

FOREWORD

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

The **in focus** latest medical news comprises of articles on **A Mind-controlled Robot to make life better for people with movement disorders** and **Study shows: Risk of Heart disease and Diabetes in Women with Irregular Periods**. The COVID-19 infohub focuses on knowing about **"COVID-19 Vaccines for Children and Teens"**

The Health benefits of Oils, in this issue provides an insight about the **health benefits of Almond Oil**.

Hope this January 2022 issue of Meditimes would be an informative reading

Happy Reading!!!

Best Regards,

Dr. Manjula S

Senior VP- Medical Services

LATEST MEDICAL NEWS



A Mind-controlled Robot to make life better for people with movement disorders



Study shows: Risk of Heart disease and Diabetes in Women with Irregular Periods

COVID-19 INFOHUB



COVID-19 Vaccines for Children and Teens

Health Benefits of Oil



Almond Oil



FUN CORNER



DIMAG KI BATTI JALOA

A Mind-controlled Robot to make life better for people with movement disorder



Patients with spinal cord injury often experience permanent disabilities that prevent them from performing even the simplest tasks, like grasping an object or slightest movement. These patients are believed to be prisoners of their own bodies, unable to speak or perform any task. According to the study published in *Communications Biology*, Assistance from robots could help these patients to increase their Quality of Life, since the robot can execute tasks in their place.

Researcher developed a computer program that can easily control the robot using electrical signals emitted by a patient's brain, without using voice control or touch function so that patients can move the robot simply with their thoughts.

While using the system, the patient need to just look at the robot and if the robot makes an incorrect move, the patient's brain will immediately emit an "error message". The robot will then understand that the action was wrong and figure out the right response and execute according to the patient's wishes. This study concluded that Assistance from robots could help patients with disabilities to carry out day to day activities on their own.

This Mind Controlled Robot can improve the Quality of Life of the patient suffering with disabilities by executing according to their thoughts without touching or commanding.

Reference: Batzianouli I et al. Customizing skills for a five-fingered robotic manipulator: a inverse reinforcement learning approach with error-related potentials. *Communications Biology*. 2021 Dec 15; 4(1):1-4.

Study shows: Risk of Heart disease and Diabetes in Women with Irregular Periods



For most women, monthly periods come up like clockwork. Having irregular periods is something that creates worry and draws concern. Irregular periods may be due to various reasons like Polycystic Ovarian Syndrome (PCOS), stress and Hormonal imbalance etc.

However, a study published in *Clinical Endocrinology* demonstrated that the risk of Diabetes and Heart Disease in women with Irregular Menstrual cycle in their forties increases than those whose cycle are regular. Investigators in this Study, collected and analysed data from the participants which revealed that the women with Irregular menses were 20 percent more likely to develop Heart disease and 17 percent more likely to develop Diabetes compared with women with regular menstrual cycles.

Irregular Menstrual cycle can be a matter of concern and can put health on risk by causing Cardio-metabolic diseases such as Heart disease & Diabetes. Women at risk may be benefitted from early screening and prevention strategies like Increasing daily activities, eating a high fiber and low sugar diet with lots of vegetables, whole grains, and fruits.

Irregular periods may be predictive of future heart disease and Diabetes which can be prevented by early screening and lifestyle modifications.

Reference:

1. Kiconco S, Teede HJ, Earnest A, Loxton D, Joham AC. Menstrual cycle regularity as a predictor for heart disease and diabetes: Findings from a large population-based longitudinal cohort study. *Clinical Endocrinology*. 2021. Nov 24.
2. https://orwh.od.nih.gov/sites/orwh/files/docs/PCOS_Booklet_501.pdf. accessed on 4 Jan, 2022.

COVID-19 Infohub

COVID-19 Vaccines for Children and Teens

1) Must know Facts

- Covid-19 vaccines are safe and effective
- COVID-19 vaccine dosage does not vary by patient weight

2) Support your child before, during and after the Virus

- Talk to your child before the visit about what to expect
- Tell the doctor or nurse about any allergies your child may have.
- Comfort your child during the appointment
- After your child's COVID-19 Vaccination you will be asked to stay for 15-30 minutes so your child can be observed in case they have a severe allergic reaction and need immediate treatment.



Your child may have some side effects which are normal signs that their body is building protection

Health Benefits of Oil- Almond Oil

Almond oil is extracted from pressing the seeds of the almond tree (almond nuts) which belongs to the family *Rosaceae*. This crop tree is grown primarily in Mediterranean climates. Almond oil is colorless to pale yellow and are rich sources of vitamins, minerals and other nutrients and is expressed from the seeds of almonds which has various health benefits.



	Ranges per 100 g of almond	
	g	mg
Macronutrients		
Protein	16-23	
Lipid	44-61	
Saturated fats	3-4	
Monounsaturated fats	31-35	
Polyunsaturated fats	11-12	
Carbohydrates		
Total sugars	4-6	
Total dietary fibres	11-14	
Water	4-5	
Micronutrients		
Minerals		
Calcium		264-300
Magnesium		230-268
Phosphorus		440-510
Potassium		705-730
Zinc		3.0-4.1
Copper		0.9-1.3
Manganese		1.2-1.8
Vitamins		
Riboflavin		1.0-1.1
Vitamin E (α-tocopherol)		25-27
Total phenolic compounds		260-350



Grundy MM et al. International journal of food science & technology. 2016 Sep; 51(9):1977-10.



After English Exam

How Was The Paper ?

It Was Easy But Question 5 Confused Me :

What Was the question?

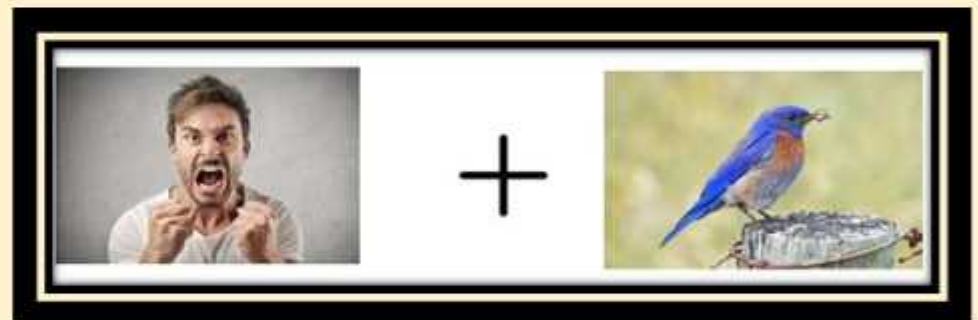
Question 5 Wanted The
Past Tense Of "Think",
I Thought & Thought & Thought
And End Up With Writing "Thought"

DIMAG KI BATTI JALAO

1) Irregular periods may be predictive of future heart disease and Diabetes which can be prevented by early screening and lifestyle modifications? True or False?

2) Almond belongs to family.....?

3) Name the game?



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