

The LycoRed Herald

Your mirror to the emerging world of 'Wellness'

Vol 2 # 12



The future is here!

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It's a mad, mad, mad world!

Fungi - your strange bedfellow

Researchers have found a host of harmful fungi in pillows that can adversely impact patients with respiratory diseases.

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Dear Doctor

In the last few decades, awareness has risen greatly about obesity, cardiovascular problems, hypertension, cardiac failure and other disorders in the country. However, diabetes, a silent killer, has not got the attention it deserves. It affects 40 million Indians and has no known cure.

The urbanization has contributed greatly to the increasing number of diabetics. As careers take primary importance, stress levels have increased significantly. As a result, people suffering from stress tend to overeat as well as eat the wrong kind of food. That coupled with obesity and less exercise can trigger off diabetes.

A well-nourished and fit body can be more resilient to stressful conditions. Many illnesses induce stress and stress too induces eating disorders, addiction to alcohol and substance abuses. Hence, a planned and nutritious diet can act as an effective stress-fighting tool.

A healthy and disciplined diet habit can help an individual in stress conditions as well as prevent him from falling victim to abusive food habits.

(Sanjiv Dudeja)
General Manager

Bulletin Board

LycoRed at Delhi Diabetic Forum on 14th November 2005

On the occasion of World Diabetes Day, Jagsonpal organized a CME for doctors.

Among many eminent speakers was Prof. S K Agarwal, President - DDF who spoke on 'Free Radicals & Diabetes - a clinical experience'. He presented the results of three trials conducted under his guidance in Maulana Azad Medical College, Delhi.

The trials clearly indicate that serum lycopene levels are reduced in type 2 diabetics. Low serum lycopene plays a role in the genesis of endothelial dysfunction in diabetics.

In normotensive type 2 diabetics, LycoRed supplementation:

- improves endothelial dysfunction markers
- decreases the lipid peroxidation
- improves glycaemic control

These trials have also been presented at CSI & APICON earlier with a gold medal being presented to the speaker for best presentation in the diabetes section.





Students to hatch an egg

Three German students are to try to hatch an egg quicker than a chicken.

The students will nurture the egg 24 hours a day and will take turns of eight hourly shifts for an estimated 3 weeks.



Fungi: your strange bedfellow

Pillows harbour a host of potentially harmful fungi that can adversely impact patients with respiratory diseases, especially asthma and sinusitis.



A team from University of Manchester took samples from 10 pillows. They found up to 16 types of fungi in pillows they analysed, *New Scientist* reported. Since people spend a third of their life sleeping and breathing close to a potentially large and varied source of fungi, these findings have important implications for patients with respiratory disease.

Bad for teeth



An antibiotic used to treat ear infections in infants may be linked to damage in permanent teeth. A study that followed 579 children found frequency of use of amoxicillin in infancy appeared to be related to a disorder that damages tooth enamel.

Link between breast cancer and bras



Tight and under-wired bras obstruct the free movement of lymph system, forcing toxins to collect in the breast tissue, causing cancer as reported in Ross Singer's book, 'Dressed To Kill'.

However, cancer experts say the book is based on assumptions, not fact.

Lazy dog retired

A German Shepherd has been retired by police in England for his lack of motivation in his work and fondness for making friends with drunkards.



Blame it on idiot box

Parents who allow small children to watch more than two hours of television a day at weekends are putting them at significant greater risk of becoming obese as adults.

A study of 11,000 children in Britain & published in *The Journal of Paediatrics*, has found that the risk of adult obesity increases by 7 for every additional hour of weekend television watched by five-year-olds.



Cool crasher

A man whose car ran into the front entry of a fast-food restaurant backed away, parked and went in for breakfast.

Police called to the scene found him eating inside the restaurant.



Lycopene prevents prostate cancer

Fraser ML et al

Lycopene and prostate cancer: emerging evidence

Expert Rev Anticancer Ther; 5(5):847-54, Oct 2005

Prostate cancer has the third highest incidence of all cancers in men worldwide and is the most common neoplasm diagnosed among men beyond middle age in many developed countries.

Mounting evidence surrounding the consumption of tomato products has shown promise for the prevention of prostate cancer. This protective effect has more recently been linked to lycopene, the most abundant carotenoid in tomatoes.

This article reviews emerging evidence from epidemiologic studies for the role of lycopene in prostate cancer prevention. The majority of evidence currently comes from observational studies, but recent human clinical trials and animal studies have provided additional support.

