NEWS AND VIEWS

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VIEWS

Hysterectomy is linked to Memory Deficit

The non-pregnant uterus is considered as an unimportant organ. Medical textbooks and textbooks in graduate schools describe the uterus as a mere reproductive organ, having the only function of accommodating and supporting a fetus or as a useless organ outside of reproduction. But, there is rising evidence from research suggesting otherwise. The uterus and ovaries communicate with each other for their reproductive functions. There are also direct connections between the uterus and brain through the autonomic nervous system. This lesser understood uterine-brain connections could affect the cognitive functions. Hyterectomy before the age of 60 is becoming common nowadays. A previous study conducted in animal models has shown that hysterectomy resulted in decreased memory capacity and an altered hormonal profile within two months after surgery. The rats that underwent the surgical removal of uterus with ovaries left intact had a memory deficit suggesting that the uterus might have functions beyond reproduction. Hence, the reproductive organs do have an impact on the cognitive aging of an individual. And whether this impact on the cognitive function following hysterectomy is reversible with time or is the beginning of more global memory impairment has be studied yet.

NEWS

Night Owls have an Increased Risk of Developing Cardiovascular Diseases

Night owls have an increased risk of developing heart diseases and type 2 diabetes than early risers. A previous study by Dr Suzana has compared the risk of developing cardiovascular diseases on two groups of people namely the early risers and night owl and they found that there was an increased risk of developing cardiovascular diseases in people who are awake late night.[1] This increased risk was mainly attributed to the more erratic eating patterns and consumption of unhealthy foods. The human body runs on a 24-hr cycle which is regulated by our internal clock, which is known as a circadian rhythm. An individual's chronotype leads to people having a natural preference towards waking up early or going too late to bed.[1] This individual preference to rise early and going to bed late change at different points of life cycle. The morning chronotype is more common in children and the evening preferences are common among adults until the age of 50's. People who tend to go to bed late have unhealthy eating habits and they are found to consume more of alcohol, sugar, caeffinated drinks and junk foods than the early risers. A previous study has shown that people with an evening preference were 2.5 times more likely to develop type 2 diabetes than those with a morning preference. Also, it was found that eating late in the day time had an increased risk of developing type 2 diabetes.[1] Hence, further studies should be carried out to understand the influence of body clock in the long term dietary habits and the relationship between individual's chronotype and the long term cardiometabolic health.

REFERENCES

1. Suzana A, *et al*. Chronotype: Implications for epidemiologic studies on chrono-nutrition and cardiometabolic health. Advances in Nutrition. 2018. DOI:10.1093/advances/nmy070.