



FOREWORD

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

The **In focus** latest medical news comprises of articles on **Omega- 3 and Vitamin D Supplements Improve mental Health in women with pre-diabetes** and **Time Restricted Eating: A Dietary approach to prevent Metabolic Disorders** The **COVID-19 infohub** focuses on knowing about **Keep children home if they symptoms of COVID-19**

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

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

Happy Reading!!!

Best Regards,

D. Manjula S

Senior VP- Medical Services

LATEST MEDICAL NEWS



Omega- 3 and Vitamin D Supplements Improve mental Health in women with pre-d'abetes



Time Restricted Eating: A Dietary approach to prevent Metabolic Disorders

COVID-19 INFOHUB



COVID-19 : Symptoms in Children

GREENS FOR HEALTH



Brahmi Leaves



FUN CORNER



DIMAG KI BATTI JALAO!



Omega- 3 and Vitamin D Supplements Improve mental Health in women with pre-diabetes

Diabetes is one of the most common non-communicable diseases in recent years. Primary prevention in the target population is one of the solutions for the control of non-communicable diseases worldwide. Identification, prevention, and control of their primary risk factors are the basis of the primary prevention of non-communicable diseases. One of the groups at a high risk of developing diabetes is people with pre-diabetes, which is the mid-stage between normal glucose levels and the development of type-II diabetes.



This study published in the *Brain and Behavior* aimed at assessing the effect of vitamin D and omega-3 supplements in women with pre-diabetes and hypovitaminosis D (lack of an essential Vitamin).

In this study 168 women of reproductive age with pre-diabetes and hypovitaminosis D were included. These were divided into four groups for 8 weeks; Placebo group, omega-3 group, Vitamin D group, co-supplement group. Medication and placebo doses being two 1000-mg tablets each day for omega-3 and 50,000-IU pearls every 2 weeks for vitamin D. At the beginning of the study, fasting blood glucose and vitamin D was measured. Before the start and end of the intervention the Depression Anxiety Stress Scale-21 and the Pittsburgh Sleep Quality Index was completed. This study showed a significant difference in terms of reduction in anxiety and improvement in sleep quality in the co-supplementation compared to the other three groups and in terms of reduction in depression and stress, researchers also observed a significant difference between the group receiving both supplements and the group receiving only placebos.

This study concluded that the concurrent intake vitamin D and omega-3 improved depression, anxiety, and sleep quality in women of reproductive age with pre-diabetes and hypovitaminosis D and can therefore be recommended for improving mental health in this group of women.

Reference: Raja-i-Nasen, M, Dolatian M, Qortan, M, Vaezi AA. Effect of omega-3 and vitamin D co-supplementation on psychological distress in reproductive-aged women with pre-diabetes and hypovitaminosis D. A randomized controlled trial. Brain and Behavior. 2021 Sep 2:e2342.



Time Restricted Eating: A Dietary approach to prevent Metabolic Disorders



Time-restricted eating (TRE) is a dietary strategy in which food is consumed only within a specific period each day for the prevention and therapy of lipid and glucose metabolic disturbances. Eating behavior of the modern society is characterized by prolonged and erratic daily eating which might be associated with increased risk of obesity, diabetes, and cardiovascular diseases.

The study published in the Journal 'Frontiers in Endocrinology' focuses on the impact of Time Restricted Eating on glucose and lipid metabolism. Researchers reviewed how Time-restricted eating affects glucose and lipid metabolism based on clinical trials published until June 2021. Combination of healthy diet, adequate sleep quality and increased physical activity is the best way of the Time-restricted eating approach to support optimal health.

More than half of the individuals eating period was about 15 h or longer every day. In addition, more than a third of the daily caloric intake occurred in the evening. Reducing the eating period in overweight individuals to 10 to 12 h resulted in weight loss and improved sleep quality after 10 weeks and 1 year of intervention. This showed that shortening of the eating time and the elongation of the fasting time (≥ 12 h) might have beneficial effects on metabolic parameters in humans.

This study concluded that for the prevention and therapy of glucose and lipid metabolic disturbances, Time-restricted eating is an attractive and easy-to-adapt dietary strategy. However, researchers added that there is need to confirm these effects to understand the underlying mechanisms and assess the applicability of personalized interventions.

Reference: Schuppelius B, Peters B, Pi ovarovic-Ravich O Time restricted eating: a dietary strategy to prevent and treat metabolic disturbances. Frontiers in Endocrinology. 2021;12.



COVID-19 : Infohub

Keep children home if they show symptoms of COVID-19

Cough Fever Headache Diarrhea Vomiting

cdc.gov/coronavirus

CS22779-4 | 09/16/21 11:48 AM



Brahmi Leaves



Nutrient (per 100g)	Amount
Moisture (%)	13.9
Ash(%)	1.95
Protein (g)	13.5
Fat (g)	2.3
Carbohydrate(g)	68.3
Energy(kcal)	348
Iron (mg)	13.8
Calcium (mg)	189
Total carotene (µg)	26600





DIMAG KI BATTI JALAO



- 1) Omega-3 and Vitamin D Supplements Improve mental Health in women with p.e-diabetes. Is it True or False?
- 2) Brahmi belongs to _____ family?
- 3) I Can shoot you wherever you go but I can never murder you. Can you guess who am I?



Please send your quiz answers to medicalservices@microlabs.in and where will get a surprise gift.



Medi Times

MONTHLY NEWSLETTER

MEDICAL
SERVICES

VOL 7 | ISSUE 84 | SEPTEMBER 2021

