

YourHealthNews

May – June 2018

“Fast food” linked to infertility

The convenience of fast food has triggered various public health issues from obesity to rising number of chronic diseases in recent years.

In another world first study, researchers have found that fast food is also associated with infertility among women¹.

The research conducted in four countries; namely, Australia, New Zealand, Ireland and the UK, recruited more than 5000 coupled women who have never given birth. The participants were surveyed about their intake of fruit, vegetables, fish and fast food prior to conception.



Results showed that women who consume more than four or more fast food in a week before they conceived have a month longer to fall pregnant compared with women who never indulged in fast food.

Specifically, women who hardly ever eat fast food have an 8 percent risk of infertility. However, this risk doubles to 16 percent for those women who consume at least four times a week.

The authors believed that the higher saturated fats in fast foods may be one factor that alters ovarian function resulting in infertility.

Interestingly, the study also revealed that fruit consumption is inversely associated with infertility. This goes to show that it has a protective effect.

Women who ate more fruits, at least three servings per day, have an 8 percent risk of infertility. On the other hand, women who have the lowest fruit intake (less than 1 to 3 servings per month) are at a higher risk of developing infertility at 12 percent.

In general, the study provided evidence that dietary intake is an important factor in infertility. It showed that diet has a role in helping women to get conceived. In other words, expectant women who wished to conceive may need to evaluate their food intake and consume a healthy regular diet.

The recommended dietary advice of more fruits and vegetables, and avoidance of fast foods, may not just tackle obesity, but also be a valuable advice for those women who wish to get pregnant.

Vaccine against human papilloma virus (HPV) has been a significant breakthrough in the field of medical prevention in the past decade.

It provided protection against HPV that transforms normal cells of the cervix to malignant cells in women. This abnormal transformation results in cervical cancer, a leading cause of cancer-related deaths in women.

In a new research review², the HPV vaccine designed to reduce cell changes that can become cancerous in the cervix has been found to be safe and effective.

The study published in the *Cochrane Database of Systematic Reviews*

assessed and evaluated 26 studies involving over 70000 adolescent girls and women, who were monitored for up to eight years.

HPV vaccine safe and effective, review confirms

The studies included were from various countries including the US.

Researchers' analyses found strong evidence of the vaccine's protective effect. In detail, they noted that only 2 out of 10000 females who received the vaccine went on to develop cervical precancer cells, compared with those who received placebo – 164 women developed precancer

precancer is varied in each age group. In younger women, it reduces the risk from 113 to only 6 out of 10000 women; whereas, in older women it lessens from 45 to 14 out of 10000 women. Although different results, the outcome is both protective.

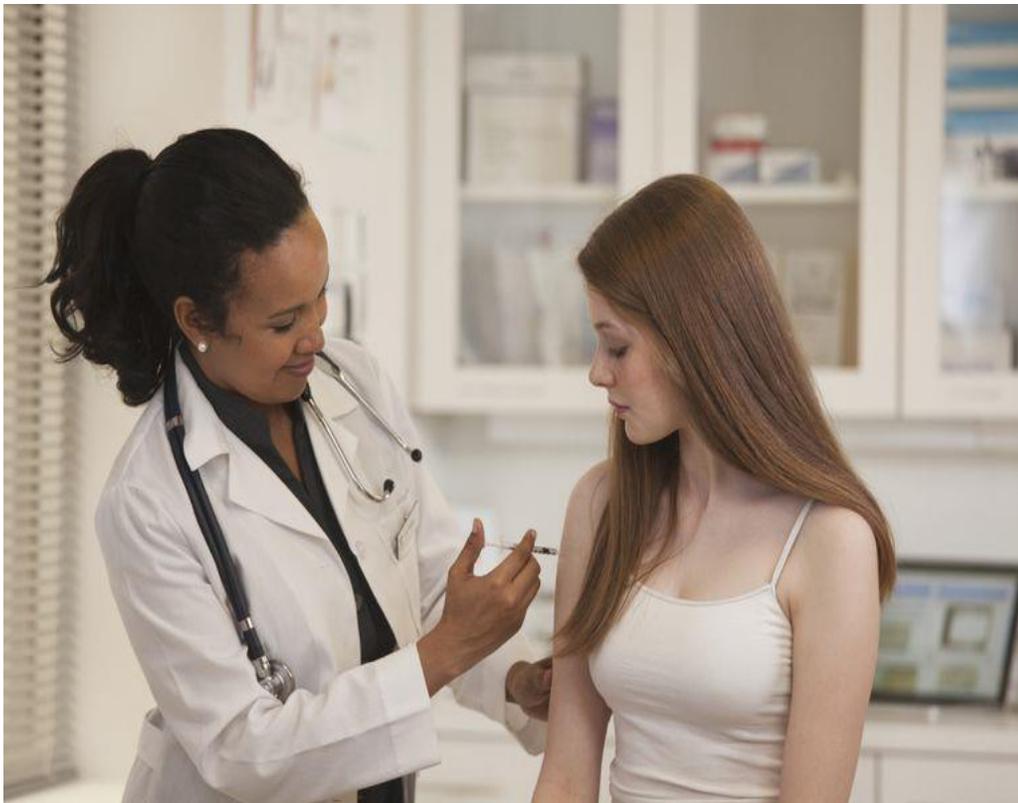
In terms of vaccine safety, they found that HPV vaccine and placebo have similar risk of serious adverse reactions.

The rate of death is generally the same for both groups – women who are in the control group and women who received the vaccine.

