

Health Updates - VIII
– News/New Researches
- Compiled

(manzoor@ndf.vsnl.net.in)

Institute of Objective Studies

162, Jogabai Main Road,

Jamia Nagar, New Delhi - 110025

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125	Sugary Soft Drinks claim 180,000 Lives Worldwide	http://zeenews.india.com/news/health/healthy-eating/sugary-soft-drinks-claim-180-000-lives-worldwide-study_21079.html
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128	Cholesterol Drugs may save Vision	http://www.indianexpress.com/news/cholesterol-drugs-may-save-vision/1097128/

113. Six Staggering Diabetes Facts

- **There are about 250 million people with diabetes in the world**
- **Type 1 diabetes is growing by 3% per year in children and adolescents**
- **It is estimated that 70,000 children under 15 develop type 1 diabetes each year (200 children a day).**
- **Of the estimated 440,000 cases of type 1 diabetes in children worldwide, more than a quarter live in South-East Asia and more than a fifth in Europe.**
- **In the US, it is estimated that type 2 diabetes represents between 8 and 45% of new-onset diabetes cases in children**
- **Over a 20-year period, type 2 diabetes has doubled in children in Japan, so that it is now more common than type.**

Read more: Six Staggering Diabetes Facts | Medindia

http://www.medindia.net/health_statistics/health_facts/Six-Staggering-Diabetes-Facts.htm

114. Breast Cancer Facts and Figures

- Breast cancer is the most commonly diagnosed cancer in women
- The risk of breast cancer increases with age and if you live to 90 years your risk of developing this cancer is almost 14%
- 1.7 million breast cancers were diagnosed worldwide in 2007
- 465,000 (approx.) women died due to breast cancer in 2007
- North America, Australia, Europe have the highest incidence of breast cancer
- Large parts of Africa and Asia have the lowest rates
- In the last 25 years its incidence has gone up by 30% in the western world
- Increased risk of developing breast cancer include -
 - Start of menstrual period at an early age
 - Menopause later in life
 - Having a first or second degree relative with breast cancer
 - Obesity
 - Consumption of alcohol
 - Never having children
 - Using contraceptives

- Using hormone replacement therapy during post-menopausal years
- Certain inherited genetic mutations for breast cancer (BRCA1 and/or BRCA2)
- Decreased Breast cancer Risk -
 - Breast feeding
 - Moderate Physical activity
 - Maintaining normal weight
 - Stop smoking
- Breast cancer can be prevented by screening
- Early treatment can increase chances of 5 years survival to 98%
- Women with a BRCA mutation who get their ovaries surgically removed can reduce their risk of breast cancer by over 50%.
- A study from North Carolina State University indicated that Women who performed the act of fellatio and swallow semen regularly (one to two times a week) may reduce their risk of breast cancer by up to 40 percent!!

View Sources

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Read more: [Breast Cancer Facts and Figures | Medindia](#)

http://www.medindia.net/health_statistics/health_facts/Breast-Cancer-Facts.htm

115. Brain – Facts

The brain is a monstrous, beautiful mess. Its billions of nerve cells - called neurons - lie in a tangled web that displays cognitive powers far exceeding any of the silicon machines we have built to mimic it. - William F. Allman in *Apprentices of Wonder. Inside the Neural Network Revolution, 1989.*

The brain is the most amazing and complex organ in this universe and its research continues to throw up new facts that surprise's us. The brain is capable of being modified or improved even as we age. It is never used to its full capacity.

1. The human brain has about 100,000,000,000 or **100 billion neurons**. From the age of 35 years about 7000 neurons are lost daily.

2. During early pregnancy the neurons in the fetus can **multiply at a rate 250,000 neurons/minute**.

3. Brain is composed of **75 to 80% water**. Dehydration can affect proper functioning of brain.
4. Brain consists of **60% White matter and 40% Grey matter**. White is the supporting matter and Grey is the thinking matter of the brain. If the brain was a computer the grey matter would be the computer itself and the white matter its cables.
5. Adult brain weighs about **3 pounds or 1300 to 1400 Grams**. This is about 2% of the body weight if you weigh 150 pounds or 70 kgs. Sperm whale's brain weighs 7800 gms.
6. Although the brain only accounts for 2 percent of our body weight but it consumes **20% of the oxygen** that we breathe and **roughly 20 percent of our daily calories**.
7. **15-20% of all blood pumped** out of the heart goes directly to the brain.
8. All the thinking in the brain is about **electricity and chemicals**. The brain is more active and thinks more at night than during the day.
9. The brain itself is **incapable of feeling pain**. Once the skull is opened it is possible to operate on the brain with the patient awake.
10. **You can't feel your own tickle either**. The brain is smart enough to neutralize the sensation. The cerebellum sends a signal to rest of the brain of your intentions and as a result the sensation is ignored.