Growing evidence on the biologic mechanisms of lycopene in prostate cancer prevention also confirm the epidemiologic findings.

Lycopene reduces the risk of CVD by 50%

Sesso HD et al

Plasma lycopene, other carotenoids, and retinol and the risk of cardiovascular disease in women

Am J Clin Nutr; 79(1):47-53, Jan 2004

BACKGROUND: Growing evidence suggests that lycopene has significant in vitro antioxidant potential. Lycopene has rarely been tested in prospective studies for its role in cardiovascular disease (CVD) prevention.

OBJECTIVE: We examined the association between plasma lycopene and the risk of CVD in middle-aged and elderly women.

DESIGN: A prospective, nested, case-control study was conducted in 39 876 women initially free of CVD and cancer in the Women's Health Study. Baseline blood samples were collected from 28,345 (71%) of the women. Plasma lycopene, other carotenoids, retinol, and total cholesterol were measured.

RESULTS: In analyses matched for age and smoking, with adjustment for plasma cholesterol, the relative risks (RRs) and 95% CIs of CVD in increasing quartiles of plasma lycopene were 1.00 (referent), 0.78 (95% CI: 0.55, 1.11), 0.56 (0.39, 0.82), and 0.62 (0.43, 0.90). In multivariate models, the RRs were 1.00 (referent), 0.94 (0.60, 1.49), 0.62 (0.39, 1.00), and 0.67 (0.41, 1.11); those in the upper compared with the lower half of plasma lycopene had an RR of 0.66 (0.47, 0.95). For CVD, exclusive of angina, women in the upper 3 quartiles had a significant multivariate 50% risk reduction compared with those in the lowest quartile.

CONCLUSION: Higher plasma lycopene concentrations are associated with a lower risk of CVD in women.

Lycopene prevents cutaneous damage by free radicals

Andreassi M

Antioxidant activity of topically applied lycopene

J Eur Acad Dermatol Venereol; 18(1):52-5, Jan 2004

BACKGROUND: Ultraviolet (UV) rays cause depletion of the antioxidant substances contained in the epidermis. This is the rationale for the use of topical antioxidant substances.

METHODS: We studied the protective activity against UV radiation of a product based on lycopene and a product containing a mixture of vitamins E and C. Photostimulation was applied with a solar simulator and the cutaneous response was evaluated instrumentally.

RESULTS: The lycopene-based product had a much greater protective ability than the product containing the mixture of vitamins.

CONCLUSION: Lycopene has suitable characteristics to be used successfully in the prevention of cutaneous damage by free radicals. Its antioxidant ability is probably due to its high reductive power.

Lycopene lowers the risk of pancreatic cancer

Nkondjock A

Dietary intake of lycopene is associated with reduced pancreatic cancer risk

J Nutr; 135(3): 592-7, Mar 2005

Although fruits and vegetables have been implicated in the etiology of pancreatic cancer, the role of phytochemicals in these food groups has received little attention to date. In this study, we investigated the possible

association between dietary carotenoids and pancreatic cancer risk.

A case-control study of 462 histologically confirmed pancreatic cancer cases and 4721 population-based controls in 8 Canadian provinces took place between 1994 and 1997. Unconditional logistic regression was used to assess associations between specific and total carotenoid intakes and the risk of pancreatic cancer.

After adjustment for age, province, BMI, smoking, educational attainment, dietary folate, and total energy intake, lycopene, was associated with a 31% reduction in pancreatic cancer risk among men [odds ratio (OR) = 0.69; 95% CI: 0.46-0.96; P = 0.026 for trend] when comparing the highest and lowest quartiles of intake. Both beta-carotene (OR = 0.57; 95% CI: 0.32-0.99; P = 0.016 for trend) and total carotenoids (OR = 0.58; 95% CI: 0.34-1.00; P = 0.02 for trend) were associated with a significantly reduced risk among those who never smoked. The results of this study suggest that lycopene may help reduce pancreatic cancer risk.

Wellness ...

Spread across the world



Initiative Wellness

Spreading across India



Junk food link to ageing

An early diet of junk food makes it harder to fight off the effects of ageing, scientists have found.

The discovery, by scientists at Glasgow University, applies to zebra finches but experts believe the same could apply to humans.



Anti-oxidants form part of the body's defence against ageing by reducing the damage caused by free radicals.

