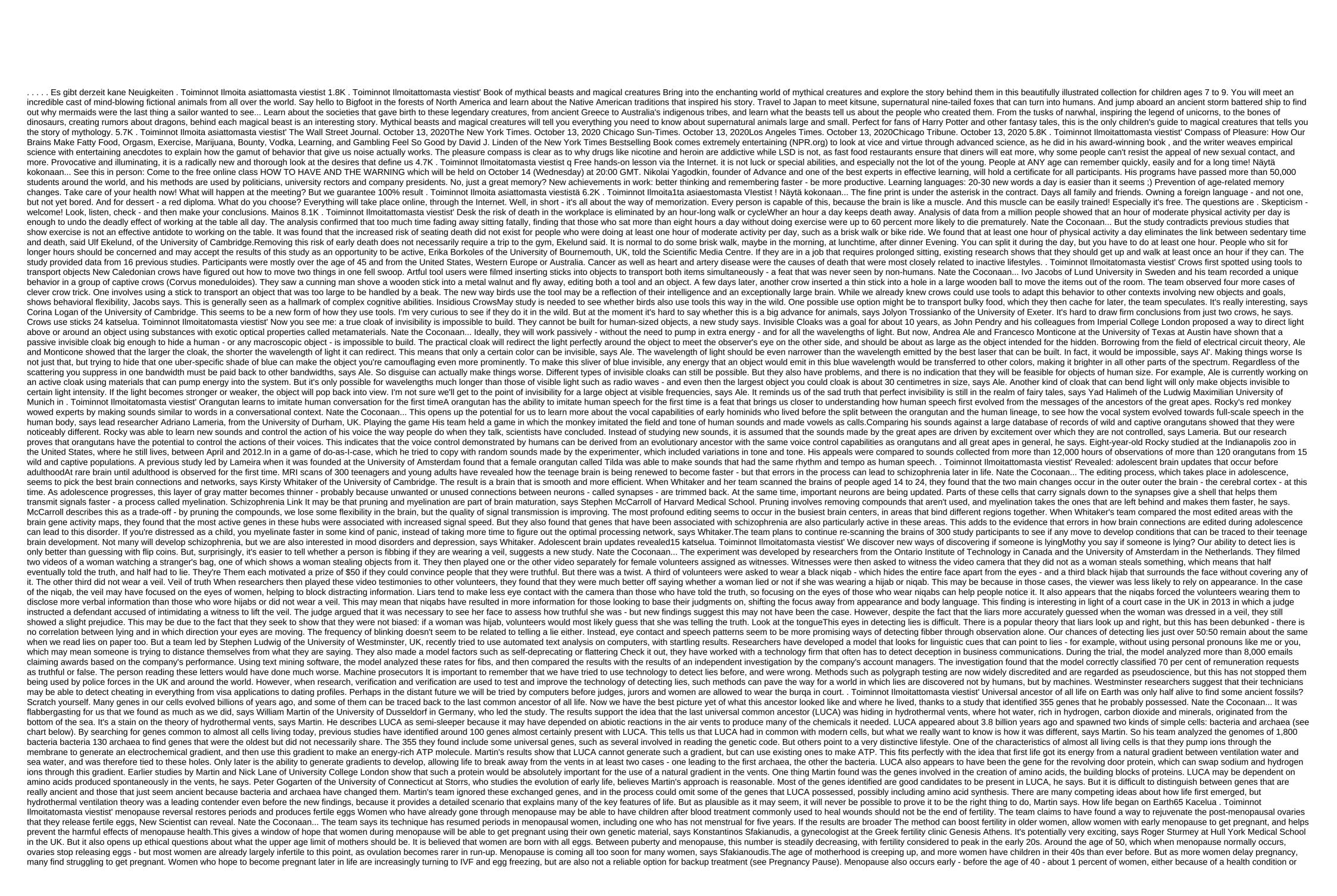
## New scientist pdf vk

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some cancer treatments, for example. It suggests hope that menopausal women will get pregnant using their own genetic material to turn back the fertility hours for women who have experienced early menopause, Sfakianoudis and his colleagues have turned to blood treatment that is used to help wounds heal faster. Platelet-rich plasma (PRP) is formed by centrifuging a human blood sample to isolate growth factors - molecules that cause tissue and blood vessel growth. It is widely used to speed up the recovery of damaged bones and muscles, although its effectiveness is unclear. Treatment can work by stimulating tissue regeneration. The Sfakianoudis team found that PRP also seems to rejuvenate old ovaries, and presented some of their results at the annual meeting of the European Society of Human Reproduction and Embryology in Helsinki, Finland, this month. When they injected PRP into women's ovaries during menopause, they say it resumed their menstrual cycles, and allowed them to collect and fertilize eggs that were released. I had a patient whose menopause was established five years ago, at the age of 40, Sfakianooudis said. Six months after the team injected PRP into her ovaries, she experienced her first post-menopausal period. Since then, Sfakianudi's team has been able to collect three eggs from the woman. Researchers say they they successfully fertilize the two with the help of her husband's sperm. These embryos are currently on ice - the team is waiting until there are at least three before implanting some in her uterus. . Toiminnot Ilmoitattomasta viestist' The mystery of what sleep does for our brains can finally be solved This one of life's great mysteries: why do we sleep? Now we have the best evidence yet on what sleep is for - allowing household processes to take place that stop our brains becoming overwhelmed by new memories. Nate the Coconaan... All the animals studied so far have been found to sleep, but the cause of their sleep eludes us. When lab rats are sleep-deprived, they die within a month, and when people go for days without sleep, they begin to hallucinate and may have epileptic seizures. One idea is that sleep helps us consolidate new memories are recorded by strengthening connections between brain cells, but the memory processes that occur during sleep remain unclear. Support is growing for the theory that sleep has evolved so that compounds in the brain can be trimmed during sleep, making room for fresh memories to form the next day. Sleep is the price we pay tuition, says Giulio Tononi of the University of Wisconsin-Madison, who developed the idea. Now we have the most direct evidence that he is right. Tononi's team measured the size of these compounds or synapses in brain slices taken from mice. The synapses in samples taken at the end of the sleep period were 18 percent smaller than in samples taken before bed, which shows that synapses between neurons are weakened during sleep. Goodnight SleepTononi announced these findings at a meeting of the Federation of European Neuroscience Societies in Copenhagen, Denmark, last week. The data was very solid and well documented, said Maiken Nedergaard of the University of Rochester, who attended the conference. It's