



The future is here!

Free circulation amongst medical fraternity of Southeast Asian nations

The LycoRed Herald

Your mirror to the emerging world of 'Wellness'

Vol 3 # 7

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It's a mad, mad, mad world!

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Dear Doctor,

Stress is defined as any change that you must adapt to in an ever changing world. There is extensive research that confirms the harmful effects of stress, when stress occurs continuously without the relaxation phase. In the 'interheart study', patients with a first heart attack reported significantly more stress in financial, home and work-related situations than the control studies.

In another study of 1055 medical students, who were followed for 36 years, it was found that those who had a higher anger response to stress had higher risk of developing premature heart disease (before 55 years of age).

The first step in managing stress is to become aware of the things that cause stress. Recognizing what causes stress is the first step to finding solutions to the problem.

The potential solutions include:

- ❖ Recognize when your body is telling you to take a break
- ❖ Resolve not to let yourself be provoked or upset by others' behavior
- ❖ Learn any of the relaxation techniques such as deep breathing, stretching, meditation, yoga, progressive muscular relaxation, visualization, etc.
- ❖ Learn better time management
- ❖ Avoid the circumstances that create stress
- ❖ Adjust your priorities; decide what is really important in your life
- ❖ Talk out problems with a friend
- ❖ Go out of your way to improve relationships with family, friends and colleagues

Stress is a fact of life, but it need not be a way of life. There are many things in life that you can't control, but very few that you can't learn to manage, including the negative aspects of stress. It is worthwhile to develop a healthier or more positive lifestyle supported with good nutrition and appropriate exercise to avoid the damage arising out of stress.

(Sanjiv Dudeja)
General Manager

Bulletin Board



LycoRed Syrup has been launched all over India in the last one month. The product got excellent response in Delhi and Maharashtra, where it was launched in the month of August '05 and February '06, respectively.

LycoRed Syrup

- ❖ is the first antioxidant syrup with lycopene in India
- ❖ is sugar free & hence absolutely safe for diabetics
- ❖ is fortified with 6 vitamins and 5 minerals, scientifically combined for maximum utilization
- ❖ is 'Your Wellness Syrup', induces a feeling of total well being
- ❖ is specially recommended for stressed individuals and convalescing patients

LycoRed Syrup comes with most potent antioxidant ability of lycopene to counter fatigue and improve work capacity.

Our comment

Share the benefits of LycoRed Syrup with your near and dear ones and become an important link in spreading the message about importance of good health.



Doctor sentenced after diluting patients' cancer drugs

Dr. Young Moon, an oncologist in US blamed her nurses, her busy schedule and complicated billing procedures as she was sentenced to 15 years in prison after short-changing her patients of

chemotherapy drugs. The doctor was accused of under dosing patients from 1999 until early 2002.

Wedding called off after police arrest couple for fighting

A couple could not marry before the local police made them part as they got into a fight the night before and police arrested them because both allegedly threw punches.

The wedding had to be called off as their \$250 bond condition required them to stay away from each other.



Woman's ex sends severed finger in the mail

Texas officials are seeking a woman's ex-boyfriend, after the mail brought her a severed finger and a message, "This is my last chance to touch you." The woman had filed for an emergency protective order from the man last week.



Lion kills man who climbs in cage

A lion killed a man who climbed into its enclosure at the Kiev Zoo. The lion attacked the 45-year-old Ukrainian after he used a rope to climb down into an enclosure with four lions.

The man acted aggressively and one of the lions seized him by the throat. The man died at the scene. Witnesses said that the man told them that he believed God would not allow the lions to hurt him.



Dash for cash: the notes rain down

A man sparked a town-centre fight when he hurled thousands of pounds into the air in an attempt to 'spread a little sunshine'.



People were seen scurrying to pick up the bank notes at the pedestrian crossing.

Mom charged after 3-year-old eats drugged candy

The mother of a 3-year-old boy faces child endangerment charges after the boy apparently ate a candy spiked with LSD. Police said his mother left the boy alone during a weekend party.



