

YourHealthNews

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Mediterranean-type of diet, which has a high proportion of fruits,

vegetables, nuts, olive oil and fish is found to lessen the risk of various chronic diseases such as cardiovascular disease, cancer, diabetes and stroke in numerous studies; hence, it is widely recommended.

Recently, this type of diet has been studied for its effect on bone health in the elderly.

The trial¹ conducted in five European centers; namely, Bologna in Italy;

Norwich in the United Kingdom, Wageningen in the Netherlands, Warsaw in Poland, and Clermont-Ferrand in France, recruited more than 1000 volunteers aged between 65 and 79. The participants were randomized to two groups - one that

Mediterranean diet may reduce bone loss, study says

followed a Mediterranean diet, and a control group that did not.

All participants' bone density were measured at the start and after a year.

area is prone to osteoporosis in the elderly, which can result to hip fracture.

This promising results provides insights to the health benefits of a Mediterranean diet.



Results showed that those in the control group were found to have continued age-related decline in bone density. But, those who had Mediterranean diet were noted to have an increase in bone density in the femoral neck, which is the area

Nonetheless, Mediterranean diet may aid in reducing bone loss especially in the elderly. Further studies with longer trial period is recommended to further clarify its impact in bone density, researchers added.

that connects the shaft of the thigh bone to its rounded head. This

Although the study was done for a year, the intervention may still be relatively short to show impact as bone formation takes a long time.

Cured meats are linked to manic episodes, research says

Mania is an abnormal elevated mood state characterized by periods of great excitement and delusions. This is often a characteristic of bipolar disorder, a common, serious mental disorder.

In a new study published at *Molecular Psychiatry*, experts from the US found a linked between consumption of cured or nitrated meats and manic episodes.²

Roughly 1100 participants with or without psychiatric disorders from Baltimore, USA were recruited to take part in a survey.

Initially, the study was to look at the connection between infectious diseases and mania. However, the investigators observed through the survey that a significant number of individuals have consumed processed meats before their episodes of mania.

Analysis of data revealed that those who have a history of consuming

cured meat prior to hospitalization are 3.5 more times likely to have manic episodes compared to those without psychiatric disorders. But, no association of cured meats were noted with diagnosis of schizoaffective disorder, bipolar disorder and major depressive disorder.



They further tested this association by studying rats being fed with a diet of nitrates. They noted that those rats that were fed with nitrate-free diet were observed to be less hyperactive than those who were given meat with nitrates.

The researchers concluded that manic episodes are associated with history of consuming cured meats. They postulated that nitrates may result in inflammation that can trigger mania in people who are susceptible to it. Yet, the exact process as to how this occurs is still unsure. Additional studies need to address this relationship and further confirm this association.

Eye drops from turmeric may treat glaucoma, study reveals

Turmeric, a yellow Indian spice, has been known to have anti-inflammatory effects. Numerous studies have investigated its effect on human body functions, such as [memory benefits](#).

In a recent study, a turmeric compound known as curcumin could be used in eye drops to treat early stages of glaucoma.³

Glaucoma, a common cause of blindness worldwide, is caused by the loss of retinal cells.

Scientists from the UK have developed a method to deliver curcumin directly to the eyes in the form of drops. Previously, curcumin was taken orally but with poor solubility and causes digestive side effects; hence, the study to find a better way of delivering curcumin to the eye.

The solution laced with curcumin via a surfactant combined with a stabilizing agent, a method known as nanocarriers that is already used in other eye products, have shown to reduced significantly the loss of retinal cells in laboratory rats. The

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researchers came to this result when they administered the drops twice daily for three weeks to rats with ongoing retinal cell loss. When compared with those untreated rats, retinal cell loss was significantly reduced.

Symptoms of glaucoma:

- Blurred vision
- Loss of vision
- Red eye
- Eye pain
- Nausea and vomiting

○ Note: Glaucoma may not have any symptoms initially; thus, screening high risk individuals is necessary.

In addition to this, no eye inflammation nor irritation were observed in the experimental rats; thus, they were well tolerated.

With these findings, it is hoped that the medication will be eventually be used in clinical trials in humans with glaucoma. And if successful, will pave a way for future treatment and management of the condition.

Diabetic women are at a higher risk of developing cancer, study shows

Diabetes has been found to increase the risk of developing cancer, according to a recent systematic review.

The study published in the journal *Diabetologica* was conducted by experts from *The George Institute for Global Health* in Australia.⁴

The researchers analyzed 47 studies worldwide, which involved 20 million people – the largest of review to look into the association of diabetes and cancer.

Besides confirming the linked between diabetes and cancer, the analyses also showed differences between male and female diabetics in regards to cancer risk.

Diabetic women have a 27 percent risk of developing cancer compared to non-diabetic women. On the other

hand, diabetic men have a 19 percent risk compared to non-diabetic men.

Moreover, the researchers was also able demonstrate that diabetes was associated with a 6 percent higher risk of developing cancer in females than males.

They believed that the reason for diabetic women having a higher risk compared to diabetic men of developing cancer is due to women

being pre-diabetic two years longer than men.

With these results, they recommended that more research on sex-specific approach to the role of diabetes in cancer prevention and treatment should be conducted in the future.



Eating an egg a day may lower risk of heart disease and stroke, research suggests

Egg consumption has been a contention on how much should we have on a regular basis. This is what drove scientists to explore in a new research published in the journal *Heart*.

The new research found that eating an egg a day may help protect against cardiovascular disease.⁵

Over half a million adults aged 30-79 years were surveyed in China about their egg consumption and were followed up for a more than 8 years.

This study was part of the China Kadoorie Biobank study.

Analyses of results revealed that those who reported moderate egg consumption (one a day) were less likely to develop heart disease and experience a fatal hemorrhagic stroke compared to non-egg eaters.



This accounts to 18 percent lower risk for developing heart disease and 28 percent lower risk for having a stroke.

Since the study is observational and proves association between egg and heart disease, it does not show a direct cause and effect of egg and heart disease; hence, the research should be interpreted with caution.

Nevertheless, it provided evidence that moderation – in this instance one egg a day – is the key in our daily intake of various foods.

It has been noted in various dietary guidelines that one to two eggs a day is acceptable. Thus, the results is consistent with these guidelines.

Along with healthy diet, lifestyle modifications such as regular exercise and avoidance of smoking, helps prevent cardiovascular disease.

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