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### Why You Must Start Drinking Lemon Juice

Most of us are unaware of the splendid health benefits lemon juice offers. From weight loss to managing blood pressure, you can make use of this common sour and fruit to get rid of a lot of ailments. Those who are fond of the sour taste of its juice need not worry about adding anything to it, but the rest may need to make lemonade or have it without sugar. **The benefits of this juice are: Helps in Digestion:-** Many problems related to digestion can be effectively cured with lemon juice. If it is mixed with warm water, complications such as bloating, nausea, heartburn, parasitic activity and belching can be cured. If you suffer from accumulated bowels, it can be treated by regular intake of lemon juice. **Detoxification of Liver:-** A very effective way of helping the liver produce more bile is having liver juice every morning. It cleanses the liver which helps to break down food easily. Once you drink this juice first thing in the morning, your digestive system is prepared for the whole day's work. Lemon juice can even break down gallstones as these are composed of calcified bile. The increased production of bile helps in breaking down the gallstones.

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**प्राथमिकता**  
डॉक्टर कुमार के नर्सिंग होम पर दो युवकों अपने रोगी पिता को दिखाने पहुँचे. आते ही जल्दबाजी करने लगे. बोले, "जल्दी से पिता जी को भरती कर इलाज प्रारंभ कर दें." फिर तनिक रुक कर बोले, "हमें एक मित्र के पार्टी में जाना है. देरी हो रही है." डॉ. नरेन्द्र नाथ लाहा, 27 ललितपुर कॉलोनी, खालियर (म.प्र.) मो. 097533698240.

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**Ltd., Unichem Lab Ltd., Ipca**  
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**भय**  
डर का डर, सबसे बड़ा डर।  
इस पर निश्चित, विजय प्राप्त करा  
डा० नरेन्द्र नाथ लाहा 27 ललितपुर  
कॉलोनी डॉ० पी०एन० लाहा मार्ग, ग्वालियर  
(म०प्र०) मो० 097533698240.

**शीतकाल में त्वचा का रूखापन**

प्राप्त जानकारी के अनुसार शीतकाल में त्वचा शुष्क हो जाती है तथा उसमें खुरदरापन आ जाता है। त्वचा के रूखापन को खत्म कर देने से त्वचा में चिकनापन आ जाता है जिससे त्वचा साफ तथा सुथरी दिखाई पड़ती है। अगर आपकी त्वचा शुष्क और सांवली है तो उसे निखारने के लिए रात को सोने से पहले ऑइल के तेल में नींबू का रस मिलाकर चेहरे तथा गर्दन पर लगाएँ। आपकी त्वचा कांतिमय तथा कोमल होगी। चेहरा तथा गर्दन गया हो, तो एक कप दूध में रस मिलाकर चेहरा तथा गर्दन सहायता से लगाएँ। 10-15 पानी से धो लें। त्वचा मुलायम होगी। गिलसरीन में नींबू का गुलाब जल मिलाकर पेस्ट बना शीशी में रख लें। स्नान के शरीर में लगाएँ। इससे आप शुष्कता नष्ट होगी तथा उसमें कोमलता आएगी। दो चम्मच चम्मच जौ का आटा, एक नींबू गुलाब जल लेकर गाढ़ा-सा कर लें। इस लोशन को त्वचा तरह लगाएँ तथा स्नान कर लें। का रूखापन दूर होकर उसमें चमक आएगी। इस लोशन में आप आधा चम्मच मलाई मिलाकर रूखी त्वचा पर लगाएँ। कुछ देर बाद पानी से धो डालिए। इससे त्वचा का रूखापन दूर होगा। सूखे नींबू को छिलके लेकर उसमें बेसन तथा दूध मिलाकर उबटन की तरह बना लें। इसे रगड़-रगड़ कर चेहरे पर लगाएँ। चेहरे का रूखापन दूर होकर मुलायम होगा।

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**स्वप्न**  
सपने देखना, जीवन का चलाना।  
सपने न देखना, जीवन को टहलाना।  
डा० नरेन्द्र नाथ लाहा मो० 097533698240.

**मूँगफली सेवन के फायदे**  
मूँगफली ज्यादातर लोग टाइम पास के लिए खाते हैं। बस अड्डा, रेलवे स्टेशन, मेला, आदि जगहों पर यह आसानी से उपलब्ध होती है। मूँगफली खाने में जितनी स्वादिष्ट लगती है, यह स्वास्थ्य के दृष्टि से उतनी ही लाभकारी है। इसमें पर्याप्त मात्रा में प्रोटीन शारीरिक वृद्धि के लिए लाभकारी है। इसके अलावा आयरन, कैल्शियम, जिंक, विटामिन ई और विटामिन बी 6 आदि तत्व पाये जाते हैं। इसके सेवन से दिल, दिमाग स्वस्थ रहता है। मूँगफली खाने के कुछ फायदे हैं- मूँगफली के नियमित सेवन से कब्ज की समस्या दूर होती है, मूँगफली खाने से पाचन क्रिया बेहतर होती है, जिससे पेट संबंधी समस्याओं से मुक्ति मिलती है। मूँगफली खाने से दिल से बीमारियाँ होने का खतरा कम हो जाता है, मूँगफली के नियमित सेवन से खून की कमी नहीं होती है, गर्भवती महिलाओं के लिए मूँगफली खाना बहुत फायदेमंद है। इससे गर्भ में पल रहे बच्चे का विकास बेहतर तरीके से होता है, इसमें कैल्शियम और विटामिन डी पर्याप्त मात्रा में होती है, इससे हड्डियाँ मजबूत होती हैं, ओमेगा 6 से भरपूर मूँगफली खाने से त्वचा में निखार आता है।

