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# VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

TIACS-subscribe@yahoo.com (The Indian American Chemical Society)

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Alzheimer's

According to a study on Alzheimer's spanning nearly 40 years, stress in middle age may contribute to development of Alzheimer's disease later in life. Psychological stress was associated with a 21 percent

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greater risk of developing Alzheimer's disease, according to the study. During the monitoring period, approximately one fifth of the total, were diagnosed with dementia (the average age was 78 years). About half the women died at an average age of 79. A quarter of the women reported *at least* one stressor, mental illness in a family member being the most common. The link between psychological stressors and dementia can be explained through a variety of biological mechanisms, such as causing structural and functional damage to the hippocampus, which plays a role in memory and spatial navigation, as well as increasing build-up of beta amyloid plaque and tau protein, typical signs of Alzheimer's, according to the study's authors. <http://www.bloomberg.com/news/2013-09-30/stress-in-midlife-linked-to-higher-risk-of-alzheimer-s-disease.html>

## Patience

According to a recent study, waiting actually makes people more patient, which can provide a payoff for consumers by helping them make better decisions. Historically, research on patience has been approached by offering people the choice between a smaller reward sooner or a larger reward later. Given the choice between \$10 now or \$15 later, for instance, many people choose the \$10 now, even though it makes them less well-off financially. As a general rule, people tend to value things more in the present than in the future. However, the new study suggests that making people wait to make a decision may improve their patience since the process of waiting makes the reward for waiting seem more valuable. <http://www.sciencedaily.com/releases/2013/10/131001192200.htm>

## Sleep

A new study by the Centers for Disease Control and Prevention (CDC) links too little sleep (six hours or less) and too much sleep (10 or more hours) with chronic diseases – including coronary heart disease, diabetes, anxiety and obesity – in adults age 45 and older. The American Academy of Sleep Medicine (AASM) encourages patients suffering from these common chronic conditions to speak with a sleep medicine physician who can evaluate their sleep patterns. <http://www.aasmnet.org/articles.aspx?id=4216>

Parents, teachers and doctors all agree that lack of sleep makes children cranky, tearful and more prone to tantrums. Now researchers from the UK have found that children with irregular bedtimes are more likely to have behavioral difficulties. The study, published in the journal *Pediatrics*, found that irregular

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bedtimes could disrupt natural body rhythms and cause sleep deprivation, undermining brain maturation and the ability to regulate certain behaviors. <http://www.medicalnewstoday.com/articles/267366.php>

## Breast Cancer Prevention

Postmenopausal women who were very active or walked for at least seven hours a week had a reduced risk for breast cancer, according to a study published in *Cancer Epidemiology, Biomarkers & Prevention*. This new study of 73,615 postmenopausal women found that women who engaged in at least an hour of vigorous physical activity every day had a 25 percent lower risk for breast cancer, and those who walked for at least seven hours a week had a 14 percent lower risk for breast cancer. Researchers examined whether any recreational physical activity, specifically walking, was associated with lower breast cancer risk. Since more than 60 percent of women report some amount of daily walking, promoting walking as a healthy leisure-time activity could effectively increase physical activity in postmenopausal women. [http://www.eurekalert.org/pub\\_releases/2013-10/aafc-wcr100113.php](http://www.eurekalert.org/pub_releases/2013-10/aafc-wcr100113.php)

## Eating Disorders

According to a Finnish study, women with eating disorders are less likely to have children than others in their age group. The discrepancy is the most apparent in anorexia sufferers. In this group, the number of pregnancies was less than half of that of the control group. The likelihood of abortion was more than double for bulimics than for others in the same age group. [http://www.eurekalert.org/pub\\_releases/2013-10/uoh-edo100813.php](http://www.eurekalert.org/pub_releases/2013-10/uoh-edo100813.php)

## Genetic Predisposition

A new study by a University of British Columbia researcher finds that some people are genetically predisposed to see the world darkly. The study, published in *Psychological Science*, finds that a previously known gene variant can cause individuals to perceive emotional events, especially negative ones, more vividly than others. This is the first study to find that this genetic variation may significantly affect how people see and experience the world. These findings suggest that people experience emotional

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aspects of the world partly through gene-colored glasses and that biological variations at the genetic level can play a significant role in individual differences in perception.

<http://www.sciencedaily.com/releases/2013/10/131010105039.htm>

## Empathy

Egoism and narcissism appear to be on the rise in our society, while empathy is on the decline. And yet, the ability to put ourselves in other people's shoes is extremely important for our coexistence. A research team has discovered that our own feelings can distort our capacity for empathy. This emotionally driven egocentricity is recognized and corrected by the brain. When, however, the right supramarginal gyrus doesn't function properly or when we have to make particularly quick decisions, our empathy is severely limited. <http://www.mpg.de/7560736/supramarginal-gyrus-empathy>

## Sticks and Stones?

A new study suggests that there's more going on inside our brains when someone snubs us, and that the brain may have its own way of easing social pain. The findings, recently published in *Molecular Psychiatry*, show that the brain's natural painkiller system responds to social rejection, not just physical injury. <http://www.sciencedaily.com/releases/2013/10/131010132236.htm>

