

Merck collaborates with African and Asian Universities to build diabetes and hypertension healthcare capacity in the two continents

Leading company for innovative and top-quality high-tech products in healthcare, life science and performance materials, Merck, in collaboration with Maharashtra University of Health Sciences and Directorate of Medical Education and Research is introducing European Accredited Clinical Diabetes management for more than 5000 medical students in 18 medical colleges of Maharashtra University as part of Merck Capacity Advancement Programme (CAP) in Asia.

The course is European accredited and will be incorporated in the Bachelor of Medicine and Basic Surgery curricula of 18 medical colleges.

Dr. Stefan Oschmann, Vice Chairman and Deputy CEO of Merck said: 'Merck is pleased to collaborate with Maharashtra University of Health Sciences and Directorate of Medical Education and Research as part of our commitment to building healthcare capacity and providing sustainable access to high-quality health solutions and safe medicines in India. It marks another step in our commitment to working with governments and other stakeholders in building healthcare capacity with a focus on non-communicable diseases in various countries in Asia-Pacific, Middle East Africa and Latin America.'

Merck CAP aims at expanding the professional capacity in the areas of research and development, clinical research, supply chain integrity and efficiency, pharmacovigilance, medical education and awareness for medical and pharmacy undergraduates, physicians and pharmacists in rural areas.

The 5-year programme was kicked off successfully in seven sub-Saharan countries including Kenya, Uganda, Namibia, Angola, and Ghana, and will further expand to other sub-Saharan countries and Asia.

Eating eggs reduces risk of type 2 diabetes

Egg consumption may reduce the risk of type 2 diabetes, according to new research from the University of Eastern Finland. The findings were published in *The American Journal of Clinical Nutrition*.

In some studies, high-cholesterol diets have been associated with disturbances in glucose metabolism and risk of type 2 diabetes. In contrast, in some experimental studies, the consumption of eggs has led to improved glucose balance, among other things. However, there is no experimental data available on the effects of egg consumption on the incidence of type 2 diabetes. In population-based studies, too, the association between egg consumption and type 2 diabetes has been investigated only scarcely, and the findings have been inconclusive.

The dietary habits of 2332 men aged between 42 and 60 years were assessed at the baseline of the Kuopio Ischaemic Heart Disease Risk Factor Study at the University of Eastern Finland in 1984–1989. During a follow-up of 19.3 years, 432 men were diagnosed with type 2 diabetes.

The study found that egg consumption was associated with a lower risk of type 2 diabetes as well as with lower blood glucose levels. Men who ate approximately four eggs per week had a 37% lower risk of type 2 diabetes than men who only ate approximately one egg per week.

In addition to cholesterol, eggs contain many beneficial nutrients that can have an effect on, for example, glucose metabolism and low-grade inflammation, and thus lower the risk of type 2 diabetes. The study also suggests that the overall health effects of foods are difficult to anticipate based on an individual nutrient such as cholesterol alone.

The link between cancer, diabetes and heart disease has been revealed

A new study has revealed that shared risk factors lead to diabetes, heart disease and cancer.

The World Cancer Research Foundation has concluded that obesity is a major cancer risk factor, likely causing around 20% of cancers of the breast, esophagus, colon, kidney, endometrium, pancreas, and gall bladder in the United States.

Likewise, overweight and obesity contributes to diabetes and cardiovascular disease, causing 58% of type 2 diabetes and 21% of ischaemic heart disease, according to the World Heart Federation.

Shared risk factors for cancer, diabetes and cardiovascular disease also include, most importantly, tobacco, diet quality, physical activity and alcohol use.

University of Colorado Cancer Centre investigator Tim Byers said that by stepping back to look system-wide, researchers from many disciplines could collaborate and share knowledge, leading to a better understanding of how these risk factors work at the tissue, cellular and molecular levels to drive these diseases.

Having depression or diabetes raises the risk of dementia by up to 80% -and even more if you suffer both

People with depression or diabetes have an increased risk of dementia later in life, a new study claims.

A diagnosis of either condition was linked with a higher risk - which was even greater among those suffering from both, researchers found.

Diabetes and major depression are common chronic diseases. More than 250 million people worldwide have depression, according to the World Health Organization. And in 2014, 9% of the global adult population had diabetes.

Researchers wanted to find out whether being diagnosed with one of these diseases increased the risk of developing dementia.

A team led by Dr. Dimitry Davydow, of the University of Washington School of Medicine, examined the risk of dementia among people with depression, type 2 diabetes or both.

They then compared these results with people who had neither condition, looking at data for more than 2.4 million Danes aged 50 or older, who were free of dementia from 2007 through to 2013.

Overall, 19.4% of the group had a diagnosis of depression, 9.1% had type 2 diabetes, and 3.9% had diagnoses of both diabetes and depression.

The researchers found that during the study period, 2.4% of people developed dementia and the average age of their diagnosis was nearly 81.

Of those who developed dementia, 26.4% had depression alone and 10.8% had type 2 diabetes alone, while 6.7% had both conditions.

Having both depression and type 2 diabetes was associated with a 117% greater risk of developing the condition, researchers revealed.