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**खाली निकल रही हैं स्ट्रिप**  
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CAFFINE 30MG, PHENYLEPHRINE 5MG, CHLORPHENIRAMINE MALEATE 1MG • VORP TAB ATORVASTATIN IP 10MG • VROL-P TAB TRAMADOL 37.50 MG+ PARACETAMOL 325 MG • VTOXTER-90 TAB ETORICOXIB 90 MG tab • V-WORM PLUS TAB ALBENDAZOLE-400 MG + IVERMECTIN-6 MG • VZIKTI-250 TAB AZITHROMYCIN 250 MG • VZIKTI-500 TAB AZITHROMYCIN 500 MG • VERAX TAB Ferrous Asc+f. Acid+ZINC • VALMET-G1 TAB Glimpiride 1mg + Metformin 500 mg • VALMET-G2 TAB Glimpiride 2mg + Metformin 500 mg • VALFLOX -200 OFLOXACIN 200 MG • VQ 10 TAB CO-ENZYME, Q10, LYCOPENE POWDER, AMINO ACID, TAB • VL-TONE 5 G Grape seed extract+ Green tea extract+ Ginseng+ Ginkgo biloba+ Garlic+ Mixed carotenoids+ Lycopene+ Circus bioflavonoids+ Amino acids+ Multivitamins+ Antioxidants Tab • VL VITOL GINSENG EXTRACTS POWDER 21.25 MG, VIT B3 -10 MG, VIT B2-1.5 MG, VIT E- 1.25 MG, VIT B1-1 MG, B6-1 MG, FOLIC ACID 0.15 MG, VIT A - 250 MCG, BIOTIN 30 MCG, VIT D3- 5 MCG, B12- 1 MCG, CALCIUM -250 MG, PHOSPHOROUS-125 MG, MANGNESE-100 MG, POTASSIUM- 40 MG, CHLORIDE-36.3 MG. CARBONIL IRON -21 MG, ZINC -10 MG, SILICON -1.7 MG, COPPER-0.15 MG. BORON- 150 MCG, SELENIUM- 30 MCG, CHROMIUM-25 MCG, TIN- 10 MCG, VANADIURA -10MCG, NICKEL -5MCG PROTEIN POWDDER:- VANPRO PROTEIN POWDER/ DHA PROTEIN POWDER WITH DHA, CHOCOLATE FLAVOUR • VANPRO PROTEIN POWDER PROTEIN POWDER PROTEIN POWDER DRY SYPS:- VALCEF 50 DRY SYP CEFIXIME IP EQ TO. ANHYDROUS CEFIXIME 50 MG • VALDOX-50 DRY SYP cefpodoxime proxetil ip eq. to cefpodoxime 50 mg • VALCLAV DRY SYP AMOXYCILLIN 200 MG & POTASSIUM CLAVULANATE 28.5 MG ORAL SUSPENSION IP INJECTIONS:- VEPA-1000 CEFTRIAZONE 1000MG • VONON-40 STERILE PANTOPRAZOLE SODIUM I.P 40 MG • VEPA-S CEFTRIAZONE 1000MG+SULBUCTUM 500 MG • V COB VIT INJ.. METHAILCOLAMIN 1500 MG + MULTIVITAMINS OINTMENTS:- VALDAC PLUS GEL DICLOFENAC DIETHYLAMINE BP 1.16 % W/W, (EQUIVALENT TO DICLOFENAC SODIUM IP 1.0% W/W, ), LINSEED OIL BP 3.0 % W/W, METHYL SALICYLATE IP 10.0% W/W, MENTHOL IP 0.5 % W/W, BENZYL ALCOHOL IP 1% W/W GEL BASE Q.S. (AS PRESERVAITE) ENERGY DRINK:- VAX ENERGY POWDER ENERGY DRINK Mob:- 07087110122.

**R KEY ENTERPRISES**

TABLETS BLISTER / ALU / ALU / STRIP:- CROMOEX-AP (Aceclofenac 100mg+Paracetamol 325mg) • CROMOEX-AP (Aceclofenac 100mg+Paracetamol 325mg) • CROMOEXRAN-150 (Ranitidine Hydrochloride IP 150mg (Alum-Strip) • CROMOEX-C200 (Cefixime 200mg) • CROMOEX-ALP (Alprazolam 0.25mg,0.5mg) • CROMOEX-CF (Cefixime 200mg+Ofloxacin 200mg) • CROMOEX-AZLB (Cefixime 200mg+Azithromycin 250mg+Lactic Acid Bacillus 60 MS) • CROMOEX-DP S (Diclofenac Potassium 50mg+Paracetamol 325mg+Serratiopeptidase 10mg) • CROMOEXGESIC BN (Buprenorphine 2mg+ Naloxane 0.5mg) • CROMOEX-LM (Levocetirizine 5mg+Montelukast 10mg) • CROMOEX-NP (Nimesulide 100mg+Paracetamol 325mg (Clear) • CROMOEX-NP (Nimesulide 100mg+Paracetamol 325mg (Gold) • CROMOEX-P40 (Pantoprazole 40mg(Alu-Alu) • CROMOEX-PD (Pantoprazole 40mg+Domperidone 10mg(Alu-Alu) • CROMOEX-NZ10 (Nitrazepam 10mg) • CROMOEX-RD (Rabepazole 20mg+Domperidone 10mg(Alu-Alu) • CROMOEX-DPC (Diclofenac Potassium 50mg+Paracetamol 325mg+Chlorzoxazone 250mg) • CROMOEX-ASP (Aceclofenac 100mg+Paracetamol 325mg+Serratiopeptidase 10mg) • CROMOEX-ACP (Aceclofenac 100mg+Paracetamol 325mg+ Chlorzoxazone 250 mg) • CROMOEX-DC (Diclofenac Sodium 50mg+Paracetamol 325mg+Magnesium Trisilicate 100mg) • CROMOEXSONE (Betamethasone Sodium Phosp. 0.5mg (Alum-Strip) • CROMOEX-S100 (Sildenafil Citrate IP 100mg (Mono Carton) • CROMOEX-TP (Tramadol 50mg+Paracetamol 325mg) • CROMOEX-GM1 (Glimpiride 1mg+Metformin 500mg) • CROMOEX-GM2 (Glimpiride 2mg+Metformin 500mg) • CROMOEX-C0.25 (Clonazepam 0.25mg Mouth Desolving Tabs) • CROMOEX-C0.50 (Clonazepam 0.50mg Mouth Desolving Tabs) • CROMOEX-C1 (Clonazepam 1mg Mouth Desolving Tabs) • CROMOEX-AZ 250 (Azithromycin 250mg) • CROMOEX-AZ 500 (Azithromycin 500mg) • CROMOEX-T (Telmisartan IP 40mg) • CROMOEX-THC (Telmisartan 40mg & Hydrochlorothiazide 12.5mg) • CROMOEX-TA (Telmisartan 40mg & Amlodipine 5mg) • CROMOEX-C 250 (Ciprofloacin 250mg) • CROMOEX-C 500 (Ciprofloacin 500mg) • CROMOEX-KIT (Each Kit contains: 1 Tablet of Mifepristone 200mg + 4 Tablets of Misoprostol 200mg) • CROMOEX-OF (Ofloxacin 200mg) TABLETS LOOSE PACK:- LOTAB-CZ (Cetirizine Dihydrochloride 10mg) • LOTAB-PRO (Cyproheptadine 4mg) LOTAB-D50 (Diclofenac Sodium 50mg) • LOTABSONE (Betamethasone Sodium 0.5mg) • LOTAB-DEX (Dexamethasone 5mg) • LOTAB-N (Nimesulide 100mg) • LOTAB-PAS (Dicyclomine 20mg+Paracetamol 325mg) CAPSULES BLISTER / ALU / ALU / STRIP:- HARTIN-O20 (Omeprazole IP 20mg(Alum-Strip) • HARTIN-OD (Omeprazole IP 20mg+Domperidone IP 10mg) • HARTIN-RD (Rabepazole 20mg+Domperidone 30mg (SR) • HARTIN-RL (Rabepazole 20mg+Levosulpride 75mg (SR) • HARTIN-PD (Pantoprazole 20mg+Domperidone 10mg (SR) • HARTIN-E PLUS (Eperisone Hcl IP 150mg+Diclofenac Potassium 100mg) • HARTIN-VBC (Dicyclomine Hcl 10mg+Tramadol Hcl 100mg+Acetaminophen 325mg) • HARTIN-IDSR (Esomeprazole 40mg+Domperidone 30mg (SR) • HARTIN-LIC (Lycopene(6%) 2000mcg + Vit A(acetate) IP-2500 iu + Alpha Tacopheryl Acetate IP 10 iu + Vit C(Coated) Lp-50mg, Zinc Sulphate) ORAL LIQUIDS SYRUP PET BOTTLE/ SUSPENSIONS:- HONEYDRYL-AP (Each 5ml Contains: Aceclofenac 50mg+Paracetamol 125mg) • HONEYDRYL-CD (Each 5ml Contains: Codeine Phosphate 10mg+Chlorpheniramine Maleate 1.25mg) • HONEYDRYL-NM (Each 5ml Contains: Norfloxacin 100mg+Metronidazole 100mg) • HONEYDRYL-ON (Ondansetron Hcl IP 4mg) • HONEYDRYL-CT (Each 5ml contains: Cyproheptadine Hcl IP 2 mg+ Tricholine Citrate 275mg+Sorbitol(70%)Solution 2.5gm) • HONEYDRYL-O+ (OFLOXACIN, ORNIDAZOLE, RACACADOTRIL SUSP.) • HONEYDRYL -CX (CEFIXIME 50MG/5 ML DRY SYRUP) • HONEYDRYL-CF (CEFIXIME 50MG+OFLOXACIN 50 MG DRY SYRUP) EYE / EAR DROPS PLASTIC PACK:- OPMIC-DC (Dexamethasone+Chloramphenicol) • OPMIC-CD (Ciprofloxacin+Dexamethasone) • OPMIC-GD (Gentamicin+Dexamethasone) • OPMIC-OD (Ofloxacin+Dexamethasone) • OPMIC-SM (Sodium Carboxy Methylcellulose 0.5% Stabilised Oxychloro Complex) INJECTBLE'S BLISTER/BOX PACK:- TERALGESIC ("Each ml Contains: Buprinorphine Hcl 0.3mg") • TERAL-ND25 (Each ml Contains: Nandraolone Deainate 25mg) • TERAL-ND50 (Each ml Contains: Nandraolone Deainate 50mg) • TERALVIT (Each ml Contains: Vitamin A+Vit.D3+Vit.E+B1+B2+B6) • TERAL-A (Each ml Contains: Alpha-Beta Artheether) • TERALZIN (Each ml Contains: Pentazocine 30mg) • TERALIUUM ("Each ml. Contains: Diazepam I.P : 5mg.") • TERALFENAC (Each ml Contains: Diclofenac Sodium 25mg) • TERALKET (Each ml Contains: Ketamine 50mg) • TERALIS (Each 5ml Contains: Iron Sucrose) Mob:- 08375941109.