## Kissing

A study by Oxford University researchers suggests kissing helps us size up potential partners and, once in a relationship, may be a way of getting a partner to stick around. The researchers reported their findings in two papers, one in the journal *Archives of Sexual Behavior* and the second in the journal *Human Nature*. Women rated kissing as generally more important in relationships than men. Furthermore, men and women who rated themselves as being attractive, or who tended to have more short-term relationships and casual encounters, also rated kissing as being more important. Previous studies have shown women tend to be more selective when initially choosing a partner. Men and women who are more attractive, or have more casual sex partners, have also been found to be more selective in choosing potential mates. Groups tended to value kissing more in their survey responses, it suggests that kissing helps in assessing potential mates. <http://www.sciencedaily.com/releases/2013/10/131010205142.htm>

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## Exercise Improves Sperm Count

Exercise may boost a man's sperm count, and therefore may improve a couple's chances of conception, according to a new study. In particular, men who lift weights or spend time working or exercising outdoors tended to have a higher-than-average sperm concentration in their semen. Men engaging in exercise for seven hours or more per week, essentially one hour a day, had 48 percent higher concentrations than men who were engaging in less than one hour of exercise per week.

## Strokes

Strokes are increasingly killing younger people, especially in developing countries where unhealthy lifestyle habits have taken hold, according to a study funded by the Bill & Melinda Gates Foundation. While strokes are usually thought to afflict older people, the number of people ages 20 to 64 who experience them has risen by 25 percent in the past two decades, according to researchers from countries including the U.S., U.K. and Japan. This younger group now makes up 31 percent of total strokes, compared with 25 percent before 1990, the study found. The number of people who die or develop some kind of disability after suffering a stroke could double by 2030. <http://www.medicaldaily.com/stroke-affecting-more-young-people-global-burden-expected-more-double-2030-260753>

## Arts Education

While politicians and policy experts seem to be pushing for more students to embrace math and science at the expense of the arts, a new study supports the notion that an artistic education has plenty of so-called 'real world' value. According to the study, which was published in the journal *Economic Development Quarterly*, people who participated in arts activities as a child were more likely to generate patents and launch businesses as adults. The interdisciplinary team of study authors reached their findings by tracking Michigan State University (MSU) Honors College graduates from 1990 to 1995, who majored in science, technology, engineering or mathematics (STEM). The research team discovered that those who own

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businesses or patents in their study cohort received up to eight times more experience with the arts as children than the average person. <http://www.redorbit.com/news/science/1112983691/artistic-education-real-world-value-102413/>

## Multitasking

In a recent study, although men and women performed separate tasks with approximately the same speed and accuracy, men were slower than women on the mixed tasks. Women's responses were around 61% slower, whereas men's responses were about 77% slower - suggesting that women have an advantage over men in this type of multitasking. In another series of tests, women scored significantly higher than men on the key search task - suggesting that they are better at tasks which require high-level cognitive control, particularly planning, monitoring and inhibition. <http://www.bbc.co.uk/news/science-environment-24645100>

## Obesity

As the number of children battling obesity continues to grow, researchers are racing to identify causes and possible interventions. Now, a new paper published in the journal *Cell* identifies a possible genetic root to the insatiable appetite and slow metabolism of some obese patients. The study, which sequenced 2,101 individuals with severe early-onset obesity, found that patients harboring mutations in a particular gene, KSR2, had an increased appetite and a slower metabolism than people with a normal copy of the gene. The findings suggest that drugs developed to modulate the activity of the protein encoded by the KSR2 gene could provide new treatment options for obesity and type-2 diabetes.

<http://www.sciencedaily.com/releases/2013/10/131024121446.htm>

## RECIPE: banana bread – eggless & vegan

Ingredients: 4 medium sized ripe or over ripe bananas; 1.5 cups whole wheat flour;  $\frac{1}{2}$  or  $\frac{2}{3}$  cup coconut oil or sunflower oil (adding about  $\frac{2}{3}$  cup would result in a more softer texture);  $\frac{1}{2}$  cup organic brown sugar or cane sugar;  $\frac{1}{2}$  tsp vanilla powder or 1 tsp vanilla extract; 1 tbsp sunflower seeds (optional); 1.5

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tsp baking powder; ½ tsp baking soda; a pinch of salt (optional)

Instructions: Preheat the oven to 180 °C; Grease a bread tin or a rectangular cake pan with some vegetable oil; Mash bananas well or puree them with a hand blender; Add the oil, sugar & vanilla to the banana and mix well; Sieve the flour, add baking soda and baking powder; fold the sieved flour well; Add the sunflower seeds and fold these; Pour the bread mixture into the bread pan; Bake at 180 °C for 30-40 minutes or till a toothpick inserted in the bread comes out clean; Remove the bread from the pan; Slice and serve warm.

<http://www.vegrecipesofindia.com/banana-bread-eggless-vegan-recipe/>

**Notice: This material contains only general descriptions and is not a solicitation to sell any insurance product or security, nor is it intended as any financial, tax, medical or health care advice. For information about specific needs or situations, contact your financial, tax agent or physician.**

**Source: The primary sources cited above, New York Times (NYT), Washington Post (WP), Mercury News, Bayarea.com, Chicago Tribune, USA Today, Intellihealthnews, Deccan Chronicle (DC), the Hindu, Hindustan Times, Times of India, AP, Reuters, AFP, womenfitness.net, about.com etc.**

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Om! Asatoma Sadgamaya, Tamasoma Jyotirgamaya, Mrityorma Amritamgamaya, Om Shantih, Shantih, Shantih!

(Aum! Lead the world from wrong path to the right path, from ignorance to knowledge, from mortality to immortality, and peace!)

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