Read more: Brain - Facts | Medindia

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

116. Top Ten Fat Buster Tips

'You are what you eat'. Make good health a habit to make sure that you live meaningfully and happily.

1. Be conscious of the portion size when at home or outside. Eat till you are three-fourths full at every meal.
2. Eat small meals every 2 to 3 hours, and eat slowly.
3. Maintain a diet diary. Measure the food for a few days and make a note of it. Make a note of the exercises schedule too.
4. Concentrate mainly on consuming pulses, legumes, sprouts, lightly sautéed vegetables, salads, soups, fruits, and whole grain food preparations. Opt for skimmed milk products and keep the fat intake low.
5. Beverages like buttermilk, green tea, lime juice, fruit juice, iced tea, vegetable soups, and pulse soups can be had in-between to prevent excessive hunger during the main meals.
6. Sipping water/beverages with the meal is a good way to achieve the sensation of fullness so that one is able to stop eating when three-fourths full.

7. It is important to consume soups and salads before a meal. Apart from helping one lose weight, these also provide fiber, vitamins, and minerals, which improve bodily functions, add vigor, make one feel younger, and maintain a healthy digestive system.

8. When planning to eat out, eat a small portion of food at home in order to stop yourself from binging. Make judicious choices when eating out. Opt for salads, soups, pasta, thin-crust pizzas, and baked, grilled, roasted, lightly- cooked food. Do not hesitate to get it altered your way.

9. Monitor the weight and fat percentage every week, and draw up a record.

10. Exercise consciously for 30 minutes every day.

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Read more: Top Ten Fat Buster Tips | Medindia

http://www.medindia.net/health_statistics/health_facts/fat-buster-tips.htm

117. Top Ten Cell Phone Safety Facts

Last few years has seen some raging controversy on usage of cell phones. **Over 80% of the world citizens are in a possession of cell phones. This year (2010) the number cell number in the world will exceed 5 billion and the number will keeps growing with broad band joining the bandwagon.** Evidence seems to be pouring in about the harm of 'Electro Magnetic Radiation' (EMR) from cell phones. More evidence is required before we raise our alarms about this device but the preliminary scientific report gives us reason to alert members about the need to take certain precautions. One of the first advices would be to keep cell phone usage to minimum, as even a two-minute call from the cell phone alters the natural electrical activity of the brain for up to an hour.

1. Keep the handset if possible at least **2 to 7 inches away from your head** or use loudspeaker mode. It decreases the transmission of electro-magnetic radiation to the brain significantly.
2. Do not keep the cell phones **close to your head when sleeping**. Switch it off in the night or keep it 1.80 meters or 6 feet away from your head.
3. If keeping cell phones in pocket **keep the keypad towards** you so that antenna faces away from you.
4. Don't use cell phones **if pregnant**. The developing organs of the fetus or child are the most sensitive to any possible effects of electromagnetic radiation (EMR) exposure.
5. Avoid cell phones usage in **'metal containers'** like Vehicles, Elevators, Airplanes, Trains and any other type of metal container as it increases the EMR.
6. **Avoid using the wired headsets**. If you do use headsets use an air tube headset with ferrite beads. Blue tooth are better as they emit 1/100th the EMR of a normal cell phone. With regular headsets you get 3 times more EMR than if you hold the cell phone against your ear.
7. Cell phones are a big **NO** for Children under 15 years as currently **brain tumors** are the **second**

leading cause of death in children.

8. Keep cell phones well **away from newborns**. EMR travel through children's brains much more easily due to thinner skulls and hence increases the risk of cancer.

9. Avoid using cell phones in your pant pocket – as radiation can affect your fertility. Avoid it in breast pocket if you have a pacemaker.

10. When buying a cell phone – look for one with a low SAR or Specific Absorption Rate.

Lower the SAR number the better. For example - Popular Motorola Razr V3x has a SAR of 0.14 – which is amongst the lowest seen recently.

