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**VEPACHEDU EDUCATIONAL FOUNDATION**

## **The Telangana Science Journal**

**Health and Nutrition**

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Heart Healthy

- Keep your total calories under control
- Eat more vegetables (several servings per day)
- Eat more fruits
- Eat bananas and other high-potassium foods
- Replace butter and margarine with vegetable oils
- Avoiding trans fats and animal fat
- Eat whole grain foods
- Avoid refined carbohydrates and potatoes

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- Get your protein from legumes, beans, nuts and seeds
- Limit the amount of salt. When it comes to salt, a survey suggests most Americans may be confused about low-sodium food choices. 61% of respondents did **not** know that sea salt is **not** a low-sodium alternative to table salt.
- Don't smoke
- Don't drink alcohol. Most Americans believe that drinking red wine is good for the heart but may not fully understand that alcohol could lead to serious health problems, according to a new survey by the American Heart Association (AHA).
- Increase your physical activity
- Exercise every day
- Maintain a healthy weight and a [body mass index](#) (BMI) in the range of 20 to 24.9

### Apples

Scientists were surprised by the response of a group of post-menopausal women who ate 75 grams of dried apples a day for a year. Within six months their levels of harmful low density lipoprotein (LDL) cholesterol had dropped by almost a quarter. At the same time, concentrations of "good" high density lipoprotein (HDL) cholesterol, which combats heart disease, went up. And instead of putting on weight by eating an extra 240 calories a day, the women lost an average of 3.3 pounds. The same changes were not seen in another group of women eating dried prunes. <http://thescotsman.scotsman.com/health/An-apple-a-day-really.6750792.jp>

### Blueberries

The benefits of blueberry consumption have been demonstrated in several nutrition studies, more specifically the cardio-protective benefits derived from their high polyphenol content. Blueberries have shown potential to have a positive effect on everything from aging to metabolic syndrome. Recently, a researcher from Texas Woman's University (TWU) in Denton, TX, examined whether blueberries could play a role in reducing obesity. Plant polyphenols have been shown to fight adipogenesis, which is the development of fat cells, and induce lipolysis, which is the breakdown of lipids/fat. The research at the Experimental Biology 2011 meeting for the American Society for Nutrition. <http://www.medicalnewstoday.com/articles/221902.php>

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### **Vegetarian Diet Lowers Risk of Cataract**

Eating less meat and more vegetables is tied to a lower risk of cataracts, a British study says. In a large dietary survey that followed people for as long as 15 years, researchers found that about three in 50 meat eaters had cataracts, compared to about two in 50 vegans and vegetarians. The results translated to a 30 to 40 percent lower cataract risk among vegetarians and vegans compared with the meat eaters.

### **Overweight and Obese**

Researchers surveyed 1,520 young adults. The average age of people in the study was 25. Some were parents, with children under age 5. They were all overweight (average body mass index (BMI) was > 25). Mothers had an average BMI of 27 (overweight), compared with 26 (overweight) for women without children. A number of 25 or higher is considered overweight. Fathers and childless men were more alike. They ate about the same number of calories. Both had an average BMI of 25 (overweight). But fathers got less exercise. They got about 5 hours a week, compared with nearly 7 hours for men without kids. The journal Pediatrics published the study April 11.

Being tall and obese may increase your risk for potentially dangerous blood clots, according to new research in Arteriosclerosis, Thrombosis and Vascular Biology: Journal of the American Heart Association. Obesity is a well-known risk factor for clots in deep veins (usually in the legs) and for pulmonary embolism, a clot in blood vessels of the lungs that can result in sudden death or strain on the heart. Together, the two conditions are called venous thromboembolism (VTE).

Kids who swap out regular dairy products for low-fat varieties consume less saturated fat but compensate by taking more calories from other sources and don't lose weight, according to Australian researchers in The American Journal of Clinical Nutrition. They found neither weight nor body mass index (BMI) had changed noticeably six months after children switched to low- or reduced-fat dairy products, as the body weight depends on total calorie intake.