**UNICHEM LABORATORIFS LTD.**

Teneza (Teneligliptin 20mg) • Teneza-M 500mg/1000mg (Teneligliptin 20mg + Extended Release Metformin 500/1000mg) • METRIDE 1/2 (Metformin ER 50mg + Glimpiride 1/2mg) • METRIDE DS 1/2 (Metformin ER 1000mg + Glimpiride 1/2mg) TRIMETRIDE 1/2 (Voglibose 0.2 mg + Metformin ER 500mg + Glimpiride 1/2 mg) • Flexiglim 0.5 (Glimpiride 0.5mg) • TelsAr 20/40/80 (Telmisartan 20/40/80mg) • Bi-TelsAr 40 (Chlorthalidone 6.25mg + Telmisartan 40mg) • TelsAr H 40/80 (Telmisartan 40/80mg + Hydrochlorothiazide 12.5mg) • BiTelsAr 48/80 HS (Chlorthalidone 12.5mg + Telmisartan 40/80mg) • TelsAr A 40/80 (Telmisartan 40/80mg + Amlodipine 5mg) • TriTelsAr 40/80 HS (Chlorthalidone 6.25mg + Amlodipine 5mg + Telmisartan 40/80mg) • TelsAr BETA 25/50 (Telmisartan 40mg + Metoprolol XR 25/50mg) • TriTelsAr 40/80 (Chlorthalidone 6.25mg + Amlodipine 5mg + Telmisartan 48/80mg) • TelsAr LN 10/5 (Telmisartan 40mg + Cilnidipine 10/5 mg) • Clodrel 75 (Clopidogrel 75mg) • Clodrel FORTE (Clopidogrel 75mg + Aspirin 150mg) • Clodrel PLUS (Clopidogrel 75mg + Aspirin 75mg) • CORVADIL (Amlodipine 5 and 10mg Tablets) • CORVADIL-A (Amlodipine 5mg + Atenolol 50mg) Mob:- 0120-2750039.

## Forth Coming Events

**February 22-23, 2018** EMEL 2018 (Dubai, U.A.E) The 4th edition of Emirates Endometriosis League (EMEL) conference on Endometriosis and Uterine Disorders is scheduled to be held at Marriott Hotel, Dubai, U.A.E. For details contact: InfoPlus Events LLC-Dubai, Suite 1406, Lake Central Tower, Al Abraj Street, Burj Khalifa Community P.O. Box 71108, Dubai, UAE. **Tel. :+971-4-4218996, Fax:+971-4-4218838. E-mail Marketing@InfoPlusEvents.com ;Website:www.endometriosisuae.com/4thEMEL**

**February 21-23, 2018** Medical Japan 2018 (Tokyo, Japan) The 4th edition of international expo and conference, Medical Japan, dedicated to products/services/technologies for health-care, clinical testing, diagnostics and medicine is scheduled to be held at INTEX Osaka in Japan. For details contact: Reed Exhibitions Japan Ltd., 18F Shinjuku-Nomura Bldg., 1-26-2 Nishishinjuku, Shinjuku, Tokyo 163-0570, Japan. **Tel. :+81-3-3349-8509, Fax: +81-3-3349-4922. E-mail: medical:www.medical-jpn.jp**

