



Depression in Women

Could Drinking Coffee Be Protective?

JENNIFER P. HELLWIG, MS, RD, ELS

The risk of depression appears to decrease for women with increasing consumption of caffeinated coffee, according to a report in the September 26 issue of *Archives of Internal Medicine*. Researchers studied 50,739 U.S. women who participated in the Nurses' Health Study, and defined depression as reporting a new diagnosis of clinical depression and beginning regular use of antidepressants in the previous 2 years. When compared with women who consumed one

cup of caffeinated coffee or less per week, those who consumed two to three cups per day had a 15 percent decrease in relative risk for depression, and those consuming four cups or more per day had a 20 percent decrease in relative risk. Compared with women in the lowest (less than 100 mg/day) categories of caffeine consumption, those in the highest category (≥ 550 mg/day) had a 20 percent decrease in relative risk of depression. No association was found between intake of decaffeinated coffee and depression risk.

Simulation Training for Health Professionals

The use of technology-enhanced simulation training in health professions education, when compared with no intervention, is associated with large effects for outcomes of knowledge, skills and behaviors and more moderate effects for patient-related outcomes, according to an article in the September 7 issue of *JAMA*. Researchers conducted a review and meta-analysis to identify and quantitatively summarize studies of technology-enhanced simulation involving health professions learners. The authors searched the literature for original research evaluating simulation compared with no intervention for training practicing and student physicians, nurses, dentists and other health care professionals. There were 609 eligible studies identified, enrolling 35,226 trainees. Of these, 137 were randomized studies, 67 were nonrandomized studies with two or more groups, and 405 used a single-group pretest-post-test design. They found that technology-enhanced simulations, compared with no intervention or when added to traditional practice, were with only rare exceptions associated with better learning outcomes. Pooled effect sizes were large for knowledge, skills and behaviors. Effect sizes for patient-related outcomes were smaller but still moderate. In nearly all cases, the magnitude of association varied substantially for individual studies (high inconsistency), and subgroup analyses exploring simulation design differences largely failed to explain this variation. "The important questions for this field are those that clarify when and how to use simulation most effectively and cost-efficiently," the authors write.

Intimate Partner Violence and Birth Weight

Women who experience intimate partner violence during pregnancy are at increased risk of giving birth to infants of reduced weight, according to a population-level analysis of domestic violence supported by the National Institutes of Health. The study analyzed medical records of more than 5 million pregnant women in California over a 10-year period. Although the results showed a pattern of lower birth weights among infants born to women who experienced an assault, the study was not designed to establish cause and effect, and so could not prove that violence caused the reduced birth weights. Similarly, the study was not designed to provide a biologic explanation for how violence against an expectant mother might cause her child to be of lower birth weight. Infants born to women who were hospitalized for injuries received from an assault during their pregnancies weighed, on average, 163 grams, or one-third pound, less than did infants born to women who were not hospitalized, the study found. Assaults in the first trimester were associated with the largest decrease in birth weight. The results were published online in the *Journal of Human Resources*.



Vulvodynia

A new study from the University of Michigan, which surveyed 2,269 women in the metro Detroit area, found that more than 25 percent of women have experienced ongoing vulvar pain (vulvodynia) at some point in their lives, but only 2 percent sought treatment for their pain. Vulvodynia is characterized by burning, irritation or sharp pain near the opening of the vagina. The location, constancy and severity of the pain vary among women. Some women feel a slight discomfort, while others report experiencing knife-like pain. The study, published online in the *American Journal of Obstetrics and Gynecology*, found that aside from the 9.2 percent of women who reported that they were currently experiencing pain consistent with vulvodynia, an additional 17.9 percent of women reported they have experienced symptoms of vulvodynia in the past. That factors to more than 318,000 women in southeast Michigan alone. What researchers have found concerning is that of the 2 percent of women who sought treatment for their pain, only 5 percent received a diagnosis of vulvodynia. Many women were misdiagnosed with either yeast infections or estrogen deficiency and the subsequent treatment plans they were recommended did little to alleviate their pain, suggesting these may not be causing their symptoms.

Maternal Diet and Childhood Allergies

A possible link between what a woman eats during pregnancy and the risk of her child developing allergies has been identified in new research published in the *Journal of Physiology*. The study found that if a mother's diet contains a certain group of polyunsaturated fatty acids (PUFAs)—such as those found in fish, walnut oil or flaxseed—the baby's gut develops differently. PUFAs are thought to improve how gut immune cells respond to bacteria and foreign substances, making the baby less likely to suffer from allergies. Until now, several clinical trials have shown that fish and walnut oil supplementation

in pregnant women reduces the risk of allergy in their children, but the mechanism was unknown. The team found that supplementing a mother's diet with n-3PUFA caused the newborn's gut to become more permeable. A more permeable gut enables bacteria and new substances to pass through the lining of the gut into the bloodstream more easily. These new substances then trigger the baby's immune response and the production of antibodies.



Download English Version:

<https://daneshyari.com/en/article/2634706>

Download Persian Version:

<https://daneshyari.com/article/2634706>

[Daneshyari.com](https://daneshyari.com)