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Smoking
A study published March 31 in the American Journal of Human Genetics[2] presents the evidence that smoking cigarettes while pregnant chemically modifies a fetus' DNA, mirroring patterns seen in adult smokers. The researchers also identify new development-related genes affected by smoking.

Jobless due to Emotional Problems
Suffering from emotional problems in adolescence is an important risk factor for future joblessness, irrespective of socio-economic background, according to a new report[3]. The adverse impact of psychological distress on job prospects grew in the years following the 2007 – 2009 Great Recession where those with a history of distress experienced a pronounced rise in joblessness.

Coffee
Coffee contains several bioactive compounds relevant to colon physiology. Daily consumption of coffee is associated with lower risk of colorectal cancer, and the more coffee consumed, the lower the risk, according to a report published in published in the April issue of Cancer Epidemiology, Biomarkers & Prevention[4].

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Apple-Shaped Body

Abdominal obesity with an apple-shaped body is a strong predictor of serious heart disease in patients who have type 1 or type 2 diabetes. Apple-shaped bodies are already associated with metabolic syndrome (which includes high blood pressure, high sugar levels and high cholesterol), as well as coronary artery disease and heart failure. Waist circumference is also a strong predictor of left ventricular dysfunction in patients. Metabolic syndrome is often accompanied by excess body fat around the abdomen. Results of the study are reported at the 2016 American College of Cardiology Scientific Session in Chicago[5].

Interpersonal Attraction

Humans interacting with other humans must be able to understand their interaction partner's affect and motivations, often without words. Being able to comprehend another person's intentions and emotions is essential for successful social interaction. Finding the "right" cooperation partner is an important task for individuals living in complex environments that require social interaction and cooperation. To accomplish a common goal, interaction partners must understand and continuously update information about their partner's current intentions, motivation, and affect, anticipate the other's behavior, and adapt their own behavior accordingly. From a sociobiological point of view, one thus might expect that evolution has favored a neural mechanism that permits individuals to select other individuals as their cooperation partners whose behavior and communication signals they can easily decode. If a social encounter with another person is rewarding, then the reward will become associated with the other person, resulting in interpersonal attraction.

Individual changes in interpersonal attraction can be predicted by activity in the participant's reward circuit, which in turn signaled how well the participant's "neural vocabulary" was suited to decode the other's behavior. Neural activity in the reward system of the observer's brain varied as a function of how well the target's affective behavior matched the observer's neural representation of the underlying affective state: The greater the match, the larger the brain's intrinsic reward signal. Taken together, these findings provide evidence that reward-related neural activity during social encounters signals how well an individual's "neural vocabulary" is suited to infer another person's affective state, and that this intrinsic reward might be a source of changes in interpersonal attraction[6].

Marriage May Be a Cancer Fighter

Being married boosts the survival chances of cancer patients, according to new research in the journal Cancer[7]. For unmarried Japanese, Chinese and Indian Americans, those born in the US had a worse chance of survival compared with married patients than those born elsewhere. The trend was also observed for women of Hispanic descent. Unmarried people perhaps could be considered a high-risk, vulnerable population.

REFERENCES AND NOTES

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AUM! SWASTI!

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!)

SWASTI! AUM!

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