**February 22-24, 2018** MEDITEC 2018 (Mohali, Chandigarh, India.) India's pioneer medical equipment and technologies exhibition is scheduled to be held at NIPER, SAS Nagar, Mohali in Chandigarh India. For Details contact: Orbit Exhibitions Pvt. Ltd., 103 Navyug Industrial Estate, TJ Road Sewri (W) Mumbai-400015, India. **Tel. :+22-2410-2801/03. E-mail: harikrishnan@orbitexhibitions.com; Website:www.medite.co.in**

**February 23-25, 2018** MEDICALL 2018 (Hyderabad, India) The 19th edition of India's B2B Medical Equipment and Hospital needs exhibition is scheduled to be held at Hitex Exhibition Centre on Hyderabad, India. For details contact: Medexpert Business Consultants Pvt Ltd, 199, 7th floor, Lez Churh Road, Mylapore, Chennai, 600-004 Tamilnadu. **E-mail:info@medicall.in ;Website: http://www.medicall.in**

**February 26-28, 2018** IFM 2018 (Dubai, U.A.E.) The 5th International Family Medicine Conference & Exhibition (IFM) will be held at Dubai International Convention & Exhibition Centre, Dubai, UAE. For details contact: INDEX Conferences & Exhibitions Org. Est., INDEX Holding Headquarters, P.O. Box: 13636, Road # D-62, Opp. Nad Al Hamar, Dubai, UAE. **Tel.: +971-4-5208888 Fax: +971-4-3384193. E-mail: index@emirates.net.ae; Website:www.index.ae**

**February 17-March 1, 2018** Duphat 2018 (Dubai, U.A.E.) The 23rd edition of Dubai International Pharmaceuticals and Technologies Conference and Exhibition is scheduled to be held at Dubai International Convention and Exhibition Centre in Dubai, U.A.E. for details contact: INDEX Conferences & Exhibitions Organisation Est, Headquarters, Road# D-62 Opposite Nad Al Hamar, Dubai, United Arab Emirates **Tel.: +971-4-520-8888 Fax: +971-4-338-4193. E-mail: info@duphat.ae ; Website:www.duphat.ae**

**March 2-4, 2018** Medicare Colombo 2018 (Colombo, Sri Lanka.) The 9th edition of Sri Lanka's only national healthcare exhibition, 'Medicare 2018' is scheduled to be held at the Sirimavo Bandaranaike Memorial Exhibition Hall in Colombo, Sri Lanka. For details contact: Global Trade Fairs, No. 70-A, R.V.L. Nagar Uppilpalayam (post), Coimbatore 641015, Tamilnadu, India, Mobile:+91-960-020-0400, **Tel. :+91-422-259-0407. E-mail:gtfcb@gmail.com and/or madhawa@aitkenspence.lk Website:www.medicare.lk**

**March 3-5, 2018** MedHealth Kenya 2018 (Nairobi, Kenya) An International trade exhibition on Hospital supplies, Medical, Surgical, Laboratory equipment, Pharmaceutical etc is scheduled to be held at KICC in Nairobi, Kenya. For details contact: Gtow Exhibitions, P.O.Box 103574, Dubai, U.A.E. **Tel. :+971-4-3964906, Fax: +971-4-3964904. E-mail: Maggie.z@growexh.com ; Website: http://www.growexh.com/medhealth**

**March 5-7, 2018** Africa Healthcare and Dental Summit 2018 (Olympia, London, U.K.) The 5th edition of Africa Healthcare Week is scheduled to be held at Olympia in London, United Kingdom, This business event shall provide high-level discussion and meetings into the investment opportunities and technology procurement requirements of Africa's healthcare industry. A concurrent Dental summit shall also be held along with Africa Healthcare Summit 2018 For details contact: Oliver Kinross, 1-3 Worship Street, London, EC2A 2AB, U.K **Tel. :+44-203-058-2381. E-mail: Victoria.fields@oliverkinross.com ; Website: www.africahealthcareweek.com**

**March 7-10, 2018** Tunisia Health Expo 2018 (Tunis, Tunisia.) An event for public and private medical fraternity to know the most recent technologies and development in all the branches of the health sector is scheduled to be held at Exhibition park and the International Trade Centre in Tunis, Tunisia. For details contact Society Doe Foires International De Tunis, parc DesExpositions Et Centre De Commerce International B.P. N1 2015 Le Kram, Tunis, Tunisia. **Tel. :+216-71-973-111/976-111, Fax: +216-71-971-666. E-mail: itf.com@fkra.com.tn; Website: http://www.tunisia-healthexpo.com.tn**

**March 13-14, 2018** Future Healthcare (London United Kingdom.) An International exhibition and conference on future healthcare is scheduled to be held at London, Olympia in United Kingdom For details contact: Pri-Med Global Plc, 14 Hanover Street, Hanover Square, London W1S 1YH, U.K. **Tel. :+44-0203-470-4666. E-mail: info@futurehealthcareuk.com**

**March 13-15, 2018** Intermed 2018 (Moscow, Russia.) The 9th edition of International Exhibition dedicated to medical treatment abroad, InterMed, is scheduled to be held at Expocentre Fairgrounds in Moscow, Russia For details contact: Prime Expo, 24A Yakubovicha st. Sr Petersburg, 190000, Russia. **Tel. :+7-812-380-6000. E-mail: med@prim-expo.ru; Website: www.intermedexpo.ru**

**March 15-19, 2018** KIMES 2018 (Seoul, Korea.) The 34th edition of Korea International Medical and Hospital Equipment Show is scheduled to be held at COEX in Seoul, Korea. For details contact: E & Ex Inc.(KIMES 2018 Secretariat), Rm.2001, WTC,511, Yeongdong-dearo, Gangnam-gu, Seoul, 06164, Republic of Korea. **Tel. :+82-2-551-0102, Fax: +82-2-551-0103, E-mail: kimes@kimes.kr; Website: www.kimea.kr**

**March 16-18, 2018** Meducal Fair India 2018 (Mumbai, India.) The 24th edition of International Conference and exhibition is scheduled to be held at Bombay Convention and Exhibition Centre in Mumbai, India For details contact: Messe Dusseldorf India Pvt.Ltd., 302-302 A, 3rd Floor, Salcon Aurum, Plot No 4, Jasola District Centre, Near Delhi-110025, India. **Tel. :+91-11-4855-0057 and/or TyagiS@md-india.com ; Website:www.medicalfair-india.com**

**March 22-25 2018** Expomed Eurasia 2018 (Istanbul, Turkey.) The 25th edition of the event dedicated to Medical Analysis, Diagnosis, Treatment, Rehabilitation Product, Device, System, Technology, Equipment and Hospitals Fair is scheduled to be held at Tuyap Fair and Congress Centre in Turkey, Istanbul. For details contact: Reed Tuyap Fuarcilik A.S., E-5 Roadway, Gurpınar Crossroad Reed Tuyap Fuarcilik A.S., E-5 Roadway, Gurpınar Crossroad 34500, Buyukcekmece, Istanbul, Turkey, **Tel. :+90-212-867-1100, Fax: +90-212-886-6698. E-mail: info@reedtuyap.com.tr;**

