



FOREWORD

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

*The **In focus** latest medical news comprises of articles on **People who eat a healthy diet including whole fruits may be less likely to develop Diabetes** and **Omega- 3 Fatty acids help reduce depression by their anti-inflammatory Effects***

*The **COVID-19 infohub** focuses on knowing about **COVID-19 Symptoms in Children***

*The **greens for health** section, in this issue provides an insight about the health benefits of **Curry Leaves**.*

Hope this June 2021 issue of Meditimes would be an informative reading

Happy Reading!!!

Best Regards,

Dr. Manjula S

Senior VP Medical Services

LATEST MEDICAL NEWS



People who eat a healthy diet including whole fruits may be less likely to develop Diabetes



Omega- 3 Fatty acids help reduce depression by their anti-inflammatory effects

COVID-19 INFOHUB



COVID-19 Symptoms in Children

GREENS FOR HEALTH



Curry Leaves



FUN CORNER



DIMAG KI BATTI JALAO!



People who eat a healthy diet including whole fruits may be less likely to develop Diabetes



Diabetes is a condition in which people have too much sugar level in their bloodstream. To lower a person's diabetes risk, a healthy diet and lifestyle plays an important role.

This study published in the *Journal of Clinical Endocrinology & Metabolism* aimed at examining the associations between intake of fruits and Diabetes.

7675 participants aged 25 years or older were included in this study. They provided information on their fruit and fruit juice intake through a food frequency questionnaire. Researchers found that 36% of the participants who ate more whole fruits had lower odds of having diabetes at 5 years. There was an association between fruit intake and markers of insulin sensitivity. Hyperinsulinemia (High levels of circulating insulin) can damage blood vessels and also can lead to other conditions like high blood pressure, obesity and heart disease.

This study showed that people who consumed 2 servings of fruit per day had a 36% lower risk of developing type 2 diabetes over the next then 5 years than those who consumed less than half a serving of fruit per day".

Reference: Bondonno NP, Davey GJ, Murray K, Radavali-Bajani S, Bondonno CP, Bekkendorfs LC, Sam M, Mason DJ, Daly RM, Shaw JE, Lewis JR. Associations between fruit intake and risk of diabetes in the AusDiab cohort: Supplementary material. June 2021



Omega-3 Fatty acids help reduce depression by their anti-inflammatory Effects



Omega-3 polyunsaturated Fatty acids (PUFAs) are metabolised into molecules called lipid mediators. Levels of these in the blood are linked to an improvement in depressive symptoms. The two important Omega-3 PUFAs, Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) have shown to provide anti-inflammatory, and antidepressant effects.

In a study published in the Journal Molecular Psychiatry, Effects of high doses of EPA and DHA was assessed in lab-grown neurons and then in patients to identify how they reduce inflammation and depression. In-vitro human cell model known as 'depression in a dish' was developed which uses cells from the hippocampus (Part of the brain which has its major role in memory and learning areas).

The study showed that treating hippocampal cells with EPA or DHA prevented increased cell death and decreased neurogenesis. Several key mediators produced by EPA or DHA such as hydroxyeicosapentaenoic acid (HEPE), Hydroxydocosahexaenoic acid (HDHA), Epoxyeicosatetraenoic acid (EpETE) and epoxydocosapentaenoic acid (EpDPA) were detected for the first time in human hippocampal neurones.

Patients with major depression were assessed who were given with either 3 grams of EPA or 1.4 grams of DHA daily for 12 weeks. Before and after the omega-3- PUFA treatment, lipid metabolites of EPA and DHA were measured in their blood, along with a score of their depressive symptoms.

In both the patients groups, EPA or DHA treatment showed significant improvements in depressive symptoms. Average reduction in symptom scores of 64% and 71% in the EPA and DHA groups were observed. Anti-inflammatory effects of Omega-3 could help reduce depression.

Reference: Borsini A et al. Omega-3 polyunsaturated fatty acids protect against inflammation through production of LXA and CYP450 lipid mediators: relevance for major depression and for human hippocampal neurogenesis. *Molecular psychiatry*. 2021 Jun 1:1-6.



COVID-19 : Infohub

Covid-19 in children

INDIA
TODAY

SYMPTOMS

- Fever
- Cough
- Breathlessness or shortness of breath
- Fatigue
- Sore throat
- Loss of taste
- Myalgia: Muscle pains, aches, pain in ligaments
- Rhinorrhea: Excess drainage, ranging from a clear fluid to thick mucus from nose
- Diarrhoea
- Loss of smell



Source: GoI/Ministry of Health and Family Welfare



CURRY LEAVES

Curry leaves, botanically classified as *Murraya koenigii* which grows on a deciduous tree that can mature to 2-5 meters in height and are part of the Rutaceae family. They are commonly used in southern and western Indian cooking.



Health Benefits



- Antioxidant
- Lowers High Cholesterol
- Good for Hair Growth
- Beneficial for Eye sight
- Improves Digestion
- Boosts Immunity

<https://www.agrovatika.com/blog/curry-leaves-health-benefits-and-nutritional-facts/>

Nutritional Facts	
Curry Leaf -0.5 g	
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	
Sodium	
Potassium	
Total Carbohydrates 0g	
Dietary Fiber 0g	0.5%
Sugar 0g	0.1%
Protein 0g	0.1%
Vitamin A	0.1%
Vitamin C	0.1%
Iron	






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Teacher: Why Are You Late?
Student: Because Of The Sign On The Road.
Teacher: What Type Of Sign? 
Student: The Sign That Says, "School Ahead, Go Slow."!



DIMAG KI BATTI JALAO



1. How many servings of fruits per day lower risk of developing type 2 diabetes?
2. What is the botanical name of curry leaves?
3. Rahul and Ravi having lost their main door keys finds plenty of other keys. But none can be used to unlock the door. Why?



Please send your quiz answers to drmanjua@microlabs.in or medicalservices@microabs.in and winner will get a surprise gift