

WANT TO LIVE LONGER? Drink Tea These Many TIMES A WEEK

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Agencies

Good news for tea lovers! Researchers have found that drinking tea at least three times a week is linked with a longer and healthier life. "Habitual tea consumption is associated with lower risks of cardiovascular disease and all-cause death," said study first author Xinyan Wang, Chinese Academy of Medical Sciences, Beijing in China. "The favourable health effects are the most robust for green tea and for long-term habitual tea drinkers," Wang added. The analysis, published in the European Journal of Preventive Cardiology, included 1,00,902 participants of the China-PAR project2 with no history of heart attack, stroke, or cancer. Participants were classified into two groups: habitual tea drinkers (three or more times a week) and never or non-habitual tea drinkers (less than three times a week) and followed-up for a median of 7.3 years. Habitual tea consumption was associated with more healthy years of life and longer life expectancy. For example, the analyses estimated that 50-year-old habitual tea drinkers would develop coronary heart disease and stroke 1.41 years later and live 1.26 years longer than those who never or seldom drank tea. Compared with never or non-habitual tea drinkers, habitual tea consumers had a 20 per cent lower risk of incident heart disease and stroke, 22 per cent lower risk of fatal heart disease and stroke, and 15 per cent decreased risk of all-cause death. The potential influence of changes in tea drinking behaviour were analysed in a subset of 14,081 participants with assessments at two time points. The average duration between the two surveys was 8.2 years, and the median follow-up after the second survey was 5.3 years. Habitual tea drinkers who maintained their habit in both surveys had a 39 per cent lower risk of incident heart disease and stroke, 56 per cent lower risk of fatal heart disease and stroke, and 29 per cent decreased risk of all-cause death compared to consistent never or non-habitual tea drinkers. "The protective effects of tea were most pronounced among the consistent habitual tea drinking group. Mechanism studies have suggested that the main bioactive compounds in tea, namely polyphenols, are not stored in the body long-term," said study senior author Dongfeng Gu. "Thus, frequent tea intake over an extended period may be necessary for the cardio-protective effect." Gu added. In a sub-analysis by type of tea, drinking green tea was linked with approximately 25 per cent lower risks for incident heart disease and stroke, fatal heart disease and stroke, and all-cause death. However, no significant associations were observed for black tea, the study said. According to the researchers, two factors may be at play. First, green tea is a rich source of polyphenols which protect against cardiovascular disease and its risk factors, including high blood pressure and dyslipidaemia. Black tea is fully fermented and during this process polyphenols are oxidised into pigments and may lose their antioxidant effects. Second, black tea is often served with milk, which previous research has shown may counteract the favourable health effects of tea on vascular function, the study said.

Posting About Depression On Facebook May Not Help College Students: Study

Press Trust Of India

College students who post about their feelings of depression on Facebook may not be encouraged by their friends to seek help from a mental health professional, according to a new study.

In the study, published in the journal JMIR Research Protocols, none of the 33 participating students said their friends helped them reach out to a mental health professional to discuss their problems.

The researchers, including those from The Ohio State University in the US, said most friends of the study participants simply sent supportive or motivating messages instead.

As part of the study, the 33 students reported what type of post they made, how their friends responded, and also completed a measure of depression.

Nearly half of the participants reported symptoms which were consistent with moderate or severe depression. About a third of them indicated they had had suicidal thoughts several days in the previous few weeks.

The participants' Facebook posts were mostly of two common themes.

They were either negative emotions like "I just said I felt so alone"—one student wrote—or about having a bad day, "Terrible day. Things couldn't get any worse"—another participant posted.

Together, these two themes appeared in about 45 per cent of the posts reported by the students, the researchers said.

Only one of the students directly asked for help, and only three mentioned "depression" or related words,



the study said. While most of the students didn't use words like "depression" in their Facebook posts, many found ways to hint at their mental states without being explicit.

Fifteen per cent of the participants used sad song lyrics, five per cent used an emoji, and another 5 per cent used words to express their depressed states.

"It may be because of the stigma around mental illness. Or maybe they didn't know that their symptoms indicated that they were depressed," said Scotty Cash, lead author of the study from The Ohio State University.

According to the researchers, the most common responses from the participants' friends—about 35 per cent of Facebook post responses—were simply supportive gestures.

"All my close friends were there to encourage me, and letting me know that everything will be okay," one study participant said.

Coming second, the next most common response—19 per cent of

posts—asked what was wrong.