**April 2-4, 2018** Medlab Asia 2018 (Suntec City, Singapore) An international event which shall bring together leading laboratory experts, scientists, researchers and clinicians to exchange and share their experiences and research results on all aspects of laboratory medicine and clinical research is scheduled to be held at suntec Singapore Convention & Exhibition Centre in Singapore. For details contact: Informa Life Sciences Exhibitions Office No. 20:01, Level 20, Sheikh Rashid Tower, Work Trade Centre, Dubai U.A.E. **Tel. :+971-4-407-2574 and/or +971-4-336-5161, Fax: +971-4-336-4021. E-mail :marlon: +971-4@informa.com ; Website: http://www.medlabasia.com**

**April 2-4, 2018** RehaCare & Orthopedic China 2018 (Guangzhou, China.) The biggest event on Rehabilitation, RehaCare and Orthopedic dedicated to specially challenged People is scheduled to be held at poly World Trade Centre in Guangzhou, China. For details contact: R&O committee, f/4,406, Tower B, Poly World Trade Centre, No. 1000 Xin Gang Dong Road, Haizhu District, Guangzhou, China. **Tel. :+86-20-66224913, Fax: +86-20-66318832. E-mail: Maggie@cantonreha.com ; Website: http://en.cantonreha.com**

**April 3-5, 2018** Kuwait Health 2018 (Mishref, Kuwait.) The Second edition of the largest healthcare event in Kuwait is scheduled to be held at Kuwait International Fair Grounds in Mishref, Kuwait. For details contact: ATEX International Exhibitions L.L.C., P.O Box 413520 Business Bay, Dubai, United Arab Emirates, **Tel. :+971-4-424-9988 and/or Mob. :+971-55-775-1524. E-mail: love@atexinternational.com and/or info@atexinternational.com. Website: http://www.kuwaithealthexhibition.com**

**April 3-5, 2018** ISF Kuwait 2018 (Mishref, Kuwait.) Kuwait's international trade exhibition dedicated to sports, Fitness and Health is International Fair Ground in Mishref, Kuwait. For details contact: ATEX International Exhibitions L.L.C., 301 Opal Tower, Tesla Group, Business Bay, P.O. Box 413520, Dubai, United Arab Emirates. **Tel. : +971-4-424-9988, Fax: +971-4-374-6014. E-mail: love@atexinternational.com ; Website: www.isf-me.com/kuwait**

**April 4-6, 2018** Lab Indonesia 2018 (Jakarta, Indonesia.) The 5th edition of Indonesia's Laboratory, Scientific Analytical Equipment and Services Exhibition and Conference is scheduled to be held at Jakarta Convention Centre in Jakarta, Indonesia. For details Indonesia, Jl. Maritim No . 4A3, Cilandak Barat Jakarta, 12430, Indonesia. **Tel. :+62-21-7590-2647/6812, Fax: +62-21-7590-1572. E-mail: info.ptite@ite-asia.com ; Website:www.lab-indo.com**

**April 5-7, 2018** ECCC 2018 (Dubai, U.A.E.) The 14th edition of Emirates Critical Care Conference (ECCC) is scheduled to be held at event Centre in Dubai Festival City, U.A.E. For details contact: Infoplus Events LLC, Suite 1406, Lake Central Tower, Al Abraj Street, Burj Khalifa Community, P.O. Box 71108, Dubai, UAE. **Tel. :+971-4-4218996, Fax: +971-4-42188638. E-mail: marketing@infoplusevents.com Website:www.accc-dubai.com**

**April 13-15, 2018** IDEM 2018 (Singapore.) The 10th edition of the leading Dental exhibition and conference in the Asia Pacific is scheduled to be held at Suntec Singapore Convention & Exhibition Centre in Suntec, Singapore For details contact: Koelnmesse Pte Ltd. 152 Beach Road. #25-05 Gateway East, Singapore 189821. **Tel. :+65-6500-6700, E-mail: idem-singapore@koelnmesse.com. sg (Andrea Berghoff). Website:www.idem-singapore.com**

**April 14-16 2018** Mediconex 2018 (Cairo, Egypt.) The 11th edition of international exhibition dedicated to medical advancements and network with the industry innovators and leaders is scheduled to be held at Cairo International Convention Centre in Cairo, Egypt. For details contact: Arab-African Conferences and Exhibitions. 32 Road 7, Maadi, Cairo 11431, Egypt. **Tel. :+202-23594110. E-mail: info@arabafrikanegypt.com Website: http://www.mediconex-exhibition.com**

**April 17-19, 2018** Korea Lab 2018 Korea Lab 2018 Korea Pharma 2018 (Seoul, Korea.) Korea Lab 2018 -An International exhibition dedicated to Laboratory and Analytical Equipment and Korea Pharma 2018-An International Pharmaceutical & Bio-Pharma Industry Exhibition dedicated to Pharma and Bio are scheduled to be held at KINTEX in Seoul, Korea. For details contact: Kyungyon Exhibition Corp., Rm. 1101, Geumsan Bldg., 750 Gukhoe-daero, Yeongdeungpogu, Seoul, 07236, Korea. **Tel. :+82-2-785-4771, E-mail: gskim@kyungyon.co.kr Websites: www.korealab.org and www.koreapharma.org**

**April 17-19, 2018** Medtec Europe 2018 (Messe Stuttgart, Germany.) The leading Medical Technology show in Europe is scheduled to be held in Messe Stuttgart, Germany. The exhibition serves not only as trading & networking event, but also a learning platform, while providing with an access to the latest market update, regulatory news and more. For details contact: UBM EMEA, Elisabethstrasse 13, 53721 Siegborg, Germany. **Tel. :+49-2241-95-9781-0, E-mail: medteceurope.marketing@ubm.com Website: www.medteceurope.com**

**April 18-20, 2018** Exposanita 2018 (Bologna, Italy) The 21st edition of International Healthcare Exhibition providing an overview of product and services for hospitals, diagnostic etc is scheduled to be held in Bologna, Italy For details contact: Senaf Srl, Via di Corticelli 181/3, 40128 Bologna, Italy. **Tel. :+39-051-325511 E-mail: exposanita@senaf.it Website: www.exposanita.it**

