment for PCOS.

## **Improves Cognitive Function**

Because of the massive contribution to better working of neurotransmitters, inositol proves helpful in improving cognitive function. There have been reports of better thought process and active lifestyle after the intake. This effect is partly due to the fact that Vitamin B8 has mood enhancing properties.

## **Amount of Vitamin B8 Intake**

Inositol or Vitamin B8 can be consumed without major side effects. The optimal intake for beginners should be anywhere between 500 mg to 2 g, depending on the requirement. It is better to consult your doctor in case of any preexisting medical conditions to obtain the right dosage. Some people combine B8 with a choline supplement to supercharge themselves. It is recommended to use combination doses under medical supervision.

## **Food Sources of Vitamin b8 or Inositol**

- Beef
- Cereals
- Rice
- Citrus fruits
- Green leafy vegetables
- Molasses
- Soy
- Nuts
- Whole grains
- Wheat germ
- Fresh Liver
- Desiccated Liver
- Lecithin granules

## **Vitamin B8 deficiency**

Although rare, low levels of vitamin B8 lead to the following:

- Impaired memory
- Eczema
- Liver diseases
- Constipation
- Eyesight related issues
- Hair loss
- Increased cholesterol

Talk to your practitioner today to understand the optimal amounts of B8 required for your specific needs.

**<http://www.thehealthsite.com/fitness/health-benefits-and-sources-of-vitamin-b8/>**

## **160\_Even 1-2 Alcoholic Drinks a Day may Cause Liver Disease**

**A new study has linked drinking just 1 or 2 alcoholic drinks per day to liver disease. The new worldwide study presented at The International Liver Congress 2015 has shown the significant influence of daily drinking on cirrhosis burden.**

**<http://timesofindia.indiatimes.com/life-style/health-fitness/health-news/Even-1-2-alcoholic-drinks-a-day-may-cause-liver-disease/articleshow/47066411.cms>**