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Read more: Top Ten Cell Phone Safety Facts | Medindia

http://www.medindia.net/health_statistics/health_facts/top-ten-cell-phone-safety-facts.htm

118. Need Control on Alcohol, Diet to Curb Cancer

TNN | Feb 4, 2013

MUMBAI: Two-thirds of the cancer cases in India can be prevented either by making effective policies or better implementation of the existing ones, say experts. What's more, a grip on alcohol consumption and obesity can help prevent a large percentage of cancer.

According to the [World Economic Forum](#), cancer is among one of the three greatest risks to the global economy. This may be due to escalating cost of care, the threat to productivity from death and disability, and the effects of costs on household impoverishment. But this year's theme of World Cancer Day: "Dispel damaging myths and misconceptions about cancer" can help change the situation, say experts.

Last year, representatives from 117 countries converged at the United Nations to address the prevention and control of cancer and non-communicable diseases and declared four key strategies: control tobacco, unsafe use of alcohol, obesity and encourage better nutrition. While improving the nutritional status of a 100-crore population nation is an uphill task, control on tobacco, areca nut, alcohol and junk food is well within the reach of policymakers, say experts. "There is awareness about the cancer-causing properties of tobacco, but most people are still unaware of the harmful effects of alcohol, areca nut and obesity," said Dr Pankaj Chaturvedi, oncosurgeon at Tata Memorial Hospital.

"Alcohol is causally related to cancers of the mouth, oropharynx, liver, oesophagus and breast. The risk becomes much higher when tobacco is consumed along with alcohol," he said.

Another cause of worry for oncologists is obesity. A study, using [National Cancer Institute](#) surveillance, Epidemiology and End Results (SEER) data, estimated that in 2007 in the US, about

34,000 new cases of cancer in men (4%) and 50,500 in women (7%) were due to obesity. This analysis also found that if every adult reduced their Body Mass Index by 1%, which would be equivalent to a [weight loss](#) of roughly 1kg for an adult of average weight, this would actually result in the avoidance of about one lakh new cases.

Head of Tata Memorial Hospital, Dr Rajan Badwe said an unhealthy diet is one of the major contributors in cancer among the obese. "Adolescent obesity is known to produce [diabetes](#), hypertension and cancers like those of breast, ovary and uterus among women and stomach, kidney and colon among men in the later years," Dr Badwe said. Worrying numbers

- * There are about 30 lakh new cases of cancer in India at any particular point of time
- * About 5 lakh deaths a year in the country are due to cancer.
- * 40% of cancer cases are due to the use of tobacco
- * The leading sites of cancer are the oral cavity, lungs, oesophagus and stomach among men and cervix, breast and oral cavity among women. Cancer accounts for more deaths worldwide than AIDS, malaria and tuberculosis combined.
- * As per the World Health Organisation Report 2005, the estimated number of cancer deaths in India will increase to 7 lakh by 2015

<http://timesofindia.indiatimes.com/city/mumbai/Need-control-on-alcohol-diet-to-curb-cancer-Doctors/articleshow/18325422.cms>

119. 5 Foods We think are Totally Healthy

By Anwasha Mittra, TNN | Feb 7, 2013

You may have already made the switch from white bread to [brown bread](#) in a conscious bid to eat healthy and save your diet. But have you thought the brown bread you pick up every time from your local general store could well just be brown colour bread?

Blame our new found consciousness for [healthy eating](#) that has led [FMCG](#) companies to up the ante by inundating the market with a host of high nutrition foods and then suavely marketing them as essential lifestyle products. From heart-healthy cooking oil, crunchy granola bars, fruit-flavoured yoghurt, to dry fruit-sprinkled muesli, we have begun hoarding everything that screams 'low calorie' in a last ditch effort to save our health.

Despite the number of hours at the gym we wonder where we are going wrong. Well, the reason behind this is foods we think are healthy, but are actually not. Delhi-based wellness expert Dr Shikha Sharma helps us identify such foods and their possible substitutes.

Healthy Food Trap: Brown Bread

After it slowly sunk in that white bread is bad for health as it is made of all purpose flour and can lead to [obesity](#), [high cholesterol](#) and [diabetes](#), we made a reluctant transition to brown bread. Now, it turns out the brown bread locally available is no more than regular white bread coloured brown by using chemicals. By having brown coloured bread regularly for breakfast you are doing your body no good, worse still if you are exercising as well.

Break Free with: Multi-grain Bread or Porridge (Dalia)

Dr Sharma advises you rather get used to the more coarse multi-grain bread which may not be the most appetising in the first place, and may not make for the perfect toast with your egg or greens. Better still, if you can have a bowl of Dalia or porridge everyday by stirring in a few vegetables of your choice. It is wholesome breakfast food.