The mother was arrested at a hospital where she had rushed her son when he began to hallucinate.

Most worms eaten in 30 seconds

Chennai's C. Manoharan, swallowed 200 earthworms each measuring at least 10 cm (4 in) long in 30 seconds.

He also possesses the ability to insert small cobras into his mouth and passing them out through his nose.



Woman gets jail time for 'stealing' house

A woman who convinced a mortgage company to hand her the title to a \$328,000 home despite having less than \$1 in the bank was sentenced to up to two years in prison.



Jean-Francois, used her home computer to create \$63,000 worth of fake cheque.

LycoRed can be used as an alternative to HRT to reduce the risk of atherosclerosis

Misra R et al

LycoRed as an alternative to hormone replacement therapy in lowering serum lipids and oxidative stress markers: a randomized controlled clinical trial.

J Obstet Gynaecol Res; 32(3):299-304, Jun 2006

AIM: Menopause is a pro-atherogenic state with a sharp rise in the incidence of coronary artery disease. This pilot study was designed as an equivalence randomized clinical trial to explore the potential of LycoRed (containing 2000 microg lycopene) as an alternative to hormone replacement therapy (HRT) for the prevention of coronary artery disease in postmenopausal women.

METHODS: Forty-one healthy postmenopausal women were randomly allocated to receive either continuous combined HRT (n = 21) or LycoRed (n = 20) for six months. Serum lipid profile, marker of lipid peroxidation (malondialdehyde), and the level of endogenous antioxidant (glutathione) were measured at the baseline, and 3 and 6 months after the intervention in both groups.

RESULTS: At 6 months, HRT resulted in a significant decrease in total cholesterol (TC) level by 23.5%, low-density lipoproteins (LDL) by 19.6%, and an increase in high-density lipoproteins (HDL) by 38.9%.

The LycoRed group showed similar changes in TC (-24.2%), LDL (-14.9%) and HDL (+26.1%). Triglyceride levels showed a smaller though significant increase at 6 months, but not at 3 months, in both groups. There was no significant change in the very LDL (VLDL) level in either group.

Malondialdehyde levels decreased significantly by 16.3% and 13.3%, whereas glutathione levels increased significantly by 5.9% and 12.5% in HRT and LycoRed groups, respectively.

CONCLUSION: Both HRT and LycoRed had a favorable effect on serum lipids and oxidative stress markers which were comparable. LycoRed can be used as an alternative to HRT to reduce the risk of atherosclerosis in postmenopausal women.

Lycopene supplementation is safe and well tolerated in patients of Ca prostate

Clark PE et al

Phase I-II prospective dose-escalating trial of lycopene in patients with biochemical relapse of prostate cancer after definitive local therapy.

Urology. 67(6):1257-61, Jun 2006

OBJECTIVES: To report a prospective trial of lycopene supplementation in biochemically relapsed prostate cancer.

METHODS: A total of 36 men with biochemically relapsed prostate cancer were enrolled in a dose-escalating, Phase I-II trial of lycopene supplementation. Six consecutive cohorts of 6 patients each received daily supplementation with 15,

30, 45, 60, 90, and 120 mg/day for 1 year. The serum levels of prostate-specific antigen (PSA) and plasma levels of lycopene were measured at baseline and every 3 months. The primary endpoints were PSA response (defined as a 50% decrease in serum PSA from baseline), pharmacokinetics, and the toxicity/tolerability of this regimen.

RESULTS: A total of 36 patients were enrolled. The median age was 74 years (range 56 to 83), with a median serum PSA at entry of 4.4 ng/mL (range 0.8 to 24.9). Toxicity was mild, with 1 patient discontinuing therapy because of diarrhea.

Significant elevations of plasma lycopene were noted at 3 months and then appeared to plateau for all six dose levels. The plasma levels for doses between 15 and 90 mg/day were similar, with additional elevation only at 120 mg/day.