**April 19-21, 2018** Emirates International Orthopaedic Congress 2018 (Dubai) The 6th edition of Emirates International Orthopaedic Congress is scheduled to be held in conjunction with the 2nd Dubai Shoulder Course at Intercontinental Hotel, Dubai Festival City in Dubai, U.A.E. for details contact: Infoplus Events LLC, Suite 1406, Lake Central Tower, Al Abraj Street, Burj Khalifa Community, P.O. Box 71108, Dubai, UAE. **Tel. :+971-4-4218996, E-mail: marketing@infoplusevents.com ; Website: www.uaeortho.com**

**April 24-26, 2018** IMTEC 2018 (Muscat, Sultanate of Oman.) The 5th edition of International Medical Tourism, Health Exhibition and Conference is scheduled to be held at Oman Convention and Exhibition Centre in Muscat, Sultanate of Oman. For details contact: East Expo LLC., P.O Box 1110, PC. 133 Al Khuwair, Muscat, Sultanate of Oman. **Tel. :+968-24120690, E-mail: info@medicalltourismfair.com ; Web: www.medicalltourismfair.com**

**April 25-27, 2018** TIHE 2018 (Tashkent, Uzbekistan.) The 23rd edition of Tashkent International Healthcare Exhibition dedicated to medical equipment, consumables and medical supplies is scheduled to be held at Uzexpocentre in Tashkent, Uzbekistan. For details Contact: ITE Uzbekistan, 3rd Floor, 59A, Mustakillik Avenue, Tashkent, 100000, Uzbekistan. **Tel. :+998-71-205-1818, E-mail: Julia\_e@ite-uzbekistan.uz; Website: www.tihe.uz**

**April 24-26, 2018** Analika Expo 2018 (Moscow Russia.) The 16th edition of the international exhibition for laboratory equipment and chemical reagents is scheduled to be held at ECC Sokolniki in Moscow, Russia. For details contact: ITE Moscow, 3, bidg. 2, Verkhnyaya Krasnoselskaya, 107140, Moscow, Russia. **Tel. :+7-499-750-08-28 E-mail: analitikawxpo@ite-russia.ru Website: www.analitikaexpo.com**

**April 30 May 2, 2018** HealthGB 2018 (Manchester, United Kingdom) An International Event showcasing the latest technologies in medical devices and pharmaceuticals is scheduled to be held at Manchester Central in Manchester, United Kingdom. For details contact: Informa Life Sciences Exhibitions, 5 Howick Place, London, SW1P1WG, United Kingdom. **Tel. :+44-7909-881446, E-mail: healthgb@informa.com Website: www.healthgbexhibition.com**

**May 2-3, 2018** ISF UAE 2018 (Dubai, U.A.E.) The 2nd edition of middle east's largest international trade exhibition for sports, fitness and health is scheduled to be held at dubai marina, United Arab Emirates. For details contact: ATEX International Exhibitions, 201-26 Opal Tower, Tesle Group Business Centre, Business Bay, PO Box 413520, Dubai, U.A.E **Tel. :+971-4-424-9988 and/or +971-55-626-0742, Mobile: +971-55-775-1524. E-mail: love@atexinternational.com Website: www.isf-me.com/uae**

**May 3-5, 2018** EgyMedica 2018 (Cairo, Egypt.) 18th edition of EgyMedica, a medical exhibition and conference is scheduled to be held at Cairo International Convention Center in Cairo, Egypt. For details contact: Green Land For Organizing International Exhibitions & Conferences, 35 Oboor Building, Salah Salem, Heliopolis Floor 13, Cairo, Egypt. **Tel. : +2-02-208-22-137/109, E-mail: info@egymedica.com and/ or marketing@egymedica.com Website: www.egymedica.com**

## Consuming Processed Foods Could Increase The Risk of Cancer, Says Study

**New Delhi:-** The results showed that a 10% increase in the proportion of ultra-processed foods in the diet was associated with increases of 12% in the risk of overall cancer and 11% in the risk of breast cancer. New Delhi: The health hazards of consuming processed foods are something we keep hearing every other day. Unfortunately, that does not change the fact that processed food consumption is quite high the world over. While numerous studies have previously linked processed food with cancer, another study has echoed the stance, warning about a possible association between the two. While further exploration is required, these results suggest that the rapidly increasing consumption of ultra-processed foods "may drive an increasing burden of cancer in the next decades," warned the researchers. Ultra-processed foods include packaged baked goods and snacks, fizzy drinks, sugary cereals, ready meals and reconstituted meat products - often containing high levels of sugar, fat, and salt, but lacking in vitamins and fiber. They are thought to account for up to 50% of total daily energy intake in several developed countries. A team of researchers based in France and Brazil evaluated potential associations between ultra-processed food intake and risk of overall cancer, as well as that of breast, prostate, and bowel (colorectal) cancers. Their findings are based on 104,980 healthy French adults (22% men; 78% women) with an average age of 43 years who completed at least two 24-hour online dietary questionnaires, designed to measure usual intake of 3,300 different food items (NutriNet-Sante cohort study). Foods were grouped according to the degree of processing and cases of cancer were identified from participants' declarations validated by medical records and national databases over an average of five years. Several well-known risk factors for cancer, such as age, sex, educational level, family history of cancer, smoking status and physical activity levels, were taken into account. The results showed that a 10% increase in the proportion of ultra-processed foods in the diet was associated with increases of 12% in the risk of overall cancer and 11% in the risk of breast cancer. No significant association was found for prostate and colorectal cancers. Further testing found no significant association between less processed foods (such as canned vegetables, cheeses and freshly made unpackaged bread) and risk of cancer, while consumption of fresh or minimally processed foods (fruits, vegetables, pulses, rice, pasta, eggs, meat, fish, and milk) was associated with lower risks of overall cancer and breast cancer. This is an observational study, so no firm conclusions can be drawn about cause and effect, and the researchers point to some limitations. For example, they cannot rule out some misclassification of foods or guarantee detection of every new cancer case. Nevertheless, the study sample was large and they were able to adjust for a range of potentially influential factors. "To our knowledge, this study is the first to investigate and highlight an increase in the risk of overall - and specifically breast - cancer associated with ultra-processed food intake," wrote the authors. They stress that further work is needed to better understand the effects of the various stages of processing, but suggest policies targeting product reformulation, taxation, and marketing restrictions on ultra-processed products and promotion of fresh or minimally processed foods may contribute to primary cancer prevention.

## अप्या जी का जन्म दिन मनाया



दौंड कैमिस्ट एसोसियेशन के राहुल भंडारी मो० 09923407407 ने सूचना दी कि जनजन के कैमिस्ट नेता महाराष्ट्र निवासी श्री जगन्नाथ शिंदे उर्फ अप्या जी का जन्म दिन दौंड में धूम-धाम से मनाया गया. इस अवसर पर Subhash Zaware, Manish Yolande, Rahul Bhandari, Swapnil Gade, Manoj Bogawat Anand Shinde Cha, Jitendra Munot सहित बहुत से कैमिस्ट उपस्थित थे. सभी ने उनके शतायु होने की मंगल कामनायें की.

