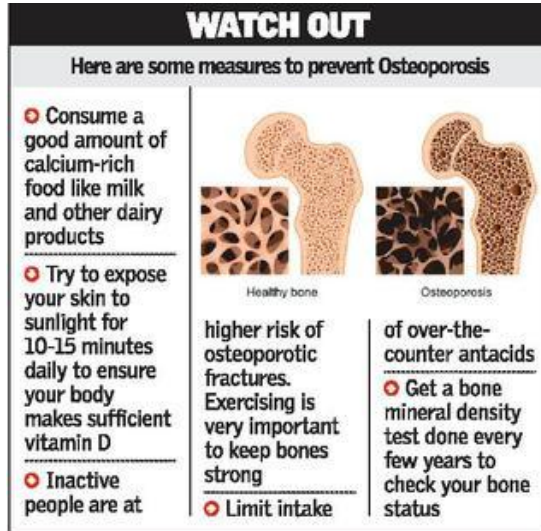


Osteoporosis and heart ailments may be linked, say IMA doctors

<http://www.thehindu.com/todays-paper/tp-national/tp-newdelhi/osteoporosis-and-heart-ailments-may-be-linked-say-ima-doctors/article9263597.ece>

Evidence suggests that the two may be co-morbid health conditions, especially among the elderly



Quoting a recent study, doctors at the Indian Medical Association (IMA) have stated that there is growing evidence to suggest that heart diseases and osteoporosis may be co-morbid health conditions, especially among the elderly.

Bone Mineral Density

The study looked at data from about 45,500 adults who had a history of low Bone Mineral Density (BMD).

The data included the medical follow-ups of these patients for up to 10 years. It was found that as many as 1,841 people in the sample size had recent-onset heart failure. The researchers concluded that heart failure was associated with a 30 per cent increase in the risk of major fractures to the wrist, hip and vertebrae.

Correlation

“This is one of the many studies that have reported a correlation between heart failure and osteoporosis. The underlying cause of the co-existence of these two disorders can be attributed to shared risk factors, both genetic and environmental. These intersecting risk factors include old-age, smoking, hypertension, diabetes, low blood calcium and vitamin D and physical inactivity,” said Dr. K.K Aggarwal of the Indian Medical Association.

“The association between these two conditions has opened new treatment and management options for these disorders. Patients with a lower than normal BMD can be screened for co-associated heart conditions and those with a history of heart failure can be screened for BMD to promote prompt management measures,” said Dr. Aggarwal.

Known as the “silent disease”, osteoporosis is often under-recognised and under-treated.

Due to inadequate awareness, there is a huge gap in the quality of care for osteoporosis and that for coronary heart disease. The first step in dealing with this gap is to make physicians, especially cardiologists, aware of the co-relation between the conditions.

Dr. Sumiran Passey, consultant, Sports Medicine and Rehabilitation, AktivOrtho said men don’t suffer from osteoporosis as much as women, but when they do, it can be much more destructive.

Osteoporosis in men

“Much more attention needs to be given to osteoporosis in men. It’s wrong to believe it’s a woman’s disease,” said Dr. Passey.

“Being skinny is bad for your bones; there is a link between low body weight and hormonal imbalance, which affect bone health. If one is thin and quickly gains weight, the strength of their bones goes up accordingly,” the consultant added.

Sleeping beside your baby can cause cot death

New-born babies should be put to bed in the same bedroom as their parents but not on the same bed for the first year of their life. They should be laid on a separate surface or a crib as this may help avoid cot death among infants, researchers have suggested.

"Parents should never place the baby on a sofa, couch, or cushioned chair, either alone or sleeping with another person.

"These surfaces are extremely hazardous," said lead author Rachel Moon from the University of Virginia in the US.

Sudden infant death syndrome (SIDS), also known as cot death or crib death, is the sudden unexplained death of a child less than one year of age. "We know that parents may be overwhelmed with a new baby in the home, and

we want to provide them with clear and simple guidance on how and where to

Explaining how to create a safe sleep environment for babies, child health experts

mother is medically stable and awake. While infants are at

to babies who are four months and older.

Thus, after feeding, parents should move the baby to his or her separate sleeping space, preferably a crib or bassinet in the parents' bedroom.

"There should be no pillows, sheets, blankets or other items that could obstruct the infant's breathing or cause overheating," noted Lori Feldman-Winter, Professor at Cooper University Hospital in New Jersey, US.