a very elegant idea, says Vladislav Vyazovsky of the University of Oxford, and if the housekeeping theory is correct, she explains why when we skip night sleep, the next day it becomes harder for us to concentrate and learn new information - we may have fewer opportunities to encode new experiences. The finding suggests that, as well as it is important to get a good night's sleep after learning something, we should also try to sleep well the night before. It may also explain why, if our sleep is interrupted, we feel less refreshed the next day. There is some circumstantial evidence that deep, slow sleep is best suited for pruning synapses, and it takes for our brain to reach this level of unconsciousness. The awakening of updated evidence also supported the theory of the household. For example, EEG EEG records that the household. be weaker. And in rats, the levels of a molecule called the AMPA receptor, which is involved in the functioning of synapses, are lower at the beginning of their waking periods. The latest findings that synapses are getting smaller are the most direct evidence that the theory of the household is correct, says Vyazovsky. Structural evidence is very important, he said. This is much less dependent on other mixed factors. Protecting what matters was a herculean task, Tononi said. They collected tiny pieces of brain tissue to identify synapses. Since there were about 7,000 synapses, it took seven researchers four years. The team didn't know which mouse was until last month, Tononi said, when they broke the ID code, and found that their theory had stood up. People have worked for years to count these things. You start with stress about whether it's really possible for all these synapses to start getting fatter and then thin again, says Tononi. The team also found that some synapses seem to be protected - the biggest fifth stayed the same size. It's as if the brain retains its most important memories, Says Tononi. You keep what matters. . Toiminnot Ilmoitatomasta viestist' alcohol linked to at least seven cancers - not just liver cancer. There is strong evidence that alcohol causes at least seven cancers, the review concluded. Writing in the journal Addiction, Jenny Connor of the University of Otago in New York said alcohol was estimated to have caused about half a million cancer deaths in 2012 alone - 5.8 percent of cancer deaths worldwide. Nate the Coconaan... She found signs of a link between alcohol consumption and cancer of the mouth and throat, larynx, oesophagus, liver, colon, bowel and breast. We see that there is strong evidence that alcohol consumption directly causes cancer, says Suzanne Brown, head of the World Cancer Research Fund's science program. Although the highest risks are associated with drinking, people who drink low are still at risk. According to Connor, there is no safe level of drinking when it comes to cancer. This view is in line with the UK's recommendations. In January, the UK's top health professionals said that no level of regular alcohol consumption was without a health risk, and weekly recommended limit for men to 14 units to meet advice for women. The exact biological causes of alcohol causing cancer remain unclear. One theory is that alcohol can DNA causing harmful mutations. Mutations.

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