

#RESEARCH

Treating Gum Disease Slows Alzheimer's



Scientists have posited possible links between periodontal disease and Alzheimer's in the past. Conversely, treating periodontal disease effectively in those who have early-stage Alzheimer's could potentially slow Alzheimer's progression.

New research suggests a link between a common gum disease bacteria and Alzheimer's disease. The bacteria, fusobacterium nucleatum (F. nucleatum), proliferates in periodontal disease and affects the gums and jawbone. If untreated, it results in unstable teeth and tooth loss. In recent years, studies have linked F. nucleatum to conditions ranging from colorectal cancer to premature delivery of babies.

In this study, our lab is the first to find that Fusobacterium nucleatum can generate systemic inflammation and even infiltrate nervous system tissues and exacerbate the signs and symptoms of Alzheimer's disease," says Jake Jinkun Chen, professor of periodontology and director of the division of oral biology at Tufts University School of Dental Medicine.

F. nucleatum can also generate severe generalized inflammation, which is a symptom of many chronic diseases including type 2 diabetes and Alzheimer's disease, notes Chen, who is also a trained pathologist and professor in the department of developmental, molecular and chemical biology at the School of Medicine and Graduate School of Biomedical Sciences.

Chen and his colleagues believe that by targeting F. nucleatum, they can slow the spread and progression of at least two epidemics—periodontal disease, which affects 47% of US adults over age 30, and Alzheimer's, which afflicts 6.5 million Americans currently, and is expected to increase to over 14 million by 2050.

The latest research, done in mice, shows that F. nucleatum results in an abnormal proliferation of microglial cells, which are immune cells in the brain that normally remove damaged neurons and infections and help maintain the overall health of the central nervous system.

"Our studies show that F. nucleatum can reduce the memory and thinking skills in mice through certain signal pathways. This is a warning sign to researchers and clinicians alike," Chen says.

Scientists have posited possible links between periodontal disease and Alzheimer's in the past. While the new research does not show that F. nucleatum-related periodontal disease leads directly to

Alzheimer's disease, the new study suggests that periodontal disease caused by F. nucleatum and left untreated or poorly treated could exacerbate symptoms of Alzheimer's disease, Chen believes. Conversely, treating periodontal disease effectively in those who have early-stage Alzheimer's could potentially slow Alzheimer's progression. F. nucleatum-related periodontal disease and Alzheimer's, Chen says.

More broadly, Chen and colleagues are targeting their translational research at blocking the pathways between periodontal disease and not only Alzheimer's, but other diseases linked to inflammation, including type 2 diabetes.

Only 2% of mRNA is translated into proteins. Ninety-eight percent of RNA is 'non-coding' and traditionally has been considered as no more than 'junk genes'.

In particular, his lab is focused on two non-coding RNAs. One-microRNA regulates the production of proteins in cells. Another-lncRNA-performs other functions to regulate gene expression and could ultimately be used to treat atherosclerosis (hardening of the arteries) as well as periodontal disease, diabetes, cancer, and diabetic bone disease.

Studies by Chen's lab have shown that a molecule called microRNA-335-5P can inhibit damage done by periodontal pathogens. The molecule could also have a robust effect in targeting the pathological molecules produced in the brain that lead to Alzheimer's.

"MicroRNA in general suppresses gene expression and could stop the production of certain proteins. MicroRNA-335-5P in particular could target three 'bad' genes-DKK1, TLR-4, and PSEN-1-all believed to be related to Alzheimer's disease," he says.

His lab has also designed a small molecule called adipoAI, which has strong anti-inflammatory properties. Chen hopes to begin a clinical trial soon to study whether it is effective in treating a range of inflammatory diseases including Type 2 diabetes, Alzheimer's disease, and periodontal disease.

"Your mouth truly is the gateway to your body," he says.

Since the beginning of time, fairy tales, plays, movies, songs and the entire world of literature has talked about the power of true love and finding the 'one' soulmate for a lifetime (in India, it is seven lifetimes (saat janam). But is love that easy to find? Moreover, if some one finds love, does that passion remain? What happens to those who cannot find that kind of love? Are they happy without it?