Animals cannot make anti-oxidants, which include lycopene & vitamin E, and get them instead from their food.

Grapes may prevent cancer scarring

Grapes could help women to avoid the painful scarring often associated with breast cancer treatment.

Doctors at The Institute of Cancer Research in London believe that the antioxidants in grapes may protect against radiation fibrosis.

This condition affects thousands of women around the world each year. It causes tissue around the breast to become hard and stiff.

Grape seeds contain a mixture of compounds called flavanoids, which have antioxidant properties that may be superior to known antioxidants like vitamin E or C.



Wheat may prevent colon cancer

Wheat may be a vital weapon in the fight against cancer and other diseases, according to experts.

Whole grain wheat contains powerful antioxidants, which may help to prevent colon cancer and possibly diabetes and heart disease.



Biochemists at Kansas State University, who carried out the research, say the findings may enable them to create modified wheat strains with high levels of cancer-fighting chemicals.

The biochemists are optimistic about wheat's cancer-fighting ability because their preliminary testing shows some available wheat strains already contain a great number of orthophenols.

Fears over tuna health risk to babies



Pregnant women and mothers who breastfeed have been advised to limit their consumption of tuna fish.

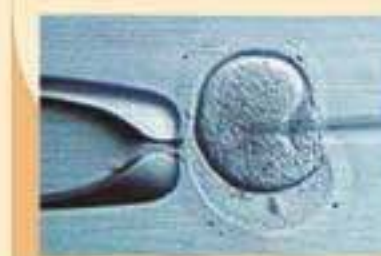
The UK Food Standards Agency is concerned that mercury found in the fish could pose a health hazard.

It says women who intend to get pregnant should also be careful about eating too much of the fish.

The FSA says all these women should not eat more than two medium size cans of tuna a week. They have already been advised to avoid any shark, swordfish and marlin.

The new advice about tuna does not apply to children or adults.

Infertility linked to mercury in seafood



Mercury can affect fertility

Raised levels of mercury in the blood, from high seafood consumption, are linked to infertility, researchers have found.

The study was carried out in Hong Kong, where people eat a large amount of seafood and where seas have high levels of pollution.

Researchers from The Chinese University of Hong Kong studied 150 infertile couples undergoing IVF and 26 fertile couples.

Blood tests were used to assess the level of mercury in the men and women's system.

Experts say the Hong Kong findings show the effect environmental pollutants can have on fertility. Mercury is one toxin thought to have an impact on fertility.

Eating dairy products may reduce the risk of insulin resistance

Research recently published in the *Journal of the American Medical Association* suggests that overweight people may be able to reduce their risk of insulin resistance by consuming dairy products.

Among overweight people only, those with the highest dairy consumption (5 or more times per day) were 72% less likely to develop insulin resistance than those with the lowest dairy consumption.



Milk, yogurt and cheese may help overweight people prevent the development of insulin resistance, which in turn reduces their risk of type 2 diabetes and heart disease.

Extra fibre may increase cancer risk

Giving fibre supplements to patients with a history of growths in their colon may actually increase rather than reduce the problem.

Previous studies had suggested that giving people extra soluble fibre in granule form, such as Ispaghula husk, could reduce the growth of polyps and thus colorectal cancer.



However, the latest research, conducted in France, Denmark, Italy and Germany, suggests that new adenomas are actually more likely to grow in patients who are given this fibre supplementation.

Vitamins prevent dementia

Boosting diets with vitamins C and E may prevent the onset of dementia caused by stroke and mental decline, say researchers.



The research also suggests vitamins C and E may also protect against dementia by limiting the amount of brain damage after a stroke.

Scientists at the University of Hawaii in Honolulu investigated 3,385 Japanese-American men taking part in the Honolulu Heart Program.

Men taking both vitamin C and vitamin E supplements at least once a week were 88% less likely to have vascular dementia four years later. They were also 69% less likely to have other forms of dementia, including Alzheimer's-related, than those who did not take supplements.

Indians genetically prone to heart disease

People of Indian origin may be genetically more prone to coronary heart disease, researchers have said.



The rate of coronary heart disease among this community - particularly in young men - is up to twice as high as that in whites.

The researchers, who reported their findings in the journal *Heart*, measured the ability of the cells that line the brachial artery to expand and contract according to blood flow.