The participants said they didn't always take such responses positively. "It is hard to tell who cares or who's just curious this way, though," one participant wrote.

"For the friends reading these posts, they often have to read between the lines since few people came right out and said they were depressed," Cash said.

According to the researchers, many people used quotes and song lyrics to talk about how they're feeling, so their friends had to decode what they were saying.

She said the findings point to the need for more mental health literacy among college students so they can recognise signs of depression among their peers and know how to respond.

"Both Facebook and colleges and universities could do more to give these students information about resources, mental health support, and how to recognize the signs of depression and anxiety," she said.

'Ketone Supplements Can Control Spikes In Blood Sugar Level'

Press Trust of India

Ketone supplements are small dietary doses of a chemical naturally produced by the liver from body fat during periods of low food intake, and a new study says these may lower blood sugar levels in diabetics.

The study, published in the Journal of Physiology, showed that a ketone ester supplement can lower blood sugar levels.

According to the researchers, including those from the University of British Columbia in Canada, the study presents a potential future method to control spikes in blood sugar experienced by diabetics.

The scientists demonstrated that a single drink of ketone ester enables better control of blood sugar



by reducing spikes in sugar levels.

As part of the study, 20 healthy individuals consumed the ketone monoester supplement, or a placebo after a 10-hour fast.

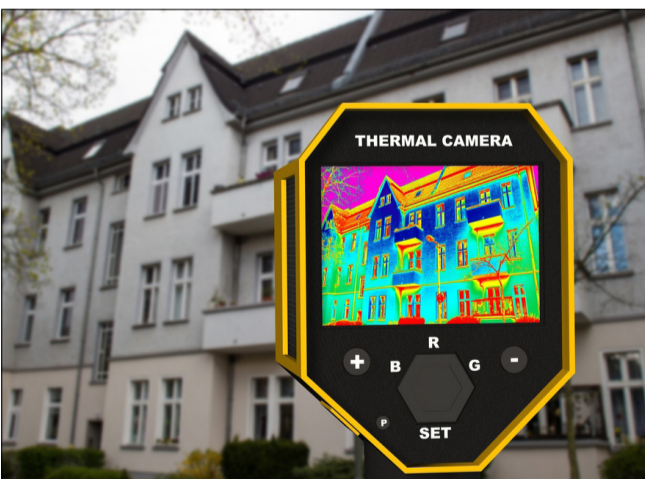
The participants then consumed a drink containing 75 grams of sug-

According to the study, the blood sugar spike was reduced on the day that the individuals had consumed the ketone drink.

However, the scientists cautioned that more research is required to know whether the findings apply to people with diabetes and obesity since the current study was conducted with healthy young individuals.

"Our study was done in healthy young participants but if the same responses were seen in people with, or at risk for, type 2 diabetes then it is possible that a ketone monoester supplement could be used to lower glucose levels and improve metabolic health. We are working on these studies at the moment," said study co-author Jonathan Little from the University of British Columbia.

Thermal Cameras May Effectively Detect Rheumatoid Arthritis: Study



Press Trust Of India

Thermal imaging has the potential to become an important method to detect Rheumatoid Arthritis, according to a study published on Monday.

Rheumatoid arthritis (RA) is a long-term, progressive, and disabling disease, which causes inflammation, swelling, and pain in and around the joints and other body organs.

The study, published in the journal Scientific Reports, confirms that both palm and finger temperature increase significantly in patients with RA, said researchers at the University of Malta.

In the study carried on 82 participants, RA patients were examined by two rheumatologists.

A subset of these participants underwent diagnostic ultrasonography by a trained rheumatologist in order to ensure that the recruited

participants had no active signs of synovitis in their hands and wrists.

"We used Flir T630 thermal camera and followed the guidelines of the American Thermology Association," said Alfred Gatt, from the University of Malta.

The study shows that the two probability curves intersect at 31.5 for palm temperatures, the researchers said.

The results indicate that individuals whose palm temperature is less than 31.5 per cent are more likely to be healthy; while those whose palm temperature is less than 31.5 are more likely to have RA.

"Similarly, for finger temperatures, the two probability curves intersect at 30.3 per cent," Gatt said in a statement.

While ultrasonography had not detected any significant changes in the study population, thermography flagged a possible ongoing disease process by reporting these higher temperatures, the researchers said.

Some Soup Broths May Help Combat Malaria: Study

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Some traditional vegetable and meat soup broths may help fight malaria by curbing the growth and transmission of the deadly parasite, a first-of-its-kind study claims.

