



### Breakthrough towards cancer blood test

Scientists have made significant progress towards a universal blood test for cancer. This would radically change diagnosis, treatment and crucially survival rates for sufferers. In a huge breakthrough, a new blood test aims to identify cancers before they develop. Called CancerSEEK, it has been trialled by scientists at Johns Hopkins University, Maryland, US, and has detected eight common cancer types. (AFP)



### People more likely to die on weekends

Turns out, patients are more likely to die during off-hours or on weekends - whether due to a brain bleed, a heart attack or a blood clot in the lungs. Doctors call it the "weekend effect".

A new study showed that the "survival trends during the odd-hours have improved in the past decade or so". (ANI)

In recent months, Silicon Valley executives have been speaking out about the purposely addictive designs of smartphones and social media, which make them hard to put down for anyone, but particularly teenagers. Now, a new report puts numbers to the warnings, tying a sudden and large drop in adolescents' happiness with the proliferation of smartphones, and finding that the more hours a day teens spend in front of screens, the less satisfied they are.

The report, "Decreases in Psychological Well-Being Among American Adolescents After 2012 and Links to Screen Time During the Rise of Smartphone Technology," was published Monday in the journal *Emotion* using a large national survey of 8th, 10th, and 12th graders conducted annually by The University of Michigan. After rising since the early 1990s, adolescent self-esteem, life satisfaction, and happiness plunged after 2012, the year smartphone ownership reached the 50 percent mark in the U.S., the report said. It also found that adolescents' psychological well-being decreased the more hours a week they spent on screens, including the Internet, social media, texting, gaming, and video chats. The findings jibe with earlier studies linking frequent screen use and teenage depression and anxiety.

The ubiquity of the devices has mushroomed in the past six years: the percentage of teens who had smartphones jumped from 37 percent in 2012 to 73 percent in 2015 to 89 percent at the end of 2016, according to data from the Pew Research Center and the Associated Press-NORC Center for Public Affairs Research.

The study graphed correlations between happiness and screen activities and non-screen activities such as sports, in-person interaction, religious services, print media and homework. For all the non-screen activities, the correlation was positive; for the screen activities it was uniformly negative.

"When I made that graph I got up and took my kids' Kindle Fires and shoved them in the back of a drawer," said Jean Twenge, a psychology professor at San Diego State University and the study's lead author.

Twenge, who is also the author of "iGen: Why Today's Super-Connected Kids are Growing Up Less Rebellious, More Tolerant, Less Happy - and Completely Unprepared for Adulthood," called the relationship of screen and non-screen activities "zero sum" - if you are doing one, it takes time away from the others.

Diane Tanman of Chevy Chase, MD worries that is the case for her sons, who are 11, and 15. "Like playing games in the field like they used to when they were little - they used to do that and I think it made them more happy," she said. (The Washington Post)



Teens who spend less time in front of screens are happier

### Skipping rope: better workout than jogging

Good news for all those who have been having a tough time to make room for high intensity work out. A skipping rope is all you need to make up all the cardio sessions you have been missing out on. According to a latest study, skipping could prove to be the best full body workout. The uncomplicated workout takes minutes and targets all your muscles, at the same time it is not too tiring or harsh.

The study, published in the *Journal Research Quarterly*, American Association for Health, Physical Education and Recreation, skipping is one of the most effective cardio exercises. The exercise also resulted in better cardiovascular health.

For the study, the scientists compared jogging and skipping and found the latter to be more effective. The study that went on for six weeks, monitored the two physical activity. The findings revealed that 10-minute jump-rope sessions a day were more efficient than 30-minute jogging sessions.

Participants demonstrated improvement in their cardio-vascular health.

Jumping up and down, proved to be more efficient for the target muscles than hitting the pavement. The research also reveals that skipping burns more calories per minute and engages more muscles than rowing or swimming. (NDTV)

Participants demonstrated improvement in their cardio-vascular health.

## PET VET

Dr. Rajani Rajesh



### Zoonotic diseases from birds

Diseases that can be passed from animals to humans and vice versa are called zoonotic diseases. Various diseases that can be passed from chickens, turkeys, ducks, pigeons, parrots, parakeets, sparrows, finches, crows, raptors and other birds to people. Often these diseases do not make birds appear ill but can

cause serious illness in humans. Zoonotic diseases associated with birds include avian tuberculosis, avian influenza, erysipelas, ornithosis, cryptococcosis, salmonellosis, cryptosporidiosis, campylobacteriosis etc. Some important diseases with zoonotic importance are listed below.

**Salmonellosis:** Salmonella bacteria is transmitted through feather and fecal dust, as well as through the egg. Symptoms of Salmonellosis include nausea, diarrhea, fever, a headache, severe abdominal cramps.

**Avian Mycobacterium:** Tuberculosis is caused by inhaling microscopic airborne organisms that are shed in infected birds' feces. Persons infected may develop lymphadenitis & pulmonary disease similar to tuberculosis.

**Avian Chlamydiosis:** is also known as Psittacosis and Parrot Fever. Normally produces symptoms such as eye infections, diarrhea, and respiratory problems.

**Avian Influenza Virus:** It is transmitted through coming into contact with the fecal matter of infected birds.

**Campylobacteriosis:** Bacterial infection that causes gastrointestinal problems. It is usually transmitted through fecal contamination of food and water. Diarrhea, weight loss, and lethargy are common.

For the most part, the danger of transmission of disease from birds to people is relatively low. However, certain risk groups such as the very young, the elderly and the immune compromised should take extra care. If reasonable measures are taken the chance of problems developing for you and your birds should be lessened. Always wash your hands after handling birds or cleaning aviaries. Wear disposable gloves, particularly when handling dead birds. Control mites, ticks and insects in aviaries with pest strips or insecticides. Clean regularly. Do not allow dust and debris to build up. Use a face mask and gloves.