They found that the cells were less effective in people of Indian origin regardless of the levels of glucose, insulin or cholesterol in the blood.

Wine drinkers think positive



Positive outlook:
Wine may
benefit health

Positive thinking could be responsible for the health benefits associated with drinking wine, according to a study that found people who drink wine consider themselves healthier.

The researchers in Denmark said it was well established that believing oneself to be healthy leads to a reduced chance of dying from heart disease or other causes.

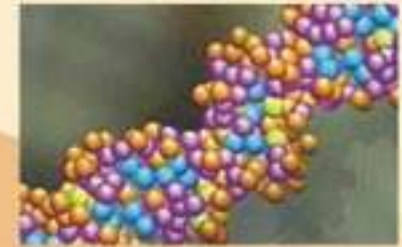
Those who drank small to moderate amounts of wine - rated, as up to five glasses of wine a day - were 35% more likely to consider themselves in optimal health.

Previous research published in the *American Journal of Epidemiology* last year also showed moderate daily wine drinking could stop people from developing neurodegenerative diseases.

Genes can be changed by foods

What we eat may influence our health by changing specific genes, researchers believe.

Several studies have shown that nutrients and supplements can change the genetics by switching on or off certain genes.



Professor Ian Johnson at the Institute of Food Research is investigating whether colon cancer in humans might be triggered by diet through DNA methylation. His team is studying healthy people before this cancer starts.

Beans and soya beat lung cancer



Soya beans are a
good source
of phytoestrogens

Eating a diet rich in plant foods such as beans and soya cuts the risk of lung cancer.

The latest study involving more than 3,000 US people found those who ate more of these foods were less likely to develop lung cancer.

The protective effect, thought to be down to oestrogen-like compounds within the foods, appeared to reduce cancer risk by as much as 46%.

Phytoestrogens appeared to cut cancer risk by 20% and 45% in men and women, respectively.

Scientists believe that the oestrogen-like compounds act on receptors in the body, which regulate cancer growth.

The research appears in the *Journal of the American Medical Association*.

Potato vaccine for hepatitis B

An edible vaccine against the deadly liver disease hepatitis B may have been developed by scientists in the US.

Researchers found signs of immunity in 60% of the 42 people who tested the potato vaccine.



More research will be needed into the potato vaccine

Hepatitis B virus is most commonly transmitted through blood-to-blood contact.

Researchers took ordinary potato plants and genetically altered them to include a single protein from the hepatitis B virus.

Once consumed, the protein triggered the body's immune system to recognize and fight any future encounter with the hepatitis B virus without causing disease.

Linoleic acid may reduce the risk of stroke

A study published in *Journal of the American Heart Association* suggests that higher levels of linoleic acid in the blood are associated with a lower risk of stroke.

For each of the 197 people who had strokes in the study (cases), the researchers selected three people from the study who did not have a stroke (controls). Researchers thawed the blood samples and measured their levels of various fatty acids, including linoleic acid. Finally, researchers compared the linoleic acid levels in the blood of cases versus the blood of controls.

Specifically, each 5% increase in linoleic acid reduced the risk of stroke by 28%.



Linoleic acid is found in soybeans, corn, sunflower and safflower oils.

Organic milk higher in vitamins

Drinking organic milk has more health benefits than drinking non-organic, a study has suggested.

It showed organic milk has higher levels of vitamin E, omega 3 essential fatty acids and antioxidants, which help beat infections.

The study found cows farmed organically produced milk which was, on an average, 50% higher in Vitamin E than conventionally produced milk.

Initiative Wellness Spreading across India



LycoRed Proven efficacy in oral leukoplakia

Dose
4 softgels per day
Duration of treatment
3 months

Organic milk was also 75% higher in beta-carotene, which is converted into Vitamin A in the body.

Even if regular milk is slightly lower in these nutrients than organic milk, dietary needs for these nutrients can still be met by consuming other foods.



Zinc good for children with HIV

Zinc supplements are a safe and effective way to reduce illness in children with HIV, US researchers say.



Adequate zinc levels are essential for growth and immunity

Evidence shows that they cut the chance of diarrhoea and pneumonia without any risk of worsening the HIV infection, according to a report in *The Lancet*.

People with a healthy, balanced diet should not normally be deficient in zinc. Foods rich in zinc include fish, meat, cheese, some nuts, seeds and brown rice.

Loud noises bad for the heart

Living or working in a noisy environment could increase a person's risk of a heart attack, a study says.