## Want to Lose Weight? Try Eating Slowly, Suggests Study

Losing weight is not an easy feat to accomplish, even when you have set a specific target. It requires hard work, discipline, dedication, immense will-power, and self-control. Those who wolf down their food instead of chewing it properly are at a risk of gaining weight, a study has said. Instead, taking the time to chew your food and pausing before taking the next bite could help you shed those extra kilos. Losing weight is not an easy feat to accomplish, even when you have set a specific target. It requires hard work, discipline, dedication, immense will-power, and self-control. It is a slow and steady process and many people go to all sorts of lengths to achieve their desired goals like trying out all sorts of diets that suit their requirements or have been proven effective, in order to quicken the process. A lot of people even tend to give up halfway through their journey, simply because they run out of patience. For this research involving nearly 60,000 Japanese people, results showed a link between eating slower or faster and losing or gaining weight. "Changes in eating speed can affect changes in obesity, BMI and waist circumference," a research duo from Japan's Kyushu University wrote in the journal BMJ Open. "Interventions aimed at reducing eating speed may be effective in preventing obesity and lowering the associated health risks." BMI stands for Body Mass Index, a ratio of weight-to-height used to determine whether a person falls within a healthy range. The WHO considers someone with a BMI of 25 overweight, and 30 or higher obese. In line with recommendations by the Japanese Society for the Study of Obesity, however, a BMI of 25 was taken as obese for Japanese populations for the purposes of the study. The researchers analyzed health insurance data from 59,717 individuals diagnosed with Type 2 diabetes - a form of the disease that generally hits in adulthood as a result of being overweight. The participants had regular check-ups from 2008 to 2013. Data captured included their age and gender, BMI, waist circumference, blood pressure, eating habits, alcohol consumption, and tobacco use. From the outset, the slow-eating group of 4,192 had a smaller average waist circumference, a mean BMI of 22.3, and fewer obese individuals - 21.5 percent of the total. It's not a race By comparison, more than 44 percent of the fast-eating group of 22,070 people, was obese, with a mean BMI of 25. The team also noted changes in eating speed over the six years, with more than half the trial group reporting an adjustment in one direction or the other. "The main results indicated that decreases in eating speeds can lead to reductions in obesity and BMI," they found. Other factors that could help people lose weight, according to the data, included to stop snacking after dinner, and not to eat within two hours of going to bed. Skipping breakfast did not seem to have any effect. Limitations of the study included that eating speed and other behaviors were self-reported. There was also no data on how much participants ate, or whether they exercised or not. Commenting on the research, Simon Cork of Imperial College London said it "confirms what we already believe, that eating slowly is associated with less weight gain than eating quickly." This may be due to the fact that the satiety signal takes some time to travel from the stomach to the



पिछले दिनों मुम्बई एसोसियेशन (ठाणे) मुम्बई के अध्यक्ष श्री शमी शेख की भतीजी के सगाई समारोह में मीडिया हाऊस के प्रतिनिधि श्री अभय सिंघल

brain, and may arrive only after the fast eater has already consumed more than enough. But he said that relying on the participants themselves to score whether they eat slowly, or fast, was "considerably subjective" and may skew the data. Katarina Kos, an obesity researcher from Exeter Medical School, said similar research has to be conducted in non-diabetic people to rule out a potential role for diabetes medication in weight loss or gain.

## खर्च

चिकित्सीय जाँच के बाद जब डॉक्टर साहब पर्चा बनाने बैठे तो रोगी दुखी स्वर में बोला, "कम दवा लिखिएगा. गरीब आदमी हूँ. बड़ी मुश्किल से गुजारा होता है. पाँच बच्चे हैं. गम गलत करने के लिए दारू का ही सहारा है. जब मौका लगता है तब बीड़ी पी लेता हूँ."

## आधार

दाम्पत्य जीवन में तलाक के कगार पर खड़े मेरे मित्र ने एक और मित्र से पूछा, "आपके सफल दाम्पत्य जीवन का रहस्य क्या है?" मित्र ने छोटा सा जवाब दिया, "आपस का विश्वास और एक दूसरे का सम्मान." तलाक टल गया.

## प्रभु

मेरे मित्र एक सफल सर्जन हैं. मैं ने बराबर देखा है कि किसी भी ऑपरेशन के पहले दो मिनट के लिए शांत हो जाते हैं, आंखें बन्द करते हैं और सिर झुका कर प्रार्थना करते हैं. मैं ने एक दिन कारण पूछ ही लिया. उन्होंने मुस्करा कर समझाया, "प्रभु से आशीर्वाद लेता हूँ. कितनी भी सर्जरी आती हो पर प्रभु के आशीर्वाद के बिना कुछ भी सफल नहीं होने वाला है.

## रोड पर

हम तब तक, हॉर्न हैं बजाते. जब तक कान,पक नहीं जाते.

## पेट

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22.02.68	SHRI ATUL JAIN JI	AURIGA LABS	9813733000	SONIPAT	HARYANA
23.02.60	SHRI ARVIND RATHI JI	VIDISHA MEDICAL STIRE	9425150105	VIDISHA	MADHYA PRADESH
25.02.80	SHRI ARVIND KUMAR JAIN JI	KARTIK PHARMA	9414757599	UDAAIPUR	RAJASTHAN
26.02.88	SHRI ATUL JI	RAJ MEDICAL STORE	9675303132	GHAZIABAD	UTTAR PRADESH
28.02.73	SHRI ANIL KUMAR SHARMA JI	NABJIVAN MEDICAL HALL	9950222160	SUJANGARH	RAJASTHAN
01.03.77	SHRI AWADHESH KUMAR JI	JAI MATA DI ENTERPRISES	9431014550	PATNA	BIHAR
04.03.83	SHRI ANKUL GARG JI	FRANKO FORMULANSAN	9368310100	MEERUT	UTTAR PRADESH
09.03.88	SHRI AKSHAY GANDHI JI	GANDHI MEDICAL STORE	9423046553	AHMEDNAGAR	MAHARASTRA
09.03.56	SHRI ARYA MITTER GOYAL JI	LAKSHMI CHEMISTS	9812421198	AMBALA CITY	HARYANA
14.03.75	SHRI ANUJ AGARWAL JI	RAJ MEDICOJ	9219590437	MODINAGAR	UTTAR PRADESH
17.03.74	SHRI ANCHAL GUPTA JI	UNITED MEDICAL PHARMA (P) LTD	9414231513	JAIPUR	RAJASTHAN
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## मैडीकल दर्पण मीडिया हाऊस की तरफ से आप सभी को जन्मदिन की हार्दिक शुभकामनायें