Lovesh Kapadia
The author is a psychologist who likes to write on matters of the heart

#MIND

On Valentine's Day, everywhere you look there are heart-shaped balloons, pink greeting cards and candy boxes filled with chocolate. But what is true love? Does it exist? Or is it simply a cognitive illusion, a trick of the mind? Does all that circus of love stories or love notes or clandestine affairs actually mean anything or is it a well crafted marketing gimmick of the Hallmark cards?

Dead Love

In another time, people who were romantically inert were known to us as parents. Our own perhaps and the parents of peers. Just as they never spent their savings on the Alaskan cruise, they did not spend their time loving an adult. So dead was their love, they were too tired to even hate. The only time they came close to resembling lovers was when they spoke to each other in low decibels, as though they were accomplices, but if you overheard them that illusion too would have dissolved.

(Dis)enchantment of Love

The generation before them, in the form of very old couples, seemed to be more entwined but that was merely a coalition of necessity. In fact, some of those old women when they were widowed, grew healthier, a light returned to their eyes and their skin began to glow.

Love vs No Love

But all things considered the abandonment of love in the people before us had some kind of peace in it which was similar to the peace of defeat, the peace of giving up. Like what you see on the faces of the

jovial chubby people who have quit dieting. Now a much younger generation has abandoned love and at first glance it does not appear to be a tranquil forsaking. They are disappointed with the nature of modern love which is the total chaos of freedom triumphing over the dictatorship of tradition. They are disappointed with lovers and what they themselves become as lovers. But when they speak of giving up love, they also speak of the relief of singlehood and how they are not frightened at all by the certainty of loneliness. They are suddenly not counting on anyone else to make them happy, which has to be the most assured path to happiness. And they have so many plans.

Love Medicine

But what exactly do they mean when they say they are off love? Are they only rebuking their former lovers? The writer Chinki Sinha, 38, who is the life of any party and nostalgic about anything as long as it happened at least 24 hours earlier, says that what she means by quitting love is abolishing the very hope that love can do her any good, that 'love can help me get over my anxiety issues, or my fear of ghosts'.

(Un)equal Love

Love is in a perpetual crisis because there is no such thing as equal love; as a result, someone is always distraught. The notion of equality itself in all human matters is a thought experimental, an ideal that never occurs. Sinha has been a perpetrator and victim of love's inequalities but on a balance she has beautiful memories.

Love notes

Once she went to meet a man who was a stranger and a prospect, and on the bookshelf she found Pier Paolo Pasolini, the Italian poet and film-maker. On 'Page 19' was the line,

Giving up On Love



Love is in a perpetual crisis because there is no such thing as equal love; as a result, someone is always distraught. The notion of equality itself in all human matters is just a thought.

"Something has already begun." She believed it was a cosmic message about her and the man whose bookshelf it was. "I go up to him and take his hand." At its peak, on its best day, "Love made me believe in signs."

Price of love

Divya Guha, who is in her 30s too once started a company that sold vintage goods 'nicely packaged, cool shit'. A writer then and now, she says the best moments of love have been when it has come in simple ways. 'A coffee and a kiss in the morning.' Despite the affection she has for the very idea of love, she has decided to abandon it because "you pay a high price for the little luxuries. When the beautiful period is over, you feel like you're being made to pay for something that you never bought."

Disillusioned with Love

Both the women like many in their position are disenchanted with men. They are drawing closer to other women into 'tighter circles of women like them. "I've noticed with this awful scar on my hand," Guha says. "Not a single woman has missed it. And not a single guy has noticed it except one in a nightclub who had burnt his own hand badly. So, I guess women love helplessly, with compassion, and more readily." Did you learn anything at all from men about love? "Not trying." As Yoda said, "There is no try." They say they are not afraid of loneliness. But is it just the new battle cry of the young? Do people who are unaccustomed to loneliness even know what it does?

