

Medi Times

MediTimes from the desk of Medical Services brings the latest trending healthcare news

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This issue focuses on HIV and AIDS, medicinal value of Insulin Plant and a Fun Corner with Dimag Ki Batti Jalao.

Happy Reading!!!



People believe events that never happened-
A fictitious claim 2

Consuming nuts everyday results in reduced
risk for wide range of diseases ... 4

Pets- A unique support to people to treat
mental illness.... 6



HIV and AIDS.... 9



Insulin Plant 12



Fun Corner 14





People believe events that never happened-A fictitious claim

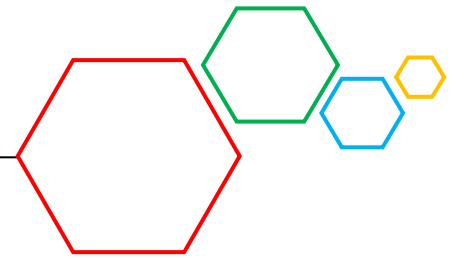
A new study finds that if we are repeatedly told about a fictitious autobiographical event, more than 50 percent of us are likely to believe we experienced it, and some of us may even elaborate on what happened.

Study coauthor Dr. Kimberley Wade, of the Department of Psychology at the University of

Warwick in the United Kingdom, and colleagues recently published their findings in the journal *Memory*.

Put simply, memory is the process by which the brain stores and retrieves information and past experiences. It is an imperative part of life, enabling us to form relationships, learn, plan, make decisions, and develop an overall sense of identity.

But memory recall is not a simple, flawless process. According to Dr. Wade and team, most researchers are in agreement that retrieving memories involves some degree of



reconstruction that is, memories can be pieced together through imagination, beliefs, social context, and even suggestions from other people.

"One implication of having a reconstructive and flexible memory system is that people



can develop rich and coherent autobiographical memories of entire events that never happened," note the authors. In other words, some people can create "false memories.

For their study, Dr. Wade and colleagues set out to get a better idea of the proportion of people who are susceptible to creating false memories.

The researchers analyzed the data of eight studies that used "memory implantation" whereby participants had false autobiographical events suggested to them, such as having problems with a teacher at school, taking a ride on a hot air balloon as

a child, or causing trouble at a wedding.

These suggestions were repeated to participants, and the suggestive techniques involved narratives and/or photos of the fictitious events.

In total, the study included 423 participants, of whom around 53 percent showed

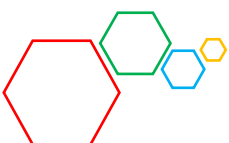
some degree of belief that they had experienced the false events.

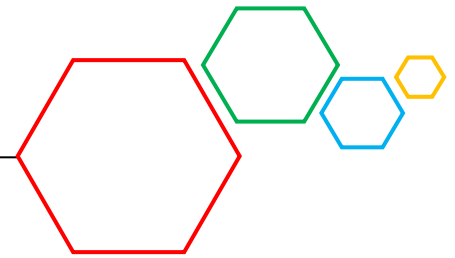
Of these subjects, more than 30 percent said they "remembered" the fictitious events, describing what occurred and even adding detail. A further 23 percent showed that they accepted the fictitious events and believed they actually occurred.

The researchers say their study has limitations. For example, they are unable to rule out the possibility that some subjects who created false memories may have actually retrieved genuine memories of events that were suggested to them, such as the hot air balloon

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ride, though they say such cases are rare.

Still, Dr. Wade and team believe their findings help shed light on our susceptibility to false memory formation.

Dr. Wade adds that the results raise questions about the validity of memories recalled in a wide range

of areas, including in criminal investigations, court rooms, and counseling.

"Source: Wade K. A et al. (in press). Recoding and reanalyzing memory reports from eight previously published false memory studies. Memory2016.

Consuming nuts everyday results in reduced risk for wide range of diseases

A large analysis of current research shows that people who eat at least 20g of nuts a day have a lower risk of heart disease, cancer and other diseases.

The analysis of all current studies on nut consumption and disease risk has revealed that 20g a day equivalent to a handful can cut people's risk of coronary heart disease by nearly 30

percent, their risk of cancer by 15 percent, and their risk of premature death by 22 percent.