### **Red Chillies and Fiber to Curb Appetite**

Spicing up your daily diet with some red pepper can curb appetite according to research from Purdue University, published in Physiology & Behavior. Researchers found that consuming red pepper can help manage appetite and burn more calories after a meal, especially for individuals who do not consume the spice regularly. This finding should be considered a piece of the puzzle because the idea that one small change will reverse the obesity epidemic is simply not true. However, if a number of small changes are

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added together, they may be meaningful in terms of weight management. Dietary changes that don't require great effort to implement, like sprinkling red pepper on your meal, may be sustainable and beneficial in the long run, especially when paired with exercise and healthy eating, according to researchers.

Other studies have found that capsaicin can reduce hunger and increase energy expenditure - burning calories. The amounts tested, however, were not realistic for most people in the U. S. population. The current study measured the spice's effects using quantities of red pepper - 1 gram or half a teaspoon - that are acceptable for many consumers. Other studies also have looked at consumption via a capsule, but the study demonstrated that tasting the red pepper may optimize its effects.

Adding a dietary fiber derived from seaweed to a meal-replacement drink may reduce feelings of hunger by 30%, a team of industry researchers reports. Researchers from Unilever's Research and Development in the Netherlands compared the effects on hunger after drinking a meal-replacement drink with the fiber, alginate, at two different strengths and without it.

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### **Vitamin D**

High blood pressure, or hypertension, is more common and often more deadly in blacks than in whites, and a new University of Rochester study shows that low vitamin D levels among black people might be a powerful factor that contributes to the racial differences in hypertension. The University of Rochester Medical Center findings were published online in the Journal of General Internal Medicine. There is growing evidence that lower vitamin D status is associated with higher blood pressure.

People with darker skin generally produce less vitamin D, because most vitamin D is produced by the skin in response to sunlight. Vitamin D is metabolized in the liver where it is converted to 25 hydroxyvitamin D or 25(OH) D, the form used to determine a person's vitamin D status through a blood test. Deficiency is usually defined as less than 20 nanograms per milliliter; lower than 15 Ng/ml is inadequate to maintain bone health and normal calcium metabolism. Many people around the world have low concentrations of vitamin D. Genetic factors common to blacks, such as darker skin, reduce vitamin D synthesis. In addition, a higher incidence of lactose intolerance among blacks, which can eliminate vitamin-D fortified milk from the diet, contributes to lower dietary intake, previous research has shown.

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### What is Good for Heart May not be Good for Your Prostate

The largest study ever to examine the association of dietary fats and prostate cancer risk has found what's good for the heart may not be good for the prostate. Analyzing data from a nationwide study involving more than 3,400 men, researchers at Fred Hutchinson Cancer Research Center found that men with the highest blood percentages of docosahexaenoic acid, or DHA, an inflammation-lowering omega-3 fatty acid commonly found in fatty fish, have two-and-a-half-times the risk of developing aggressive, high-grade prostate cancer compared to men with the lowest DHA levels.

**Nuts, seeds and their oils are good sources of the omega 3 and 6 parent fats and hemp seed also contain some pre-converted GLA. They do not however contain EPA and DHA. If you optimize your intake of essential fats, and their conversion, the majority of people can achieve good health without fish.**

### Canola Oil

A first-of-its-kind study of canola oil finds that it reduces the size and incidence of colon tumors in laboratory animals, a South Dakota State University scientist says. The research suggests using canola oil in household cooking may protect against colon cancer development. The study showed that canola oil inhibited the average number of tumors per rat by 58 percent compared to one of the other two control diets in the experiment, and inhibited the size of the tumors that occurred by 90 percent. Flaxseed oil has a much higher level of Omega-3 fatty acids that are partly responsible for the health benefits — more than 50 percent compared to about 10 percent in canola oil — but canola oil may be easier to include in a typical American diet.