Several of the soup broths, collected from traditional family recipes that originated around the world, showed activity against the malaria parasite Plasmodium falciparum, either by curbing its growth or preventing it from maturing, according to the researchers from Imperial College London in the UK.

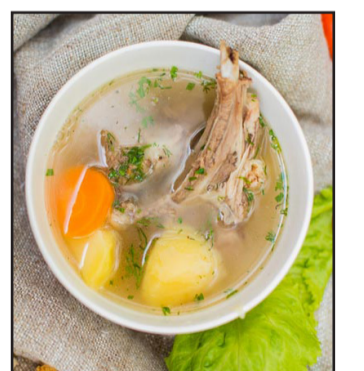
The soup recipes had been passed down through the generations for the treatment of fever, they said.

According to the study, published in the journal Archives of Disease in Childhood, five of the broths were able to curb growth of the parasite in its disease-causing stage by more than 50 per cent.

In two of these, the inhibitory activity was comparable with that of a leading antimalarial drug, dihydroartemisinin, the researchers said.

Dihydroartemisinin contains artemisinin, which was isolated from a traditional Chinese herbal medicine. The researchers hope that they may discover new antimalarial compounds in a similar way from the work looking at soup. The next step is to identify the active ingredients responsible.

"Malaria kills more than 400,000 people per year and infects more than 200 million, yet resistance to our frontline drugs continues to



emerge," said lead researcher Professor Jake Baum, from the Department of Life Sciences at Imperial.

"We may have to look beyond the chemistry shelf for new drugs, and natural remedies shouldn't be off our watch list, as artemisinin shows," Baum said.

Four other broths were more than 50 per cent effective at blocking the ability of the parasites to mature to a form that infects mosquitoes, potentially blocking the process of transmission, they said.

The samples of homemade clear soup broths came from family recipes from across Europe, North Africa, and the Middle East.

Filtered extracts of the broths were then tested against two stages of the parasite: when it can infect mosquitoes, and when it can cause the disease in humans.

The recipes for each of the broths varied. They were vegetarian, chicken, or beef based, with no particular ingredient common to those with the strongest antimalarial activity.

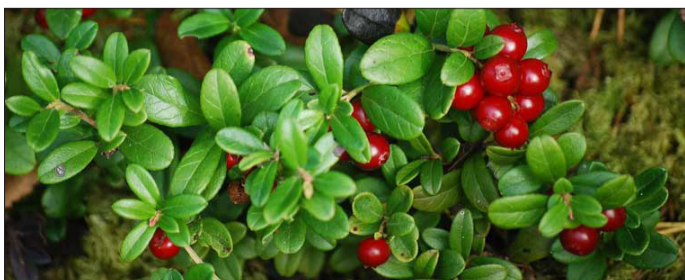
Long-Term Consumption Of Lingonberry Juice May Reduce Bp, Says Study

Press Trust of India

Researchers have found that long-term consumption of lingonberry juice may lower high blood pressure and improves the function of blood vessels, an advance that may lead to new dietary recommendations for the chronic disease.

According to the researchers from the University of Helsinki in Finland, food rich in the group of chemicals called polyphenols can reduce the risk of cardiovascular diseases. In the current study, the scientists found that lingonberry, bilberry, cranberry and blackcurrant are excellent sources of polyphenols.

Anne Kivimaki, who studies Food Science at the University of Helsinki, investigated the cardiovascular effects of cold-pressed lingonberry juice, cranberry juice, and blackcurrant juice as drinking fluid for 8-10 weeks on genetically hypertensive rats (SHR). They found that diluted lingonber-



ry juice significantly lowered high blood pressure, while juice that contained more polyphenols improved impaired blood vessel function to the level of healthy vessels.

However, the researchers said the juice did not prevent the age-related elevation of blood pressure.

On further analysis, Kivimaki and her team found that lingonberry juice prevented the expression of genes associated with low-grade inflammation in the aorta.

Other berry juices, they said, were less marked in their effects. The researchers speculate that

the effect is probably caused by the reduction of low-grade inflammation, as well as mechanisms related to the renin-angiotensin hormone system, which is a central regulator of blood pressure.

"These experimental findings need evidence from comparative clinical studies on healthy individuals with slightly elevated blood pressure who, at this point, have been given nutritional and lifestyle guidance instead of drug therapy. Lingonberry juice is no substitute for medication, but it is a good dietary supplement," Kivimaki said.