Lone Warrior

Sinha actually has been lonely for



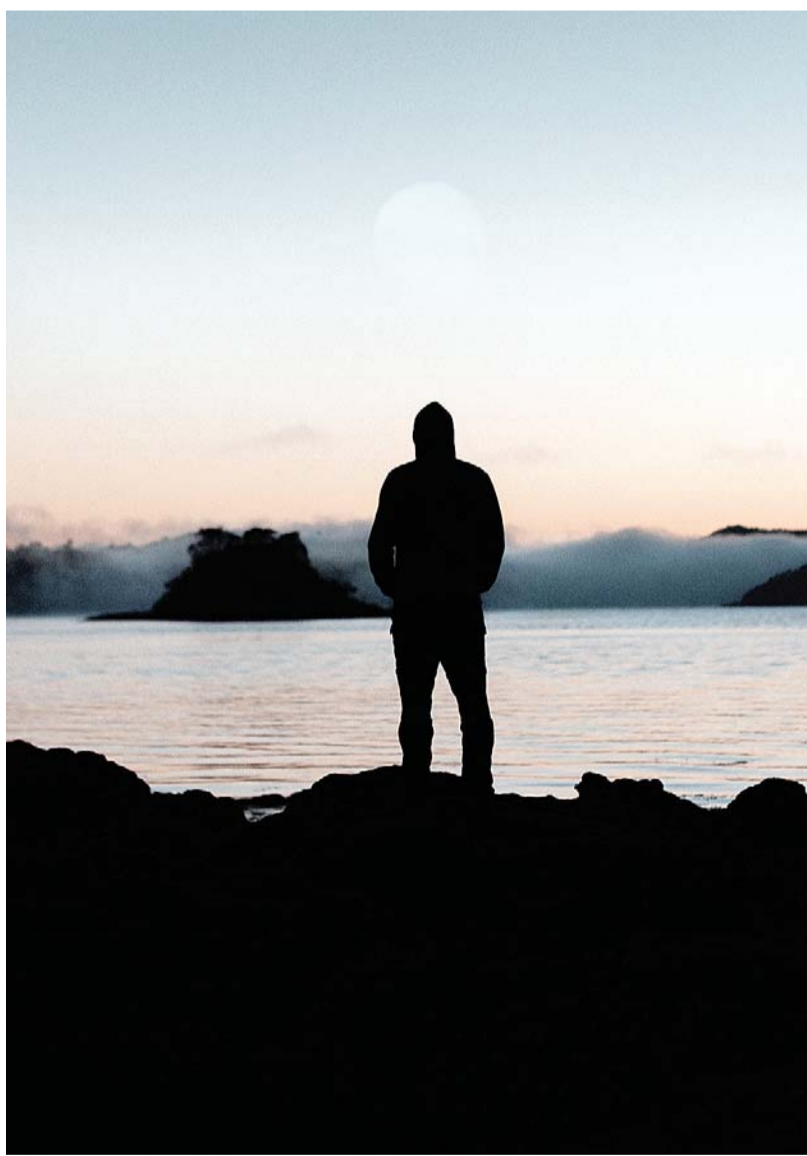
long. She stares at her face every evening. Mornings do not make her feel as lonely as evenings. There was a time when she thought the refutation of the idea of love would result in a fatal loneliness. Once, after a separation, when she was still in love, she stared from the window of a high-rise at the ground below and thought she would still be in love when she hit the ground. She was then scared of loneliness but she is much stronger now.

Solitude vs Loneliness

"My aunt used to collect electric bulbs as she grew older because she thought what if she ran out of bulbs on nights when she was alone? That's what loneliness did to her. She lived alone and she died in her apartment one night and people found out only the next day. But I have been living on my own for years and I am no longer scared of loneliness. But I like my solitude."