### Doctors Won't Follow Their Own Advise

Researchers asked primary care doctors about two fictional situations. Each one called for a treatment decision. One involved cancer, the other a severe case of flu. In both cases, one option presented a higher risk of death. The other had a lower risk of death but a higher risk of serious side effects or disability. Doctors were asked what they would do themselves or what they would recommend to a patient. In both cases, they were more likely to choose the treatment with the higher death risk for themselves than to recommend it to patients. The journal Archives of Internal Medicine published the study April 12.

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### **Premarital Unsafe Sex in India**

A large scale youth survey conducted under the aegis of the Union health ministry in the six states of Andhra Pradesh, Bihar, Jharkhand, Maharashtra, Rajasthan and Tamil Nadu has thrown up some interesting findings. Premarital sex has been found to be common among young men but a higher percentage of women aged 15-24 years have had sex before reaching the age of 15.

Around 15% of young men and 4% young women interviewed admitted to having pre-marital sex. Shockingly, 24% of the women had premarital sex for the first time before age 15 compared to 9% men. Premarital sex was also found to be more common in rural India.

According to the report prepared by Population Council, [Delhi](#), and International Institute of Population Sciences, [Mumbai](#), youth in rural areas were also more likely than those in urban areas to have initiated a pre-marital romantic relationship at age 15 (29% compared to 17% among young men, and 46% compared to 31% among young women). Around 6% of rural youth compared to 1% of urban youth had their sexual debut before age 18. Over 26% of young men and 40% of young women reported that they had spent time alone with their first romantic partner at age 15 or below.

Many of the pre-marital sexual experiences reported by the youth were risky. Around 25% of young men and 21% of young women reporting pre-marital sex had sex with more than one partner. Moreover, consistent condom use was limited only 13% of young men and 3% of young women reported condom use in all pre-marital encounters. While sexual relations were generally unsafe across all the six states, some notable state-level differences were found. For example, among young men, multiple partner relations were reported by 32% in five of the six states, but by relatively few (14%) in Rajasthan. [http://articles.timesofindia.indiatimes.com/2010-02-21/india/28116578\\_1\\_young-women-age-youth](http://articles.timesofindia.indiatimes.com/2010-02-21/india/28116578_1_young-women-age-youth)

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### **Deadly Bug from Delhi**

A deadly superbug was found in about a quarter of water samples taken from drinking supplies and puddles on the streets of New Delhi, according to a study. Experts say it's the latest proof that the new drug-resistant bacteria, known as NDM-1, named for New Delhi, is widely circulating in the environment. Since it was first identified in 2008, it has popped up in a number of countries, including the United States, Australia, Britain, Canada and Sweden. Most of those infections were in people who had recently

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traveled to or had medical procedures in India, Pakistan or Bangladesh. The superbug can only be treated with a couple of highly toxic and expensive antibiotics. The research was paid for by the European Union and was published online in the journal *Lancet Infectious Diseases*.

### **Alzheimer's Brain Shrinkage May Start Early**

People's brains may start to shrink a decade before they have symptoms of Alzheimer's, research published suggests in the journal *Neurology* published the study. Two studies looked at people over age 70. In the next 7 to 11 years, nearly one-fourth of people in the studies were diagnosed with Alzheimer's. Among those who had the lowest scores on the initial brain scan, more than half developed the disease. One-fifth of those with average scores and none of those with top scores developed Alzheimer's.

According to research conducted at Rush University Medical Center, frequent social activity may help to prevent or delay cognitive decline in old age, posted online in the *Journal of the International Neuropsychological Society*. Why social activity plays a role in the development of cognitive problems is not clear.

Lapses in memory occur more frequently with age, yet the reasons for this increasing forgetfulness have not always been clear. According to new research from Concordia University, older individuals have reduced learning and memory because their minds tend to be cluttered with irrelevant information when performing tasks. Published in *The Quarterly Journal of Experimental Psychology*, these findings offer new insights into why aging is associated with a decline in memory and may lead to practical solutions.