Healthy Food Trap: Breakfast Cereals

You have been stocking all sorts of [breakfast cereals](#) for a while since you discovered parathas are lousy for breakfast. But reconsider a moment. Not all breakfast cereals on the market are low-calorie, or the least bit healthy. When buying breakfast cereals be extremely picky about the ingredients of your pack; check for the sugar content, artificial colouring, salt, fibre and fat content. It is always advisable to steer clear of the sugar-frosted, chocolate-coated varieties as you don't want your first meal to do anything but pump sugar into your body.



Break Free with: Oatmeal or Wheat Flakes

A bowl of oats in the morning is good for those suffering high cholesterol and diabetes, provided you don't add extra sugar to it. The high fibre content in oats balances the blood sugar, and relieves people prone to depression. You can even alternate it with wheat porridge which is a nice change from run-of-the-mill breakfast cereals.

Healthy Food Trap: Flavoured Yoghurt/Milk

Your local dairy shop will first produce a strawberry-flavoured [yoghurt](#) cup when you ask for yoghurt. Such is the hoopla surrounding every food that's flavoured. Its novel and apparently healthy. But it is only preposterous to think that they contain real fruit pulp and probably as good as plain yoghurt. All your strawberry, blueberry and [mango](#) flavoured yoghurts are loaded with sugar and chemicals to get the desired colour and sweetness, for real fruit pulp can never be that sweet. The same goes with flavoured milk.



Break Free with: Plain Yoghurt or Fruits

Plain yoghurt preferably set at home is the ideal and the only way you should have yoghurt if you are truly concerned about healthy living. Fruits are another healthy addition to your [diet](#) provided you do not [squeeze](#) the pulp out every time.

Healthy Food Trap: White Rice

Devoid of nutrition, [white rice](#) is nothing but a refined [grain](#) that has been stripped of its vitamins, minerals and fibre. Cooked white rice is all starch that easily converts to glucose in our body and shoots up our blood pressure, or gives a tummy bulge. White rice should especially be avoided by those who are crab sensitive as even a little bit of rice could make them feel full, and even fat. Also, white rice leaves you hungry too soon as your body takes very little time to break it down and digest it.



Break Free with: Brown Rice

If rice is a must for you, switch over to brown rice as it is healthier and less fattening. Brown rice is not as refined as white rice, and hence retains some of the nutrition. Besides, it takes longer to deliver the glucose into your bloodstream allowing your blood pressure to stay unaffected.

Healthy Food Trap: Granola Bars

Crispy cereal bars are all over the market and are marketed as a healthy snack option, one that satisfies our sugar craving. The truth is granola bars are simply loaded with refined sugar. They of course do a lot of favouring and add muesli



among other cereals to it, but ultimately it is a sugar bar packaged with cereals. You can have them once in a while to purge your sugar urge, but don't get addicted.

Break free with: Dry fruits or sprout salad

Sweet craving can be sated with dates, raisins, and dry apricot among other dry fruits. But if you wish to have something more filling, make a quick sprout salad by taking a bowlful of sprouts, squeezing in half a lemon, small shreds of green chilli and onion, and tossing it together.

Carbohydrates, dairy, sugar and oil are our established dietary villains; we could do better by tweaking our diet routines to include less of these and more of others.

<http://timesofindia.indiatimes.com/life-style/health-fitness/diet/5-foods-we-think-are-totally-healthy/articleshow/18059375.cms>

120. Fish Oil Prevents Sudden Cardiac Death

IANS, Feb 7, 2013

Omega-3 fatty acids found in fish oils could protect dialysis patients from sudden cardiac deaths says a study.

"We found that higher levels of omega-3 fatty acids in the blood of patients who were just starting (haemo) dialysis were very strongly associated with a lower risk of sudden cardiac death over the first year of their treatment," says Allon N. Friedman, associate professor of medicine at the Indiana University School of Medicine and study co-author.

"This study is a first step toward identifying a possible treatment for sudden cardiac death in dialysis patients," adds Friedman.

Sudden cardiac death is an unexpected death due to cardiac causes occurring in a short period (generally within one hour of symptom onset) in a person with known or unknown cardiac disease.

The study is based on 100 patients who died of such causes during their first year of haemodialysis, and 300 patients who survived, according to an Indiana statement.