Looking for Love

She believes that it is wrong to pursue love. "That is not how you find love," she says. She has given away the wedding ensemble her parents had bought her after her engagement. Of the two garments, her father asked her to keep the more precious one, a golden lehnga. Her mother said she must give away



World Snake Day



Snakes have gotten something of a bad rap over the past few thousand years. However, snakes are great creatures and they are so important to the world that we live in. And while it is understandable that people may fear an animal that can easily kill them, we think these fascinating as well as diverse creatures that range from several inches to 30 feet long, and from friendly and docile to aggressive and deadly.

#FOOD-TALK

Red Onions or White Onions?

White onion and red onion have many things in common but they do have certain properties which differentiate them.

White onions may not be commonly used to prepare dishes, but they are extremely healthy. Known for their light yet distinct flavour they can be consumed in both cooked and raw forms. White onions can be extremely beneficial for the body. They have anti-inflammatory and antibiotic properties and are highly rated in Ayurveda.

Recently, chef Sanjeev Kapoor also took to Instagram to share the benefits of his wonder food item. "Kya aap jaante the pyaaz, our everyday kitchen essential can also help against sunstroke and sunburn?" he captioned the post, which further listed many other benefits like 'cools the body, excellent source of fibre, boosts immunity, promotes heart health, has anti-bacterial properties, rich in antioxidants'.



Here are some more benefits.

1. Good for infections - Since white onions have anti-inflammatory properties, they can help in healing infections. White onions can help in eye, nose and ear infections because of their antibiotic properties.
2. Balances acidity - The experts say that many foods including those rich in refined carbs can be highly acidic in nature that makes our body more prone to infections. White onions are alkaline in nature and hence when added to food can balance out the acidic nature of the refined carbs.
3. Cures respiratory diseases: Due to its anti-inflammatory and antibiotic properties white onions help in curing inflammation. White onion juice along with honey can act as a good cough syrup. This concoction can be stored in the refrigerator for up to five hours. In Ayurveda this syrup is applied to one's chest and covered with a cotton cloth to heal respiratory diseases.
4. Hair growth: It is good for hair growth as its juice can be applied to one's scalp.

How is it different from red onion?

White onion and red onion have many things in common but they do have certain properties which differentiate them. White onions are more antibiotic and anti-inflammatory in nature as compared to red onions. White onions are also not as pungent as red onions.



#LIFESTYLE

Dining Room Decorating Ideas

Inspiring tips to dress up your space whether it's a small layout or a more formal setup.



Bold Textured Wallpaper

A dining room is a great place to experiment with bold wallpaper as seen in this space. We can't get enough of this textured look which is endlessly interesting and unique. By maintaining a fairly simple colour palette, the designer is able to experiment with unique patterns and accents without overwhelming the space.



paint colour that will add dimension to the space and play well with your table and chairs.

Pick Statement Pieces



Contemporary design often features a mix of neutral and bold colours and deliberate use of textures and statement-making materials. We love this dining room which features deep blue chairs with a gold metal finish, plus an eye-catching chandelier.

Eclectic and Unique



This dining nook is filled with personalization and elegance. The muted bench cushion gives it a modern, cafe vibe while the square gold light fixture offers a touch of the contemporary. We love mixing different elements of modern style to create a space that feels purposeful and personal.

The phrase 'formal dining room' often elicits images of stuffy, traditional dining spaces fit for fancy events only. But a dining room doesn't have to feel formal to be formal. Modern dining spaces are just as classy and alluring as traditional dining rooms but a little more approachable.