### **Vaginal Gel Reduces Preterm Births**

Thousands of women develop an unusually shortened cervix, the gateway to the uterus, resulting in preterm births. A simple treatment with a hormone-containing vaginal gel (Prochieve) significantly reduces premature births among pregnant women who are at high risk because of shortened cervix. The cervix naturally shortens as pregnancy progresses, but at issue here is one about half its usual length during the second trimester. The study screened 32,000 otherwise healthy pregnant women and found 2.3 percent did, which would equate to about 100,000 U.S. women in a year. The study was a collaboration

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between NIH and Prochieve maker Columbia Laboratories Inc. of Livingston, N.J., which plans to seek Food and Drug Administration approval for the drug for women with short cervix.

### Dangers of Pesticides

Moms-to-be have a lot to worry about while they're expecting, especially since everything they're exposed to has a chance of affecting their developing baby. And that includes pesticides, from the kind that farmers spray on fruit and vegetable crops to the bug-killers that we use in our homes. In three separate studies published in the journal *Environmental Health Perspectives*, researchers document that a mother's prenatal exposure to these chemicals can affect the cognitive development of her child, in some cases up to nine years later.

Read more: <http://healthland.time.com/2011/04/21/exposure-to-pesticides-in-pregnancy-can-lower-childrens-iq/#ixzz1L1m29pIw>

### Classification of Humanity

Ancient Indian philosophers classified human beings into four primary classes - intellectuals, warriors, business persons, and artisans, based on their innate nature and mental disposition, which everyone inherits by birth. In the early 1900s, scientists discovered that each person belonged to one of four classes. Now they have discovered a new way to classify humanity: by bacteria into 3 classes. Each human being is host to thousands of different species of microbes. Yet a group of scientists now report just [three distinct ecosystems in the guts of people they have studied](http://www.nytimes.com/2011/04/21/science/21gut.html? r=1). <http://www.nytimes.com/2011/04/21/science/21gut.html? r=1>

Humans carry several pounds of microbes in our gastro-intestinal tracts. Recent research suggests that this microbial ecosystem plays a variety of critical roles in our health. Now, working in a mouse model, researchers from Canada describe many of the interactions between the intestinal microbiota and host, and show that antibiotics profoundly disrupt intestinal homeostasis. The research is published in the April 2011 issue of the journal *Antimicrobial Agents and Chemotherapy*. <http://www.sciencedaily.com/releases/2011/04/110419214734.htm>

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### Multiple Sclerosis

MS is the most common neurological condition in young adults in the UK and affects around 85,000 people. Having less sunlight and suffering [glandular fever](#) have been studied as separate risk factors for [multiple sclerosis](#), but now researchers say there's a higher chance of developing MS with a combination of the two. A lack of sun on its own leads to a 61% extra risk of MS, but University of Oxford researchers found that having glandular fever as well raises that to 72%. [Vitamin D](#) has been closely studied in recent years and is thought to be a key factor in the development of MS. In a separate development, a new treatment, the first in tablet form for MS called fingolimod, is available, but it does not yet have guaranteed NHS funding.

Glandular fever (also known as infectious mononucleosis, sometimes called 'mono') is a very common viral illness. About 90% of people over 35 have been infected with it, probably during early childhood, and have antibodies to the virus in their blood. Glandular fever is a disease caused by the Epstein-Barr virus, which is a [herpes](#) virus that is extremely common, but causes no symptoms in most people. Complications that can develop from glandular fever include swelling of the covering of the [brain](#) or spinal cord ([meningitis](#)) and inflammation of the brain itself (encephalitis), but these complications are thought to be extremely rare. <http://www.webmd.boots.com/news/20110419/ms-sunlight-and-glandular-fever-links-studied>

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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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