"The risk of sudden cardiac death in haemodialysis patients is highest during the first year of treatment. The annual rate of such deaths is about six to seven percent, which may even exceed the rate in patients with heart failure," Friedman said.

"Because omega-3 fatty acids can be obtained from certain foods, such as fish oil, our findings also have important implications for the type of diet we recommend to patients on dialysis," Friedman said.

The five-year survival rate for patients on haemodialysis is 35 per cent, with the risk of death highest in the first few months of starting treatment. The most common cause of death in these patients is sudden cardiac death, which accounts for about one out of every four deaths.

<http://timesofindia.indiatimes.com/life-style/health-fitness/health/Fish-oil-prevents-sudden-cardiac-death/articleshow/18380960.cms>

121. Missed Meals in Childhood Linked to Pain, Depression in Adulthood

Feb 28, 2013

Washington: Children who missed meals can not only have problem concentrating in school, they may also have a higher risk of experiencing pain and depression in adulthood, a new University of Nebraska-Lincoln study has suggested.

Depression and chronic pain are experienced by 44 percent of working-aged adults and the study shows a correlation between childhood conditions and pain and depression in adulthood.

The study by UNL sociologist Bridget Goosby examines how childhood socio-economic disadvantages and maternal depression increase the risk of major depression and chronic pain in working-aged adults.

Goosby examined a survey of 4,339 adults from the National Comorbidity Survey Replication looking for a relationship between circumstances in childhood and physical and mental health in working-age adults. She specifically looked at data from adults 25 to 64 years old.

Goosby said she was surprised to find that experiencing hunger in childhood can lead to chronic pain and depression in adulthood.

"The most robust child socio-economic condition was experiencing hunger. Kids who missed meals have a much higher risk of experiencing pain and depression in adulthood," Goosby said.

The study also found that maternal depression had a correlation with adults having depression later in life.

In the study, Goosby noted that those who grew up with parents with less than 12 years of education had a much higher risk of experiencing chronic pain compared to adults with more highly educated parents, a disparity that becomes evident after age 42 and grew larger over time.

With this information, Goosby said she hopes policymakers will pay attention to creating more healthy family dynamics in society and that the study's results will give policymakers a reason to examine circumstances in early childhood more closely.

The study is forthcoming in the Journal of Health and Social Behaviour.

http://zeenews.india.com/news/health/diseases/missed-meals-in-childhood-linked-to-pain-depression-in-adulthood_20826.html

122. Over 360 Million People Suffering Hearing Loss – WHO

February 28, 2013

Geneva: A World Health Organisation (WHO) report has said there are an estimated 360 million people in the world who are suffering from hearing loss.

In the report prepared for International Ear Care Day (March 3), WHO said one in three people

over the age of 65, or a total of 165 million people worldwide, live with hearing loss, and another 32 million affected by hearing loss are children aged under 15.

About half of all cases of hearing loss are easily preventable while many can be treated through early diagnosis and suitable interventions such as surgically implanted hearing devices, said Shelly Chadha of the WHO Department of Prevention of Blindness and Deafness.

She, however, warned that the current production of hearing aids met less than 10 percent of the global need.

"In developing countries, fewer than one out of 40 people who need a hearing aid have one," Chadha said.

WHO encouraged countries to develop programmes for preventing hearing loss within their primary health care systems including vaccinating children against infectious diseases such as measles, meningitis and mumps.

It also recommended measures such as screening and treating syphilis in pregnant women, and early assessment and management of hearing loss in babies.

IANS - See more at: http://zeenews.india.com/news/health/diseases/over-360-mn-people-suffering-hearing-loss-who_20824.html#sthash.W8opPsyedpuf

http://zeenews.india.com/news/health/diseases/over-360-mn-people-suffering-hearing-loss-who_20824.html

123_Staring at PC can give you Dry Eyes

TNN | Mar 14, 2013

BANGALORE: These days, it's not unusual to see bus or train travellers spending more time staring at their mobile or laptop than looking out of the window.

However, according to doctors, spending long hours in front of computers can create 'evaporative dryness', a lifestyle disease induced by long-term exposure to computers, and caused by systemic diseases like diabetes and arthritis.

Evaporative dry-eye condition is commonly found among people in the age group of 18- 45 years, while those above that age suffer dryness because of systemic diseases. "Not many are aware of the condition till they visit a hospital. We are seeing 45% to 55% cases of evaporative dry eyes; close to 50% increase in the last 10 years," said Dr K Bhujang Shetty, chairman and managing director, Narayana Nethralaya.