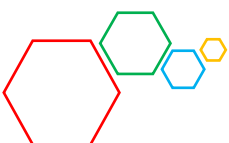
An average of at least 20g of nut consumption was also associated with a reduced risk of dying from respiratory disease by about a half, and diabetes by nearly 40 percent,

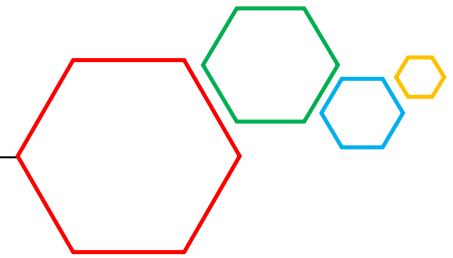


although the researchers note that there is less data about these

diseases in relation to nut consumption.

The study, led by researchers from Imperial College London and the Norwegian University of Science and





Technology, is published in the journal BMC Medicine.

The research team analysed 29 published studies from around the world that involved up to 819,000 participants, including more than 12,000 cases of coronary heart disease, 9,000 cases of stroke, 18,000 cases of cardiovascular disease and cancer, and more than 85,000 deaths.

While there was some variation between the populations that were studied, such as between men and women, people living in different regions, or people with different risk factors, the researchers found that nut consumption was associated with a reduction in disease risk across most of them.

Study coauthor Dagfinn Aune from the School of Public Health at Imperial said: "In nutritional studies, so far much of the research has been on the big killers such as heart diseases, stroke and cancer, but now we're starting to see data for other diseases.

What makes nuts so potentially beneficial, said Aune, is their nutritional value: "Nuts and peanuts are high in fibre, magnesium, and polyunsaturated fats nutrients that are beneficial for cutting cardiovascular disease risk and which can reduce cholesterol levels.

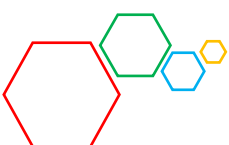
"Some nuts, particularly walnuts and pecan nuts are also high in antioxidants, which can fight oxidative stress and possibly reduce cancer risk. Even though nuts are quite high in fat, they are also high in fibre and protein, and there is some evidence that suggests nuts might actually reduce your risk of obesity over time."

The study also found that if people consumed on average more than 20g of nuts per day, there was little evidence of further improvement in health outcomes.

The team are now analysing large published datasets for the effects of other recommended food groups, including fruits and vegetables, on a wider range of diseases.

People who eat at least 20g of nuts a day have a lower risk of heart disease (by nearly 30 percent), cancer (by 15 percent) and premature death (by 22 percent).

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Pets-A unique support to people to treat mental illness.

Millions of Americans are affected by a serious mental illness every year. In fact, approximately 1 in 5 adults in the United States reportedly experience mental health problems in a given year.

Many of these people experience feelings of loneliness and isolation.

These feelings have been documented in psychiatric literature and connected with a patient's so called ontological security. The term refers to a sense of order, continuity, and meaning in a person's life, together with a positive outlook on the future.

New research examines the impact of having a pet on the sense of ontological security and wellbeing of people with mental health problems.

Researchers led by D. Helen Brooks from the University of Manchester in the United Kingdom interviewed 54 participants who were in the care of community based mental health services in Manchester and South Hampton, U.K.

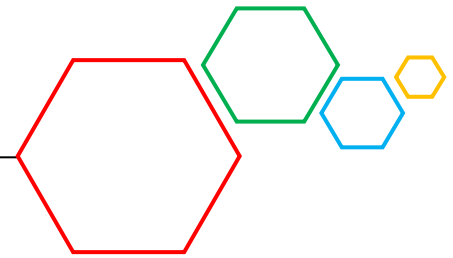
Participants were at least 18 years old, and had all been diagnosed with severe mental illnesses.

Researchers asked the participants

"Who or what do you think is most important to you in managing your mental health?" Then, they were asked to place the network members in

the innermost circle if they considered them "most important," the middle circle if the members were "important but not as important as the central circle," and finally in the outer circle if the network members were "important





but not as important as the two more central circles."

Of these, the majority 60 percent placed their pet in the central, most important circle. Another 20 percent placed their pet in the second circle, and only 3 participants placed their pet in the third circle.

Patients reported various reasons why pets were so important to them. Some of them said they provided much needed distraction from symptoms and upsetting experiences, such as hearing voices, suicidal thoughts, or rumination.

Pets also gave their owners a feeling of responsibility, which in turn made the owners feel respected by other members of society. Having a pet was seen as an effective way to reduce the stigma associated with mental illness.

Caring for a pet also gave owners a feeling of being in control, as well as a feeling of security and routine. This provided participants with a sense of ontological security, by generating a sense of order and continuity to their day to day activities.

Finally, the feelings of acceptance and unconditional support that pets gave their owners contributed to an overall sense of meaning.

The findings highlight the importance of pets for the self management of mental illness and everyday life.