CONCLUSIONS: Lycopene supplementation in men with biochemically relapsed prostate cancer is safe and well tolerated. The plasma levels of lycopene were similar for a wide dose range (15 to 90 mg/day) and plateaued by 3 months.

Lycopene recognized as a prophylactic and therapeutic agent

Ratnam DV

Role of antioxidants in prophylaxis and therapy: A pharmaceutical perspective.

J Control Release; May 13, 2006

Antioxidants are emerging as prophylactic and therapeutic agents. These are the agents, which scavenge free radicals otherwise reactive oxygen species and prevent the damage caused by them. Free radicals have been associated with pathogenesis of various disorders like cancer, diabetes, cardiovascular diseases, autoimmune diseases, neurodegenerative disorders and are implicated in aging.

Several antioxidants like SOD, CAT, epigallocatechin-3-O-gallate, lycopene, ellagic acid, coenzyme Q(10), indole-3-carbinol, genistein, quercetin, vitamin C and vitamin E have been found to be pharmacologically active as prophylactic and therapeutic agents for above mentioned diseases.

Antioxidants are part of diet but their bioavailability through dietary supplementation depends on several factors. This major drawback

of dietary agents may be due to one or many of the several factors like poor solubility, inefficient permeability, instability due to storage of food, first pass effect and GI degradation.

Conventional dosage forms may not result in efficient formulation owing to their poor biopharmaceutical properties. Principles of novel drug delivery systems need to be applied to significantly improve the performance of antioxidants. Novel drug delivery systems (NDDS) would also help in delivery of these antioxidants by oral route, as this route is of prime importance when antioxidants are intended for prophylactic purpose.

Implication of NDDS for the delivery of antioxidants is largely governed by physicochemical characteristics, biopharmaceutical properties and pharmacokinetic parameters of the antioxidant to be formulated. Recently, chemical modifications, coupling agents, liposomes, microparticles, nanoparticles and gel-based systems have been explored for the delivery of these difficult to deliver molecules.

Wellness ...

Spread across the world



Initiative Wellness

Spreading across India



Roses - a herbal remedy

The rose petals can be eaten raw and in salads. The rose hips have a high content of Vitamin C. They are rich in this essential vitamin and rose hip tea, if made from fresh hips, is a great cold and flu remedy.

Ounce for ounce, rose hip beat oranges in the content of vitamin C.

Dried rose petal tea can be used for headaches, dizziness, menstrual cramps, and for mouth sores. Rose water has always been known as an astringent for beauty care.



Pumpkin seed oil - a medicinal seasoning

Pumpkin seed oil has been popular for years among natives of Austria and those who live in the northern Europe.

Additionally, this oil is now gaining a reputation among chefs worldwide because of its nutritional benefits. The seeds from pumpkin contain vitamins A, B1, B2, B6, C, D, E, and K, as well as many minerals including calcium and magnesium.



The oil also contains over 60% of unsaturated fatty acid and is rich in vegetable protein.

Recent medical research has announced the health benefits provided by using pumpkin seed oil.

These benefits include regulating cholesterol levels and aiding in the prevention and treatment of bladder and prostate problems.

Migraine risk in obese kids

Children who have migraine are more likely to be overweight than the general population.

A new study has shown that overweight children suffer more disabling migraines than their normal-weight peers.

Past research has linked obesity to headache and migraine in adults.

To investigate if such a connection exists in children and teens, researchers looked at 440 migraine patients between the ages of 3 and 18 treated at seven specialty headache centers.

While 15.5 per cent of the general population of children is obese, 21.1 percent of the headache patients met the criteria for obesity, the researchers found.



Cell phone emissions excite the brain cortex

Electromagnetic fields from cell phones excite the brain cortex adjacent to it, with potential implications for individuals with epilepsy, or other neurological conditions. This finding is published in *Annals of Neurology*.

Researchers argue that long-lasting and repeated exposure to EMFs linked with intense use of cellular phones in daily life might be harmful or beneficial in brain-diseased subjects.