Dryness of eyes is caused by multiple factors like exposure to computers for over 6 hours per day (leading to evaporative dryness); systemic diseases like diabetes, arthritis, use of medication and

menopause. The most common cause is glands on the eyelids getting blocked and causing meibomian gland dysfunction, eventually leading to dryness of eyes.

<http://timesofindia.indiatimes.com/tech/personal-tech/computing/Staring-at-PC-can-give-you-dry-eyes/articleshow/18966444.cms>

124_Don't Let Your Heart bear the Brunt of Stress at Work

TNN | Mar 20, 2013

A new study has said that employees who are burnt out have a dramatically increased risk of *heart* disease.

With ever-increasing deadlines, demanding careers and cut-throat competition, scores of workers experience job burnout — physical, cognitive, and emotional exhaustion — that stems from extreme stress at work.

Experts say this sort of burnout is associated with insomnia, obesity and anxiety. Researchers reveal that they have found a link between job burnout and coronary heart disease (CHD) — the build-up of plaque in the coronary arteries that is known to result in angina and heart attacks. The higher your stress levels, the higher your chances of coronary disease.

Factors that contribute to burnout:

- Stress due to deadlines and targets.
- Overburdened by workload.
- An unfriendly work environment.
- Lack of control over job situations
- Long working hours.

How to help yourself:

If you're under severe stress, find another job or request for a transfer. Alternatively, you could speak to your department head and discuss how a solution can be reached. One also needs to make healthy lifestyle choices, like getting your daily dose of antioxidants, eating healthy, exercising regularly, getting 7-8 hours of sleep every night and seeking psychological therapy if you think you need it.

<http://timesofindia.indiatimes.com/life-style/health-fitness/health/Dont-let-your-heart-bear-the-brunt-of-stress-at-work/articleshow/19067065.cms>

125_Sugary Soft Drinks claim 180,000 Lives Worldwide

Washington: Sugar- sweetened sodas, sports drinks and fruit drinks may be associated with about 180,000 deaths around the world each year, according to a research.

The study presented at the American Heart Association`s Epidemiology and Prevention/

Nutrition, Physical Activity and Metabolism 2013 Scientific Sessions pointed out that sugar-sweetened beverages contribute to excess body weight, which increases the risk of developing diabetes, cardiovascular diseases and some cancers.

The data collected as part of the 2010 Global Burden of Diseases Study.

Researchers linked intake of sugar-sweetened beverages to 133,000 diabetes deaths, 44,000 deaths from cardiovascular diseases and 6,000 cancer deaths.

Seventy-eight percent of these deaths due to over-consuming sugary drinks were in low and middle-income countries, rather than high-income countries.

Researchers calculated the quantities of sugar-sweetened beverage intake around the world by age and sex; the effects of this consumption on obesity and diabetes; and the impact of obesity and diabetes-related deaths.

Of nine world regions, Latin America/Caribbean had the most diabetes deaths (38,000) related to the consumption of sugar-sweetened beverages in 2010.

East/Central Eurasia had the largest numbers of cardiovascular deaths (11,000) related to sugary beverage consumption in 2010.

Among the world's 15 most populous countries, Mexico, one of the countries with the highest per-capita consumption of sugary beverages in the world had the highest death rate due to these beverages, with 318 deaths per million adults linked to sugar-sweetened beverage intake.

Japan, one of the countries with lowest per-capita consumption of sugary beverages in the world, had the lowest death rate associated with the consumption of sugary beverages, at about 10 deaths due to per million adults.

ANI

http://zeenews.india.com/news/health/healthy-eating/sugary-soft-drinks-claim-180-000-lives-worldwide-study_21079.html

126_Tips to get rid of Constipation

Compiled by: Ritu Singh, March 20, 2013

Modern age has made our life effortless but along with it, it brings along a plethora of lifestyle diseases and ailments. The most common ailment which we encounter in our day to day life is Constipation. More often than not, we are pretty embarrassed to discuss about this common ailment. But almost each one of us has suffered from it, at one time or another. Constipation basically refers to bowel movements that are infrequent or hard to pass or the sensation of incomplete bowel evacuation. Constipation is a common cause of painful defecation and can even escalate to menacing heights if not taken seriously.

