



FOREWORD

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

The **In focus** latest medical news comprises of articles on **Consumption of added sugar doubles fat production** and **Stronger brain activity after writing on paper than on tablet or smartphone**.

The **COVID-19 infohub** focuses on knowing about **Why COVID-19 is spreading Fast?**

The **greens for health** section, in this issue provides an insight about the health benefits of **Fenugreek (Methi)**.

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

Happy Reading!!!

Best Regards,

Dr. Manjula S

Senior VP- Medical Services

LATEST MEDICAL NEWS



Consumption of added sugar doubles fat production



Stronger brain activity after writing on paper than on tablet or smartphone

COVID 19 INFOHUB



Why COVID-19 is spreading Fast?

GREENS FOR HEALTH



Fenugreek (Methi)



FUN CORNER



DIMAG KI BATTI JALAO!



Consumption of added sugar doubles fat production



Sugar is used in many of the food stuffs . Too much sugar is unhealthy, moderate amount of added fructose and sucrose can increase the fat production of the liver. This will further lead to the development of diabetes or fatty liver and other associated diseases.

A new study published in the Journal of Hepatology aimed to investigate the metabolic effects of daily consumption of sugar sweetened beverages in healthy men for several weeks.

Subjects were divided to consume a drinks sweetened with different types of sugar. The drinks contained either fructose, glucose or sucrose. To analyze the effect of the sugary drinks researchers used tracers. These are the substances that can be traced as they move towards the body.

Author Dr. Gerber PA. says that consuming 80 grams of sugar daily which is equal to 0.8 liters of a normal soft drink, boosts fat production in the liver. Bodys own Fat production in the liver was high in the fructose group when compared with other groups. Sugar which is most commonly consumed sucrose., boosted fat synthesis slightly more than the same amount of fructose.

Fat production in the liver is the first step which will lead to the development of diseases such as fatty liver and type-2 diabetes . Hence, World Health Organization recommends limiting the daily sugar consumption to 50 grams or even better 25 grams.

Geidl-Flueck B, Hochuli M, Németh A, Eberl A, Derrin N, Köfeler HC, Tapp L, Bernais L, Lippas GA, Gerber PA. Fructose and sucrose -u not glucose sweetened beverages promote hepatic de novo lipogenesis: A randomized controlled trial. Journal of Hepatology. 2021 Mar 6.



Stronger brain activity after writing on paper than on tablet or smartphone



A new study published in the journal *Frontiers in Behavioural Neuroscience* compared 3 groups of participants who read dialogues on personal schedules and the scheduled appointments were written down on a calendar using a paper notebook, electronic tablet or smart phone. The duration of writing down was shorter for note group than the Tablet and Phone groups. Author Dr. Sakai KL. says use of paper notebooks is better for information, to learn or memorize.

Fictional conversation between characters were read by the volunteers discussing their plans for 2 months in the near future, including 14 different class times, assignment due dates and personal appointments. Fictional schedule was recorded by the volunteers using paper datebook and pen, a calendar app on a digital tablet or calendar app on a smartphone.

After 1 hour, to test their memory of the schedule the volunteers answered a few simple and complex multiple choice questions. After the completion of the test Magnetic resonance imaging was done which measures the blood flow around the brain. Increased blood flow observed in a specific region of the brain showed increased neuronal activity in that area. This technique is called functional MRI (fMRI).

Brain activity was more in areas associated with language, imaginary visualization and in the hippocampus (an area for memory and navigation) in volunteers who used paper.

Writing on paper can lead to more brain activity when recalling the information an hour later. Researchers say that writing by hand on physical paper leads to improved memory.

Umejima K, Ibaraki T, Yamazaki T, Sakai KL. Paper notebook vs. Mobile Devices: Brain Activator. Differences During Memory Retrieval. Frontiers in Behavioral Neuroscience. 2021 Mar ;9:15:34.



COVID-19 : Infohub

Why COVID - 19 is Spreading Fast?

3 Major Reasons



They are my colleagues
So I can speak without Mask



They are my close friends
So I can speak without Mask



They are my relations
So I can speak without Mask

**Don't Do Above 3 Mistakes
Wear your mask properly always
Save yourself & Society**



Fenugreek (Methi)

The fenugreek (Methi) belongs to the family *Fabaceae* and is a multiuse and commercially important spice crop grown for its seeds, tender shoots, and fresh leaves.

Health Benefits

Antioxidant

Reduces Cholesterol

Aids Digestion

Relieves Constipation

Antacid

Promotes Hair Growth

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 30

	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Potassium 240mg	7%
Sodium 10mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 4g	8%

<https://www.herbazest.com/herbs/fenugreek>





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This Funny Fact
always happens with me:
Study for one hour
No One Sees.

But pick up mobile
just for a second and
Mom/Dad
Enters the Room





DIMAG KI BATTI JALAO



1. World Health Organization recommends limiting the daily sugar consumption to _____ ?
2. The fenugreek (Methi) belongs to the family _____
3. In a farm, dual heads, octa limbs with a tail and four eyes were seen. What is it?



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