Exciting radiations: A new study has revealed the electromagnetic fields generated by cell phones excite the brain

Benefits of basil

Basil is a seasoning that has many medicinal purposes. Today, herbalists recommend basil for nausea and motion sickness, because of basil's antispasmodic properties. Basil's strong taste promotes the production of saliva, letting the body digest food properly.



Obese men are more prone to prostate cancer

Obese men have an increased risk of cancer recurrence after undergoing treatment with radiotherapy for localised prostate cancer, a new research says. The study, reported in the current online issue of the journal *Cancer*, involved 873 men who underwent radiation treatment as their only treatment for localised prostate cancer between 1988 and 2001.

Obesity was determined by an elevated body mass index (BMI), a ratio of height to weight commonly used to determine if a person is overweight or underweight.

Additional analysis revealed that obesity was a statistically significant independent predictor of both biochemical failure and disease recurrence.



Exercise lessens menopause problems

Health experts say even moderate exercise can help relieve the problems of menopause in some women, including anxiety, insomnia and night sweats.

Exercise also promotes an overall sense of well-being that helps women handle troublesome symptoms better.



How safe is the bottled water you drink?

You may think that the bottle you may reach out for when you're thirsty is safe and healthy, not quite!

A research conducted recently shows that plastic containers used for packaging mineral water release a deadly toxin in the water through a process called leaching.

In fact, the longer the water is stored in the container the greater the release of the toxin, what is known as antimony.



Mobiles are risky during thunderstorms

People should not use mobile phones outdoors during thunderstorms because of the risk of being struck by lightning.

Doctors reported the case of a 15-year-old girl who was using her phone in a park when she was hit during a storm. Although she was revived, she suffered persistent health problems and was using a wheelchair a year after the accident.

In a letter to the *British Medical Journal*, researchers noted that usually when someone is struck by lightning, the high resistance of the skin conducts the flash over the body in what is known as a flashover.



But if a metal object, such as a phone, is in contact with the skin, it disrupts the flashover and increases the odds of internal injuries and death.

The doctors added that three fatal cases of lightning striking people while using mobile phones have been reported in newspapers in China, South Korea and Malaysia.

Whole grain diet cuts gum disease risk



Wholesome diet: Dark bread, a form of whole grain helps reduce gum disease risk

Eating lots of whole grains may do more than lower a person's risk of developing diabetes or heart disease, as has been previously reported.

New study findings suggest a diet rich in whole grains may lower the likelihood of developing periodontitis or gum disease, as well.

Diabetes and high levels of blood sugar are known to increase a person's risk and severity of periodontitis, while whole grains and fibre have been shown to improve ability to process blood sugar.

Whole grain intake improves glucose metabolism, resulting in lower levels of blood glucose. Lower blood glucose levels are reported to reduce the risk of periodontitis in diabetics. Lower blood glucose levels resulting from consuming whole grains may reduce the risk of periodontitis in non-diabetics as well.

Drink hot cocoa for glowing skin

A cup of hot cocoa might be the key to looking younger, the results of a small study suggest.

Researchers in Germany found that women who drank an antioxidant-rich brand of hot cocoa for three months developed smoother, better-hydrated skin that was less vulnerable to sunburn.



Glowing hot: Flavonols in cocoa beans can improve blood flow and blood vessel function

The improvements may stem from the cocoa's high levels of antioxidants called flavonols.

Some research has suggested that these nutrients can improve blood flow and blood vessel function and research team found evidence of increased circulation in the skin of women who drank flavonol-rich cocoa.

Smokers should watch out for wrinkles



Risky puff: Smokers with wrinkles are more likely to have lung disease

Smokers' heavily wrinkled faces could be an early warning sign of a serious lung disease, researchers say.

The researchers found that smokers with pronounced wrinkles are five times more likely than those without marked facial lines to suffer from chronic obstructive pulmonary disease (COPD), which includes bronchitis and emphysema.