So, we bring before you simple tips to get rid of this irritating and painful condition:

Start Loving Water

Drink at least 3 litres of water every day. This is the most common tip, highly recommended and always effective. Still we don't give heed to it and look for other solutions. But this time, take it seriously and ensure that your body gets enough water. Avoid having tap water as it is full of additives which are not good for your digestive system. Go for mineral water if you can.

Add Fibre to Your Diet

Most of the doctors and specialists across the world feel that Constipation is a clear sign that your diet is lacking in fibre. So, don't wait and adopt a healthy diet which includes lots of fruits, grains and leafy vegetables and also a lot of fluids. Fibres will help steady your bowel movements. Fibre gives bulk to bowel movement making the stool easier to pass.

Avoid these Foods

In order to help prevent constipation you should avoid or at least limit your intake of dairy products like milk, yogurt and foods that are high in fat content, foods that are high in cholesterol content and processed foods. Don't even think of fatty and junk food as it will aggravate your pain.

Increase Physical Activity

Start walking or try simple exercise regime like jogging, skipping, cycling and swimming. The best thing to do is to take a long walk everyday which could help get things moving along. Regular and light exercises get the heart pumping and blood flowing which ultimately aids in constipation.

Try these Home Remedies

Switch to Prunes and prune juice

Eat a pear during breakfast or after dinner

Have 1-2 oranges before going to bed and the same after getting up. They will stimulate your bowels for sure.

Try Grapes and honey which are generally known as natural laxatives

Try Aloe Vera Juice with pulp for a quick remedy. It's a natural fibre. Aloe Vera relaxes the muscles of your digestive track and colon so that the faces can pass through easily. The smooth fibrous fluid of the Aloe Vera plant soothes the muscles of your digestive track and softens your stool.

Check for the Side Effects of Medications

Most of the time constipation is a side effect of a medication or some other illness. If you are taking the medication or suffer from an illness that may involve constipation as a symptom of the illness, you should try to avoid foods that make the risk of constipation higher. Discuss these with your doctor and prepare a proper diet chart.

Say bye to Stress and Depression

Just relax and avoid engaging in stressful activities and anything which spurs tension and worry.

All such mental conditions affect our daily lives and our eating habits leading to irregular bowel movements. Ensure that you keep stress at bay and keep yourself happy and spirited.

http://zeenews.india.com/news/health/healthy-tips/tips-to-get-rid-of-constipation_21076.html

127_Painkillers keeping you alive?

DAILY MIRROR, Mar 26, 2013

Regularly popping *painkillers* can make headaches worse, says a new study. So what do you do?

Sit up Straight

Slumping in your chair is the worst thing you can do if your head is pounding, say physiotherapists. When we slump forward in a C-shape, we kink the head upwards, which can stretch the neck and pinch nerves, causing headaches. So, sit with your feet flat on the floor, hips and knees straight, looking ahead.

Avoid Ham Sandwiches

Ham contains tyramine (a natural substance in preserved foods) and nitrates, which both increase blood flow to the brain, triggering pain. Tyramine is also found in foods that have been preserved, pickled, smoked, marinated or fermented. Cheese, chocolate, and certain fruits like pineapple and bananas, are also high in tyramine or food additives.

Snack on Nuts and Seeds

These are a great source of the mineral magnesium, which is thought to act as a muscle relaxant. Depleted levels are linked with reduced blood flow to the brain and low blood sugar, which can trigger headaches. Researchers at the New York Headache Center found that up to 50 per cent of migraine sufferers have low levels of magnesium. Other good sources of magnesium include fresh green leafy vegetables, tomato puree, whole grains, beans, peas, potatoes and oats.

Forget Air Fresheners

Perfumes, aftershaves, strong-smelling soaps, air fresheners and household cleaners contain chemicals that activate nerve cells in our noses, which send signals to the brain. In some people, these nerve signals are strong enough to cause headaches. Open windows and use chemical-free fresheners, instead. Use a plant spray half-filled with water and two drops of essential oil and spritz around instead, suggests natural health experts.

Don't have a lie-in

Sleeping in for just half an hour can trigger a headache, particularly in coffee addicts. Because caffeine directly affects the blood vessels in the brain, withdrawal or reduction at weekends — exacerbated by low blood sugar due to a later breakfast — can cause pain. If you're a regular coffee drinker, try to ensure you have your caffeine fix at the same time every day.

Wear your Hair Down

Fifty out of 93 women experienced a headache from wearing a ponytail, according to research by the National Migraine Centre, London. Plaits, chignons, tight-fitting hats and Alice bands can all also cause headaches if the hair is pulled back tight, straining the connective tissue in the scalp.