Authors note that while the value and utility of pets for people with physical disabilities has been acknowledged by the medical community, the equally valuable role of pets in mental wellbeing remains largely ignored by healthcare professionals.

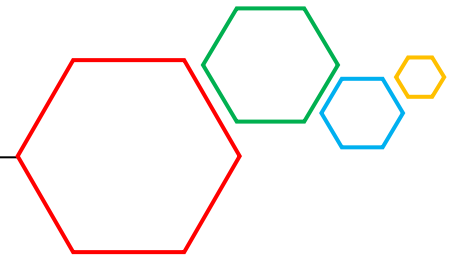
This makes Brooks and team refer to the work of pets as "hidden." However, the authors conclude, it seems that the contribution pets bring their owners is "unique."

"Analysis of an individual's support network suggests a unique contribution from pets that extends beyond the support and connections provided by familial, friendship and weak tie connections," the researchers say.

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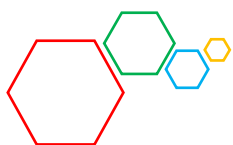




Dr. Brooks emphasizes the unique role of pets in improving the wellbeing of people with mental illness, and she calls for more holistic

and creative approaches to enhance physical and mental wellbeing.

Source: Brooks H et al. BMC Psychiatry 2016, 16:409.



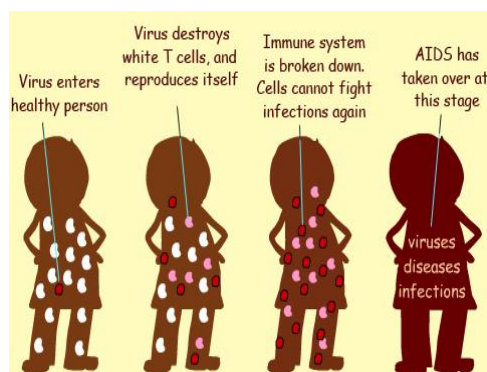


HIV and AIDS

HIV

HIV stands for **H**uman **I**mmunodeficiency **V**irus. This virus attacks the body's immune system, specifically the CD4 cells (CD4 is a white T cells blood cells, which help the immune system fight off infection). If left untreated, HIV reduces the number of CD4 cells in the body, making the person more prone to get infections or some cancers. Over time, HIV can destroy so many of these cells that the body can't fight off infections and disease.

AIDS



AIDS stands for **A**cquired **I**mmuno **D**eficiency **S**ndrome . AIDS is the final stage of HIV infection. AIDS is the stage of infection that occurs when immune system is very badly damaged and become various infections.

SYMPTOMS

In early stage person experience a flu-like illness within 2-4 weeks after HIV infection which include

- Fever
- Chills
- Rash
- Night sweats
- Muscle aches
- Sore throat
- Fatigue
- Swollen lymph nodes
- Mouth ulcers

In late stage of HIV infection

- Rapid weight loss
- Recurring fever or profuse night sweats
- Extreme and unexplained tiredness
- Prolonged swelling of the lymph glands in the armpits, groin, or neck
- Diarrhoea that lasts for more than a week
- Sores of the mouth, anus, or genitals
- Pneumonia

How HIV virus spreads?

- Unprotected sexual act
- From mother to child during pregnancy, birth, or breastfeeding.
- Blood transfusions without proper testing
- By being prick with an HIV-contaminated needle or other sharp object.

Modes of HIV/AIDS transmission:



Sexual intercourse



Blood and
blood products



Sharing of needles/
syringes



From infected mother
to her child

HIV is not spread by...

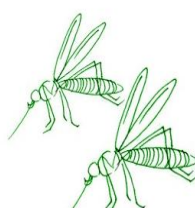
HIV/AIDS cannot be transmitted through:



Toilet



Sharing utensils



Mosquito



DIAGNOSIS

Dignosis is usually from blood tests

- Enzyme-linked immunosorbent assay (ELISA) is the first test to screen for HIV
- Western blot test
- CD4 count

TREATMENT

- No effective cure for HIV currently exists, but with proper treatment and medical care, HIV can be controlled.
- The medicine used to treat HIV is called antiretroviral therapy or ART.
- If taken the right way, every day, this medicine can dramatically prolong the lives of many people with HIV, keep them healthy, and greatly lower their chance of transmitting the virus to others.