## ध्वजारोहण एवं गारद सलामी दी



**मुम्बई:-** गणतन्त्र दिवस पर विकास पार्क कोआपरेटिव सोसायटी मलाड मुम्बई में वरिष्ठ निवासी श्री डी०एन० अग्रवाल जी के मार्ग निर्देशन में ध्वजारोहण एवं गारद सलामी का कार्यक्रम सम्पन्न हुआ. इस शुभअवसर पर श्री डी०एन० अग्रवाल जी ने गणतन्त्र दिवस के महत्व को उपस्थित महानुभावों को बताया सोसाइटी के सभी निवासियों के साथ-साथ सोसायटी की कार्यकारिणी के सभी पदाधिकारी चेरमैन- श्री अशोक गडोडिया, सचिव- श्री ब्रजभूषण जायसवाल, ट्रेजरर- श्री कैलाश खेतान, विकास अग्रवाल के साथ-साथ वरिष्ठ पुलिस अधिकारी श्री सन्तोष भंडारी भी अपने दलबल के साथ मौजूद रहे.

### Asthma Can Affect Your Chances of Pregnancy - Here's How

**New Delhi:-** Associating asthma with infertility, a new study has warned that certain medications prescribed for asthma, especially the quick-acting relievers, may affect women's ability to conceive. Researchers studied more than 5,600 women and noted that asthma patients who only used the short-acting asthma relievers took longer to become pregnant than other women. However, those who use long-acting asthma preventers conceive as quickly as other women. While the short-acting asthma relievers provide quick relief of symptoms, long-acting asthma preventers are used to control the condition instead of getting quick relief. "This study shows that women using short-acting asthma relievers take longer to get pregnant," said lead researcher Luke Grzeskowiak from the University of Adelaide in Australia. "On the other hand, continued use of long-acting asthma preventers to control asthma seems to protect fertility and reduce the time it takes women with asthma to become pregnant. This could lead to a reduction in the need for fertility treatments," Grzeskowiak said. The results provide reassurance for asthmatic women that using inhaled corticosteroids to prevent symptoms does not appear to reduce fertility, he said. The researchers examined the data of women expecting their first babies in the early stages of pregnancy. The participants were from Australia, New Zealand, Britain and Ireland. The researchers found no difference in fertility between women using long-acting asthma treatments and women without asthma. Women using short-acting reliever medication (known as beta-agonists) took 20 percent longer to conceive on average. They were also 30 percent more likely to have taken more than a year to conceive. "As well as affecting the lungs, asthma could cause inflammation elsewhere in the body, including the uterus. It could also affect the health of eggs in the ovaries," Grzeskowiak said. "Inhaled corticosteroids suppress the immune system, whereas short-acting asthma treatments do not alter immune function. In women who are only using relievers it's possible that while their asthma symptoms may improve inflammation may still be present in the lungs and other organs in the body," he added.

### Exercise May Lower Alzheimer's Risk

**Washington:-** Staying physically fit may help keep Alzheimer's disease at bay, say scientists who found that exercising regularly can improve brain health and prevent decline of vital nerve fibres. The study suggests that the lower the fitness level, the faster the deterioration of vital nerve fibres in the brain. This deterioration results in cognitive decline, including memory issues characteristic of dementia patients. "This research supports the hypothesis that improving people's fitness may improve their brain health and slow down the aging process," said Kan Ding, from University of Texas (UT) Southwestern Medical Center in the US. The study published in the Journal of Alzheimer's Disease focused on a type of brain tissue called white matter, which is composed of millions of bundles of nerve fibres used by neurons to communicate across the brain. The team enrolled older patients at high risk to develop Alzheimer's disease who have early signs of memory loss, or mild cognitive impairment (MCI). The researchers determined that lower fitness levels were associated with weaker white matter, which in turn correlated with lower brain function. Unlike previous studies that relied on study participants to assess their own fitness, the new research objectively measured cardiorespiratory fitness with a scientific formula called maximal oxygen uptake. Scientists also used brain imaging to measure the functionality of each patient's white matter. Patients were then given memory and other cognitive tests to measure brain function, allowing scientists to establish strong correlations between exercise, brain health, and cognition. The study adds to a growing body of evidence pointing to the benefits of exercising regularly. "Evidence suggests that what is bad for your heart is bad for your brain. We need studies like this to find out how the two are intertwined and hope fully find the right formula to help prevent Alzheimer's disease," said Rong Zhang of UT Southwestern.

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### Working The Night Shift? It May Raise Your Risk of Diabetes

The study found that people working irregular or rotating shifts with usual night shifts were 44 percent more likely to have Type 2 diabetes. Researchers have warned that people who work the night shift are more likely to develop type 2 diabetes, a precursor to cardiovascular diseases. Different professions across the globe require people to work odd, sometimes bizarre shifts. Various studies have shown and we're sure you have felt it too, that these shifts, especially the night shift, often tend to cause an imbalance within your system and lead to health issues. Even though some may feel comfortable with nights shifts, your health is ultimately bearing the brunt of the changes in your body-clock and lifestyle. Type 2 diabetes is a chronic condition that affects the way the body processes blood sugar (glucose). The study found that people working irregular or rotating shifts with usual night shifts were

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44 percent more likely to have Type 2 diabetes. In addition, compared to day workers, all shift workers were more likely to have Type 2 diabetes, except for permanent night shift workers, the researchers mentioned. "We see a dose-response relationship between the frequency of night shift work and Type 2 diabetes, where the more often people do shift work, the greater their likelihood of having the disease, regardless of genetic predisposition," said Ceiline Vetter, Professor at the University of Colorado-Boulder. "This helps us understand one piece of the puzzle: frequency of night shift work seems to be an important factor," Vetter added. For the study, published in the journal Diabetes Care, the team examined data from more than 270,000 people, including 70,000 who provided in-depth lifetime employment information and a sub-group of more than 44,000 for whom genetic data were available. More than 6,000 people in the sample population had Type 2 diabetes. Using the information on more than 100 genetic variants that are associated with Type 2 diabetes, the research team developed a genetic risk score that they used to assign a value to each participant. The results showed that those with the highest genetic risk scores were almost four times as likely to develop Type 2 diabetes compared to individuals who had lower genetic risk scores. According to the World Health Organisation (WHO), the global prevalence of diabetes has nearly doubled since 1980, rising from 4.7 percent to 8.5 percent in the adult population. The majority of people with diabetes are affected by Type 2 diabetes. Many studies have previously associated night shifts with health conditions like obesity, obstruction in the body's ability to repair DNA damage, liver damage, and even cancer to name a few.

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