Researchers found that cigarette smokers who had a large amount of facial wrinkling were five times more likely to have COPD than smokers, who were less wrinkled.

Tips for a good night's sleep

At least 50 million Indians go without sleep every night. If you don't get to sleep more than six hours at night, it might cause high blood pressure and a host of other diseases.



Sleep test: The expert orders a series of tests for people with sleep disorders.

Here are a few simple tips:

- Eat your meal at least three hours before bed time and before you go to bed, drink a glass of milk, as it contains the protein tryptophan that may help induce sleep
- Exercising during the day to prepare oneself for sleep is important
- Finally don't sleep too little, too late and too much

Vegan moms are less likely to have twins

According to a new research, dietary changes can affect a woman's chance of having twins. Her overall chance is determined by a combination of diet and heredity.



By comparing the twinning rate of vegan women, who consume no animal products, with those women who eat animal products, it was found that the women who consume animal products, specifically dairy, are five times more likely to have twins.

The study published in *Journal of Reproductive Medicine*, shows for the first time that the chance of having twins is affected by both heredity and environment.

Laughter may well be the best medicine

It's been said that laughter is the best medicine, but no one has yet proven it. Now a Japanese scientist is unlocking the secrets of the funny bone, which he believes can cheer up people's genes.

Geneticist Kazuo Murakami has teamed up on the study with an unlikely research partner: stand-up comedians, who he hopes can turn their one-liners into efficient, low-cost medical treatment. Three years ago, a leading entertainment company, jointly carried out its first experiment to let diabetics laugh at a comedy show after listening to a monotonous college lecture.



The two-day experiment showed that their blood glucose levels became lower after they laughed compared with after listening to the yawning lecture.

Researchers believe that one day, patients might receive a prescription for a comedy video at a pharmacy instead of medical treatment.

The pill may kill libido

Millions of women take birth control pills, but not many know that the pill could kill their libido.

A study in the *Journal of Sexual Medicine* says the pill may suppress sex drive in some women, even after they stop taking the medication.

Doctors say it is well known that birth control pills can effect the libido, but this is the first study that shows the effect could linger for months, possibly years, after a woman goes off the pill.

The study looked at 124 premenopausal women with sexual dysfunction issues.

Initiative Wellness Spreading across India



LycoRed Proven efficacy in oral leukoplakia

Dose
4 softgels per day
Duration of treatment
3 months

Loss of libido, muted or non-existent orgasms and painful intercourse emerged as some of the side effects of the pill.

Researchers found women who stopped using the pill for six months to a year, had twice the amount of a protein called Sex Hormone Binding Globulin (SHBG) in their bloodstreams than non-pill users.



SHBG lowers the testosterone level in a woman's body, which suppresses female sex drive.

Olive oil - a can-full of surprises

Olive oil has been long hailed as healthy for heart, as it cuts down the cholesterol levels in your blood. Now, a recent study at the Northwestern University says that it can help prevent breast cancer.

The *Journal of Nutrition and Cancer* has published that an olive oil based herbal extract can help patients with prostate cancer.



Olive oil reduces the risk of developing heart disease and prevents a recurrence. It has the highest content of monounsaturated fats (MUF) and among the lowest amounts of saturated or other harmful fats. MUF reduces bad cholesterol (LDL) and triglycerides.

Olive oil is a thin oil and easy to digest. Studies also suggest that it can reduce ageing, lower blood pressure and protect the tone of your skin and hair.

There are three kinds of olive oil - extra virgin, virgin and olive pomace oil. Out of these, olive pomace oil is the cheapest but experts advise that virgin olive oil as best suited for cooking.

Low fat diet may not reduce health risks

A recent study published in the *American Medical Association* journal debunks the popular belief that following a low fat diet reduces incidence of breast cancer, heart disease or stroke which means that you may be suffering through a tasteless diet in vain.



The study involved 49,000 women between the age of 50 and 70 who were followed for eight years.