PREVENTION

- Safe sexual practices
- Post exposure prophylaxis after accidental pricks
- Chemo prophylaxis to HIV infected pregnant to reduce chances of HIV transmission to fetus
- No vaccine is available yet



MEDICINAL VALUE



Insulin Plant

Insulin plant is a medicinal plant and capable of having Magic Cure for **Diabetes**. Its botanical name is *Costus Igneus*. It is widely grown in gardens as ornamental plant in South India. Leaf of this herbal plant helps to build up **insulin** by strengthening beta cells of Pancreas in the **Human body** thus popularly known as “**Insulin plant**” in India.

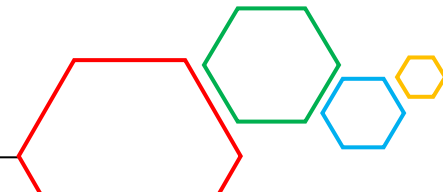
Insulin Plant Medicinal Uses:

- *C.igneus* is having the virtue of the promoting insulin by human body.
- Aqueous extract of this plant would prevent the formation of calcium kidney stones by the inhibitory effect on plant growth of calcium oxalate.

- The dry leaves of this plant show significant control over blood sugar level in laboratory rats.
- This plant is used for the reduction of post prandial blood sugar levels during fasting.
- It is now accepted and widely used as an Ayurvedic medicinal herb.
- This plant has been proven to possess various pharmacological activities on diuretics, antioxidant, antimicrobial.
- The antioxidant
- property of this plant may be due to the presence of phenolic substances.



**“A medicinal plant with
Anti-diabetes property”**



- It is possible to consume the leaves by drying and grinding the powder of the leaves.
- It is known that diabetic people eat 2-3 leaves of this plant twice a day to keep their blood glucose low.

The leaves of Insulin plant must be chewed well before swallowing. After chewing the leaves / leaf have a little water.

Mode of Action:

Having natural concentration of Corosolic acid, Insulin plant can have a positive effect on blood sugar levels.

Corosolic acid works in metabolism of glucose process like insulin that reduces blood sugar levels by transporting glucose into cells and out of the bloodstream.

This leaf is not recommended for pregnant or lactating women.

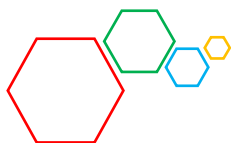
Hegde KP et al. A review on Insulin plant (*Costus igneus* Nak). *Pharmacogn Rev.* 2014 Jan-Jun; 8(15): 67–72.

Chauhan et al. Phytochemical screening, antimicrobial activity and antioxidant activity of *costus igneus*. *European Journal of Molecular Biology and Biochemistry.* 2015;2(2):93-96.

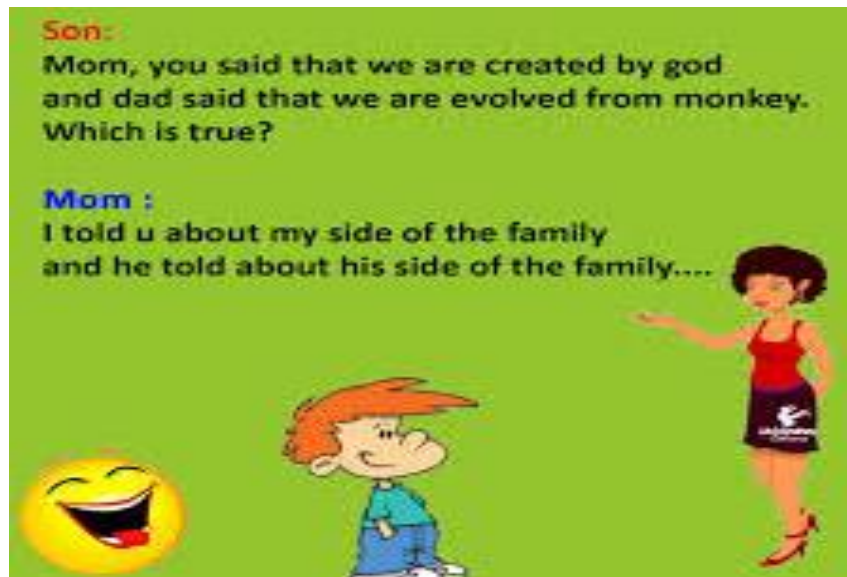


IMPORTANT HEALTH DAYS IN DECEMBER

Date	Observed as
1	World AIDS Day
2	National Pollution Prevention Day
3	International Day of Disabled Persons
9	World Patient Safety Day



JUST FOR LAUGH GAGS CORNER



DIMAG KI BATTI JALAO...

1. Which types of nuts have antioxidant property, which can fight oxidative stress and possibly reduce cancer risk?
2. What type of feeling made the owners feel respected by other members of society?
3. I easily get into a person's life, but very hard to get out of the life? Who am I?