"If you are feeding your baby and think that there's even the slightest possibility that you may fall asleep, feed your baby on your bed, rather than a sofa or cushioned chair,"

Feldman-Winter suggested in the report published online in the journal Pediatrics. (ANS)



put their infant to sleep," a policy statement released by the American Academy of Pediatrics.

recommended skin-to-skin care regardless of feeding or delivery method, immediately following birth for at least an hour as soon as the

heightened risk for SIDS between the ages one and four months, new evidence shows that soft bedding continues to pose hazards

'Hip surgery may not improve physical activity'

Hip replacement surgery may not improve a person's physical activity levels, according to a new study which questions the purpose of the common operation in patients.

Total hip replacement is one of the most common elective operations, with more than 620,000 procedures performed in the UK from 2003-2013. The most prevalent cause for needing surgery is osteoarthritis (93 per cent).

The study by researchers at University of East Anglia (UEA) in the UK is the first systematic review specifically to examine the differences in physical activity pre compared to post-surgery hip replacement. "The most common reason

for a hip replacement is to reduce pain on movement. We expected that the amount of physical activity post-surgery would therefore increase.

What we found surprised us," said lead researcher Tom Withers from UEA. "Our study looked at data from about 1,030 patients who had received hip replacements. Indicators for physical activity after surgery included whether patients were walking longer distances, walking more quickly, cycling and climbing stairs," said Withers.

"We found that there was no clear evidence of a change in physical activity following surgery.

The benefits of regular physical activity following

a hip replacement are well known, so this research is important for healthcare professionals because it suggests that patients need to be encouraged to be more physically active," said Withers.

The study used existing research papers measuring pre- and post-operative measures of physical activity.

"The lack of significant difference in physical activity after patients undergo such a common procedure suggests there is a need for further research, including further investigation into how other personal characteristics or pre-existing conditions might also influence the results," said Toby Smith, from UEA. (PT)

'Coffee plant disease not caused by climate change'

Fears that climate change is promoting a fungal disease which can devastate coffee crops may not be true as here is no evidence found to prove this, researchers say.

Hemileia vastatrix is a fungus that causes coffee leaf rust (CLR) - a disease that is devastating to susceptible coffee plantations. In the study the researchers tested the hypothesis that the weather was responsible for a recent outbreak of CLR in Colombia and that climate change increased the probability of weather conditions favourable to CLR.

"We find no evidence for an overall trend in disease risk in the fast-growing regions of Colombia from 1990 to 2015, therefore, while weather conditions were more conducive to disease outbreaks from 2008 to 2011,

we reject the climate change hypothesis," said lead author Dan Bebber from the University of Exeter in Britain.

Colombian coffee production fell by about 40 per

cent from 2008-11, and this decline has been linked to a severe CLR outbreak across Colombia and neighbouring countries. Coffee serves as the obligate host of coffee rust, that is, the rust must

have access to and come into physical contact with coffee in order to survive.

There was a "perfect storm" of factors favourable for CLR at that time, including weather conditions and



a decrease in fertiliser use due to price rises during the 2008 financial crisis, Bebber stated. The paper was published in the journal Philosophical Transactions B. (ANS)

Aerobic exercise may ward off memory decline in elderly

Regular aerobic exercise may be beneficial for older adults who already have memory and thinking problems, says new research.

Aerobic exercise (also known as cardio) is physical exercise of low to high intensity that depends primarily on the aerobic energy-generating process.

The study by researchers at the University of British Columbia in Vancouver, Canada, showed that those who exercised had a small improvement on the test of overall thinking skills compared to those who did not exercise.

In addition, those who exercised also showed improvement in their blood pressure levels. High levels of hypertension may increase the risk of develop-

ing vascular cognitive impairment - the second most common cause of dementia after Alzheimer's disease, the researchers said.

In vascular cognitive impairment, problems with



memory and thinking skills result from damage to large and small blood vessels in the brain.

"Studies have shown that exercise can help reduce

the risk of developing memory problems, but few studies have looked at whether it can help people who already have these problems get better or keep from getting worse," said

Terese Liu-Ambrose from the University of British Columbia.

For the study, the team involved 70 persons with an average age of about 74 who had mild vascular cognitive impairment.

The scores of those who exercised improved by 1.7 points compared to those who did not exercise.

The results appear online in the journal Neurology. (ANS)