The best dietary advice for now is to include foods rich in good fat like nuts, fish and vegetable oils and stay away from bad fats found in processed foods, meats and some dairy products.



Dr. Pawan Gupta
M.Ch. (Onco)
New Delhi

"LycoRed is a wonderful product for my patients of leukoplakia."

Also using LycoRed in secondary **prevention of malignancy** related to oral, breast and prostate"



Dr. Shirish Shende
MD
Pune (Mah)

"LycoRed gives excellent results in IUGR, PIH & **fibroadenosis**"



Dr. Kiran Jaidev
BDS
Agra (UP)

"LycoRed is my drug of choice in cases of sub-mucous fibrosis & leukoplakia, as it assures excellent results"

Dr. Sangeeta Pankaj
MS
Patna (Bih)

"Found LycoRed to be effective in patients of **dysmenorrhea**"

Dr. A P Singh
MBBS
Masaudhi (Bih)

"Good results with LycoRed in pre-eclampsia, oligospermia and **gouty arthritis**"



Dr. K D Tiwari
MS
Durg (Chatt)

"LycoRed is a wonderful drug in chronic orthopedic conditions, especially **osteoarthritis** and **rheumatoid arthritis**"



Dr. Ekta
BDS
Ludhiana (Pun)

"Excellent results in sub-mucous fibrosis with LycoRed in a dose of 2bd for 3 months"



Dr. Shri Ram Sahu
BDS
Lalitpur (UP)

"Amazing results with LycoRed in leukoplakia"

Dr. Jyoti Agrawal
MS
Patna (Bih)

"Used LycoRed with success, in patients of pre-eclampsia & infertility"



Dr. Veena Minocha
MBBS, DGO
Dehradun (Ultra)

"Tremendous positive response observed within 3 months of LycoRed therapy in the patients of infertility"



Dr. Sangita Malhotra
MS
Agra (UP)

"Used LycoRed in several patients of IUGR, PIH & infertility."

Got encouraging results"



Dr. Bhimraj
MS
Kota (Raj)

"LycoRed gives better results in sub-mucous fibrosis than any other drug"



Dr. Archana Chauhan
MBBS
Durg (Chatt)

"The results with LycoRed in cases of oligoasthenospermia and **oligohydramnios** are very convincing"

Dr. Vibhawari Solunke
MBBS, DGO
Baramati (Mah)

"Lycored gives very promising results in oligoasthenospermia as it leads to a significant increase in sperm count and motility"



Dr. Madhu Tiwari
MD
Suratgarh (Raj)

"Getting excellent results with LycoRed in patients of IUGR & PIH"

Dr. R K Gupta Chowdhury
MBBS
Jamtara (Jhar)

"Satisfied with LycoRed."

Using LycoRed extensively in the treatment of infertility, **diabetic neuropathy**, pre-eclampsia & IUGR"



Dr. Mohini Nainani
MS
Kota (Raj)

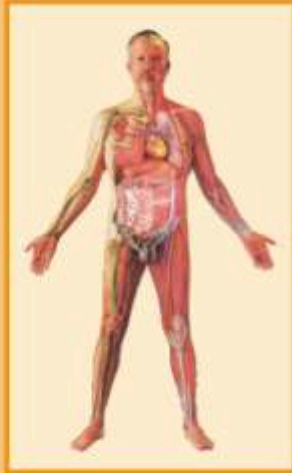
"LycoRed is very useful in cases of PET, IUGR and infertility"

Dr. Indu Goswami
MBBS
Kanpur (UP)

"LycoRed is very effective in the treatment of infertility"

After 2 successful campaigns

'Initiative *Wellness*'



Jagsonpal

proudly launches

'Initiative *Motherhood*'

LycoRedTM

'Initiative *Infertility*'



All '*would-be*' mothers in your care need the *proven*

Protective Power of LycoRed

- Pre-eclampsia
- IUGR

Dosage

1 bd from 11 term onwards

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