

Home Page

MedicalBrief website home page screenshot showing navigation menu, search bar, and featured content including a 'TOP STORIES' section and a 'NEWS UPDATE' section.

Logo



URL

<http://www.medicalbrief.co.za/>

Subject

Medical- Africa - Digests.

Accessibility

Free

Language

English

Publisher

WGM Media, on behalf of the African MedicalBrief Foundation, in partnership with the Desmond Tutu HIV Foundation (DTHF).

Brief History

MedicalBrief was launched in March 2014, with the first edition going to about 150 people. In November 2015 the MedicalBrief website was established as an online hub for detailed articles and background information.

Scope and Coverage

MedicalBrief is Africa's authoritative weekly medical news digest, providing a succinct summary of the latest medical research, news and policy developments, with the links for speedy access to the original source i.e. primary documents. More than 90% of subscribers are in South Africa, but

MedicalBrief has a growing base of southern and east African readers.

Kind of Information

In MedicalBrief articles are enlisted under different topic like Cardiology, Ear-Nose-Throat, Cardiovascular, HIV/AIDS etc. The articles are available with title, publishing date, author name and short description or abstract. After end of the articles primary source of that article present with hyperlinked way. An example is given below for easier understanding under topic Cardiology.

[Home](#)

[Cardiology](#)

Lack of sleep increases heart attack and stroke risk

April 5th, 2017

A bad night's sleep raises the risk of potentially fatal heart attacks and strokes, research has found. And experts warn that women are at higher risk because they are more prone to insomnia, reports the *Daily Express*.

A large-scale study of over 160,000 people found a clear association between sleep problems and the debilitating effects of a heart attack or stroke.

Difficulty getting off to sleep, staying asleep, and waking up not feeling refreshed increased the risks by 27%, 11%, and 18% respectively. Women are at a slightly higher risk than men as they are more prone to insomnia because of differences in genetics, sex hormones and their reaction to stress.

The report says sleep is vital as a restorative time and plays a significant role in healing and repairing the heart and blood vessels. It also gives the immune system and the cardiovascular system a rest and allows other organs to be restored. The study looked at the connection between insomnia symptoms and incidents or death from cardiovascular disease, including acute myocardial infarction, coronary heart disease and heart failure, or stroke, or a combination of issues.

Researchers examined 15 studies with a total of 160,867 participants.

The report says the study found women with insomnia symptoms had a slightly higher risk of cardiovascular and stroke events than men, especially for non-restorative sleep. However, the difference between sexes did not reach statistical significance.

Researcher Qiao He from **China Medical University** said: "Sleep is important for biological recovery and takes around a third of our lifetime, but in modern society more and more people complain of insomnia.

Researchers have found associations between insomnia and poor health outcomes. "But the links between insomnia and heart disease or stroke have been inconsistent." He added: "The underlying mechanisms for these links are not completely understood.

"Previous studies have shown that insomnia may change metabolism and endocrine function, increase sympathetic activation, raise blood pressure, and elevate levels of pro-inflammatory and inflammatory cytokines – all of which are risk factors for cardiovascular disease and stroke.

"We cannot conclude that insomnia is more dangerous for women.

"However, we do know that women are more prone to insomnia because of differences in genetics, sex hormones, stress, and reaction to stress. (Not a complete article)

Authors

Qiao He, Peng Zhang, Guangxiao Li, Huixu Dai, Jingpu Shi

[Daily Express report](#)

[European Journal of Preventative Cardiology abstract](#)

Special Features

- Web site and newsletter archive present with specific arrangement. Newsletter archive arranged issue wise chronological order and Web site archive topic wise alphabetical order.

- Contact and feedback option available with proper form.
- Links to social networking sites like Facebook, Twitter, Google+ and so on. User can share each article via social networking sites.
- One can subscribe e-newsletter through proper way.
- News top stories and headline available.

Arrangement Pattern

Newsletter archive arranged issue wise chronological order. e.g.:

Medical Brief Issue No 0146 – 16 March 2017

Medical Brief Issue No 0145 – 09 March 2017

Medical Brief Issue No 0144 – 02 March 2017

Medical Brief Issue No 0143 – 23 February 2017

Web site archive arranged topic wise alphabetical order. e.g.:

Cardiology

Cardiovascular

Classifieds

Clinical Medicine

Clinical Practice

CROI 2017: Seattle Headlines

Dentistry

Dermatology

Remarks

There since has been phenomenal growth and it now is delivered every week to in excess of 34,000 subscribers, of whom approximately 31,000 are registered medical practitioners, the balance made up from the ancillary medical professions, administrators, and public officials.

Comparable Tools

- Open Medicine Digest (<https://blogs.biomedcentral.com/on-medicine/tag/open-medicine-digest/>)
- Medicine News Digest (<http://www.medinewsdigest.com/>)

Date of Access

April 6, 2017