These results confirmed that immunization against HPV is efficacious and relatively safe for the prevention of

cervical cancer and its precursors.

Females should sought the advice of their medical practitioners to avail the benefits of this vaccine.



cells out of 10000.

Interestingly, the effect of HPV vaccines on the risk of developing

Exercise may prevent C-section in expectant mothers, study says

Another groundbreaking benefit of doing exercise has been reported. This time the benefit is for pregnant mothers.

A new study that appeared in *Acta Obstetrica et Gynecologica Scandinavica* revealed that regular physical activity reduces the risk of acute cesarean section in first time mothers.³

The research conducted in Norway investigated more than 600 healthy first time pregnant women on the effects of physical

activity in pregnancy. The women were divided into two groups – one group is the intervention group, and the other is the control group. The intervention group underwent dietary counselling and bi-weekly exercise classes. On the other hand, the control group were provided with standard care.



Analyses of results showed that combined lifestyle intervention, proper diet and twice weekly exercises, provided slightly longer first stage of labor but without any other effects during labor or delivery.

Additionally, women who stated to have high physical activity levels have had lower risk of acute cesarean section compared to those who have low levels of physical activity.

The authors concluded that the association between exercise and

mode of delivery may help motivate women to be physically active regularly before and during pregnancy.

This will not only provide vital benefits to women but will also result to better health for their newborns.

New drug found effective for severe asthma, study shows

It is estimated that over 200 million worldwide suffer from asthma, a common chronic lung disease, according to World Health Organization.

Treatment and management often involves maintaining control of asthma symptoms.

Due to its chronic nature, medical researchers have been continually looking for effective and safe treatment for managing asthmatics, especially those with hard to control symptoms.

Recently, a group of boffins from Germany, Belgium, Canada, Argentina and the US collaborated on a new breakthrough in the treatment of severe asthma.⁴

Their study involved over 200 volunteers with severe asthma who had been using oral corticosteroids to treat their asthma for at least 6 months before the study. They were randomly categorized into two clusters – one cluster received dupilumab and the other cluster were given placebo. Both sets were initially on their standard regimen of

corticosteroids, which were gradually reduced between one and five months use, and maintained at a low level on the last month of use.

The outcome of the research revealed that the new drug – dupilumab, a biologic agent that blocks both interleukin-4 and interleukin-3 signaling, which are important in the inflammatory processes that occurs in asthmatics – have improved symptoms and lung function in asthma patients by up to 70 percent compared with placebo. This result is promising as it also involves reduction of corticosteroid usage.

The collaborators pointed out that such an alternative option for asthmatics would be preferable. This is because corticosteroids are linked with serious adverse effects when it is persistently used. Some of these side effects include weight gain, fluid retention, high blood pressure, diabetes and cataracts.

Prior to dupilumab being used on asthmatics in the study, it is approved in the treatment of eczema, a dermatologic condition that manifests as red, itchy and dry skin.

It is exciting to see in the future, once the biologic is approved for the treatment of asthma, that there will be an option for severe asthmatics in controlling their symptoms.

Updated YourHealthRecord Mobile is now available on latest iOS

WWW MacHealth has re-launched the latest and updated version of *YourHealthRecord Mobile*, the mobile app version of your free, secure and confidential personal health record – *YourHealthRecord*.

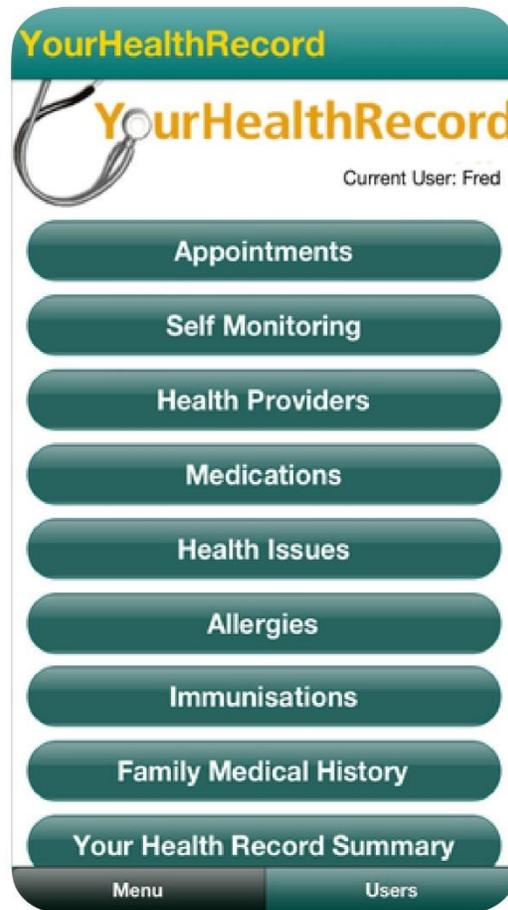
The app runs on the latest iOS 11 and above platforms.

All features that you have in the web-version is readily available on the mobile version. You can safely record your medications, immunizations, doctors' visits, current illnesses, past medical history, family medical history and other health-related information.

You can now add and edit your personal health record on-the-go through the app.

The app is also synchronized with its web version, making it easier for updating your record, either web or mobile.

You can download YourHealthRecord Mobile from the apple store.



We will continue to enhance the experience of our users on both web and mobile platforms through various updates.

The app is designed and developed by WWW Machealth. It is a subsidiary of the Australian

owned Macquarie Health Corporation Pty Ltd that has more than 60 years of experience in the delivery of healthcare services.

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