Apparently, it's also a common complaint among male Sikhs, who often complain of what's known as a turban headache. If you have to tie your hair up for work or exercise, try to avoid the so-called Croydon face-lift effect.

Don't buy Painkillers with more 'Power'

Avoid painkillers that say 'plus' or 'extra', advise pharmacists. People choose them because they assume they will work faster, but they simply contain added ingredients like caffeine or codeine that might not be suitable for you. Keep it as your last resort and don't take them for more than three days.

Follow the 20/20 Rule

Dharmesh Patel, chairman of the Eye care Trust, says: "Staring at a computer screen for too long can leave you suffering with headaches, sore or tired eyes and even blurred vision. "So, look up from your screen every 20 minutes and focus on something 20 feet away for 20 seconds."

Glug Plenty of Water

Simply drinking a big glass of water and waiting 10 minutes or rubbing the temples and neck for five minutes to relieve any tension is often sufficient to banish a headache." In a study published in the European Journal of Neurology, headache sufferers were given a placebo or told to drink an additional 1.5 litres of water a day for 12 weeks. The patients drinking the water dramatically reduced the number of headaches they had been having.

Be choosy about Chinese

MSG is a commonly used flavour enhancer extracted from an amino acid that occurs naturally in wheat gluten, seaweed and other produce. It's used in many foods, from flavoured crisps to sausages and sauces — but it's particularly associated with Chinese and other Asian dishes. For those who have sensitivity to MSG, it can also trigger headaches by dilating blood vessels in the brain. Other symptoms include numbness and tingling, tightness in the chest and dizziness. If you think you're sensitive to MSG, check food labels — it is sold as a 'gourmet powder' in Chinese food shops and is listed as E621 on packaged food — and ask whether dishes contain MSG before ordering a meal in a Chinese restaurant.

<http://timesofindia.indiatimes.com/life-style/health-fitness/health/Painkillers-keeping-you-alive/articleshow/19214985.cms>

128_ Cholesterol Drugs may save Vision

PTI : Washington, Wed Apr 03 2013

Eye drops designed to lower cholesterol may be able to prevent one of the most common forms of blindness in the aged, a new study led by Indian-origin scientist has found.

Targeting cholesterol metabolism in the eye might help prevent a severe form of age-related macular degeneration (AMD), according to indications in a mice study led by Rajendra Apte, a professor of ophthalmology and vision sciences at Washington University in St Louis.

Cholesterol build-up in arteries and veins, or atherosclerosis, occurs as a natural consequence of ageing.

Likewise, in AMD, cholesterol is known to accumulate in the eye, within deposits called drusen.

The study, published in *Cell Metabolism*, shows that large cells called macrophages appear to play a key role in clearing cholesterol from the eye, and that with ageing, these cells become less efficient at this task.

Eye drops containing a type of drug known to promote cholesterol release from macrophages, called a liver X receptor (LXR) agonist, helped restore macrophage function and prevent AMD progression in a mouse model.

AMD causes damage to the macula, a region of the retina responsible for central, high-resolution vision.

"This study points to a novel strategy for early intervention to prevent the progression of AMD to the severe neovascular form of the disease," said Grace Shen, a programme director at NIH's National Eye Institute.

A protein called ABCA1 is needed for macrophages to release cholesterol into the bloodstream. In these experiments on mice, Apte and his team found that in old macrophages, there is a decrease in the level of ABCA1 protein.

The researchers found a similar drop in ABCA1 levels in blood cells - the source of macrophages - in samples donated by older people (aged 67-87) vs younger ones (aged 25-34).

To investigate the link between these changes and blood vessel growth, the researchers first performed tests in cell culture. When grown in a dish with blood vessel cells, young macrophages efficiently stopped the cells from multiplying, but old macrophages did not. Deleting the ABCA1 gene in young macrophages caused them to behave like old macrophages.

Next, the researchers tried treating old macrophages with an LXR agonist; these drugs are known to enhance cholesterol transport from macrophages by turning on the ABCA1 gene.

Exposure to the drug rejuvenated the old macrophages and enabled them to inhibit blood vessel cell growth.

Researchers also tested the LXR agonist in mice with an eye injury that produces abnormal blood vessel growth, similar to that seen in neovascular AMD. Eye drops of the drug significantly reduced this blood vessel growth when given several days before the injury.

<http://www.indianexpress.com/news/cholesterol-drugs-may-save-vision/1097128/>