Environmental noise, such as traffic, increased heart attack risk twofold to threefold, a German study in the *European Heart Journal* found.

Researchers seem to be looking at a threshold at which risk occurs and remains constant above this and this appears to be around 60 decibels.

Noise levels in decibels

Normal conversation	50-60
A loud radio	65-75
A busy street	78-85
A heavy truck about 7 metres away	95-100
A chain saw	115-120
A jet aircraft taking off 25 metres away	140

Dr. Archana Dubey MBBS
Shivpuri (MP)



"Thanks to LycoRed!

My patients are getting very good results with LycoRed in the treatment of male & female infertility and also in patients with poor ovulation.

Also prescribing LycoRed in metabolic disorders"

Dr. Abha Jain DGO
Jaipur (Raj)

"LycoRed besides having good antioxidant properties also shows excellent role in the treatment of IUGR & PIH"

Dr. Manisha Singh MS
Dehradun (Utt)



"LycoRed has emerged as an outstanding approach to the treatment of infertile couples and also in prevention and treatment of hypertension during pregnancy"

Dr. H S Bhutani MCh
Jalandhar (Pun)



"LycoRed is very effective in patients with erectile dysfunction and oligospermia"

Dr. Abha Malik DGO
Jaipur (Raj)

"LycoRed is a unique multi-dimensional drug that is finding extensive usage in infertility, IUGR, PIH and threatened abortion"

Dr. P A Jayshree Ambulgekar MD
Nanded (Mah)

"LycoRed gave good results in IUGR & pre-eclampsia"

Dr. O S Kandari MBBS
Rishikesh (Utt)



"Using LycoRed in patients of leukoplakia, male sterility and age-related cerebral atrophy.

The response is indeed satisfactory"

Dr. P A Choksey MD
Jaipur (Raj)

"LycoRed is nontoxic, nonmutagenic & non-carcinogenic treatment for controlling early menopausal symptoms like vasomotor instability & psychosomatic symptoms. It reduces the incidence of hot flushes, sweating, sleep disturbances, fatigue, headache & mood swings.

Keeping in view the side effects of HRT/ERT, LycoRed is definitely a safe choice"

Dr. Suman Bansal DGO
Agra (UP)



"The foetal weight increased by 1300gms in just 3 weeks, after initiating LycoRed in one of my patients of IUGR"

Dr. Veena Goyal MBBS
New Delhi



"My experience with LycoRed forces me to say that it is indeed wonderful & amazing.

A patient of mine, who was depressed, aggressive and frustrated changed into a normal being just after 1 month of LycoRed therapy"

Dr. Janak Tandon DGO
Agra (UP)

"LycoRed is a wonderful drug in IUGR & pre-eclampsia"

Dr. V B Singh MS
Sultanpur (UP)



"LycoRed has a very promising role in the treatment of leukoplakia & male sterility"

Dr. Hardeep Oberoi MD
Jalandhar (Pun)



"LycoRed in a dose of 1bd is found to be effective in treating hyperlipidemia and along with anti-stress therapy"

Dr. T Ramakoteswara Rao DGO
Osmania (AP)



"Tremendous response seen in infertile patients treated with LycoRed"

Dr. Kumar Gaurav Senapati BDS
Balugaon (Ori)

"Using LycoRed for the past 6 months in oral sub-mucous fibrosis, patients have shown exceptional improvement"

Dr. Meenakshi DGO
Navalgarh (Raj)



"Thanks for introducing LycoRed, a wonderful product that shows dramatic improvement in patients of IUGR, PIH and infertility"

Dr. Anju Mittal MS
Jaipur (Raj)



"I have used LycoRed in several patients of infertility and general debility, results are really wonderful"

Dr. VK Agrawal MBBS, DCH
Champa (Chatt)



"LycoRed is a boon to medical fraternity as it has excellent role in the treatment of sub-mucous fibrosis, anaemia and leukoplakia"

Dr. Sanjay Agrawal BDS
Korba (Chatt)

"I am very happy to say that my patients of OSMF, leukoplakia and recurrent stomatitis have got amazing results with LycoRed"

Dr. Atul Verma BDS
Bhopal (MP)



"I have been using LycoRed for the past 2 years in leukoplakia and sub-mucous fibrosis, the results are excellent"

A good product needs no advertising!



LycoRed - a good product !!

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