Add Modern Art



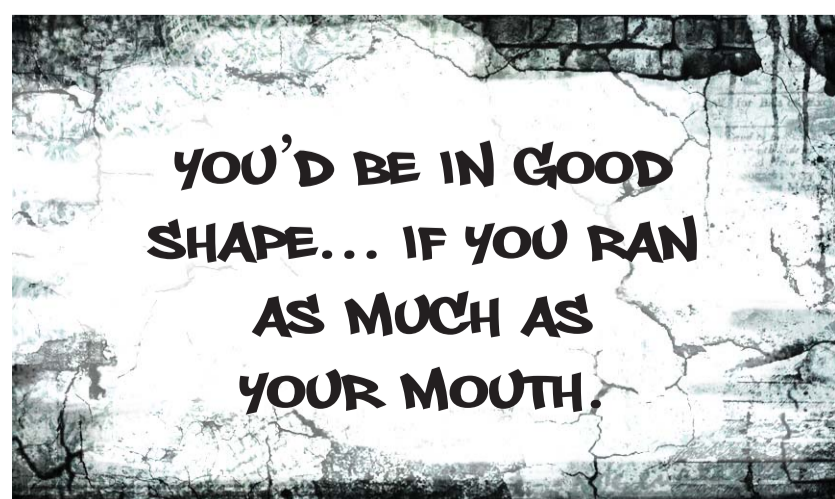
Take a cue from this beautiful modern space and add a vibrant piece of modern art to create a finished, purposeful look in your dining room. Modern furniture is often comprised of stark lines and sleek angles which could make a room feel stark and cold. But by adding a pop of colour with an oversized piece of art you can create a warmer, cosier look while maintaining a contemporary tone.

Chic and Elegant

This dining room look is a chic and feminine taking on modern style. We love the ghost chairs and gold finishes that give it a glam look and feel. When adding gold accents to your dining space, keep the rest of the space muted with white, beige or soft pink to avoid creating a stuffy atmosphere.



THE WALL

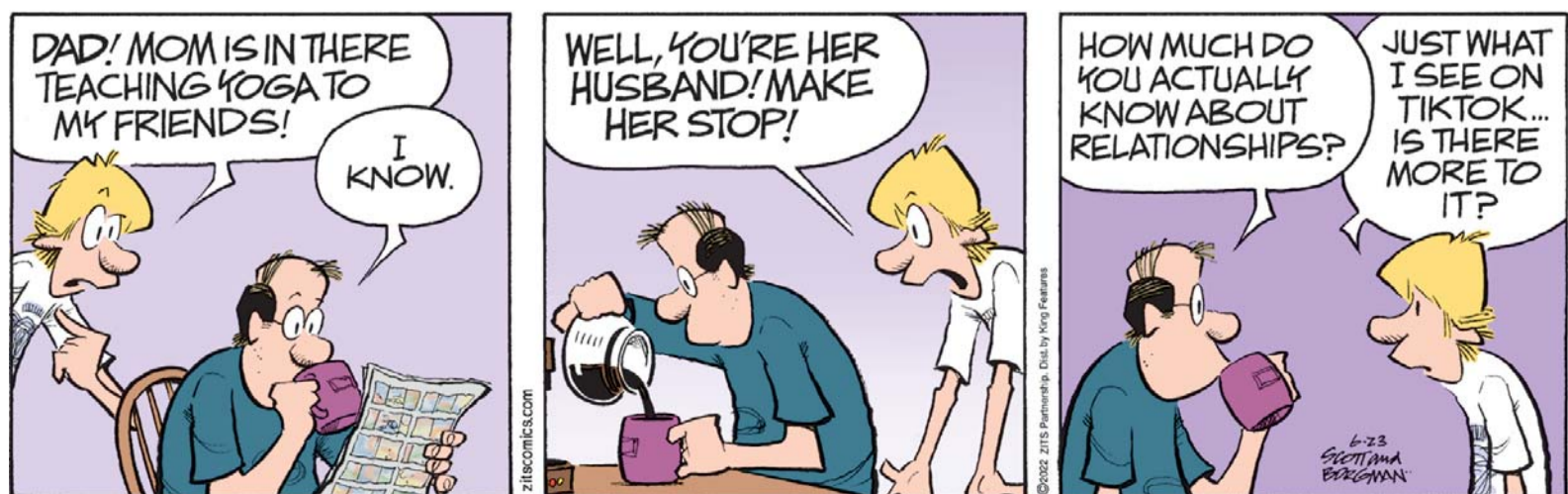


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman

