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EDITORIAL

1 Revisiting Plant Fats and Health in the Caribbean

FJ Henry

SPECIAL ARTICLE

3 Ageing of Jamaica's Population – What Are the Implications for Healthcare?

D Eldemire-Shearer, K Mitchell-Fearon, H Laws, N Waldron, K James, DL Holder-Nevins

This paper discusses Jamaica's current census (2011) and the changes in the over 60-year old population since the 2001 census and the implications for health-care. Emphasis is placed on chronic disease reduction and improved quality of life for older persons.

ORIGINAL ARTICLES

9 Fat Profile of Jamaican Ackees, Oleic Acid Content and Possible Health Implications

A Goldson, D Bremmer, K Nelson, DA Minott
Ackee arilli oils were subjected to iodine value determinations and GC-MS analysis. Consistent with the iodine value, ackees analysed contained primarily oleic acid, palmitic and stearic acids with minor amounts of linoleic acid. Ackee diets may provide some health benefits.

13 Dietary Potassium Intake and Renal Handling, and Their Impact on the Cardiovascular Health of Normotensive Afro-Caribbeans

DH Cohall, T Scantlebury-Manning, C Rafie, S James, K Hall

The aim of the study is to investigate potassium intake and renal handling and their impact on the cardiovascular health of normotensive Afro-Caribbeans by the possible modulation of the renin angiotensin aldosterone system.

20 Resveratrol Ameliorates Diabetes-induced Renal Damage through Regulating the Expression of TGF- β 1, Collagen IV and Th17/Treg-related Cytokines in Rats

Zhou Wenbin, Gao Guojun

Resveratrol might ameliorate diabetes-induced renal damage through mediating the balance of Th17/Treg related cytokines and inhibiting the expression of TGF- β 1 and collagen IV.

26 Cadmium in Jamaican Bush Teas

LA Hoo Fung, VR Rattray, GC Lalor

Total and hot water extractable cadmium were measured in Jamaican bush teas to determine potential dietary exposure. The level of exposure from this source was not found to be significant.

29 Use of the Complete Rockall Score and the Forrest Classification to Assess Outcome in Patients with Non-variceal Upper Gastrointestinal Bleeding Subject to After-hours Endoscopy: A Retrospective Cohort Study

A Giese, C Grunwald, J Zieren, NJ Büchner, BF Henning

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Thirty-day, one-year mortality and re-bleeding rates were 16.7%, 32.9% and 14%, respectively in patients with upper gastrointestinal bleeding proven by after-hours endoscopy. A Rockall score > 2 was associated with an increased 30-day mortality. Rockall score and Forrest classification did not otherwise reliably predict adverse events.

34 Comparative Evaluation of Ziehl Neelsen Staining and Knowledge, Attitudes and Practices of Laboratory Personnel in Relation to Ziehl Nielsen

R Kurup, K Chester

This study sought to assess the efficiency of the modified kinyoun cold method as a replacement for the Ziehl Nielsen (ZN) and to assess the knowledge, attitudes and practices of laboratory personnel in relation to the ZN method in Guyana.

40 Effects of Ionizing Radiation on Respiratory Function Tests and Blood Parameters in Radiology Staff

M Saygin, S Yasar, M Kayan, UG Balci, K Öngel

Radiology staff constantly exposed to ionizing radiation was evaluated to determine the relationship among ionizing radiation and pulmonary function and blood parameters. Although the respiratory functions of radiology staff are affected by many factors, continuous exposure to ionizing radiation is one of the important parameters. Radiology staff should be informed about factors that negatively affect respiratory functions.

46 Sonographic Biometry of Normal Kidney Dimensions among School-age Children in Nsukka, Southeast Nigeria

CU Eze, KK Agwu, DN Ezeasor, KK Agwuna, AE Aronu, EI Mba

Some kidney diseases are usually associated with changes in kidney size. Sonographic determination of pathologic changes in the size of the kidneys necessitates knowing the normal ranges of kidney lengths especially with respect to height in school-age children.

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Continued from inside front cover

54 Blood Use in Neurosurgical Cases at the University Hospital of the West Indies

A Crawford-Sykes, K Ekhikhametalor, I Tennant, M Scarlett, R Augier, L Williamson, G Wharfe, H Harding-Goldson

The neurosurgical population had a low transfusion rate. Higher American Society of Anaesthesiologists physical status, low preoperative haemoglobin, a resident lead surgeon and blood loss were significant predictors of perioperative transfusions. The cross-match to transfusion ratio was high, suggesting that blood products can be better allocated.

59 Stenotrophomonas maltophilia Pseudo-outbreak at a University Hospital Bronchoscopy Unit in Turkey

G Ece, B Erac, MH Limoncu, A Baysak, AT Oz, KC Ceylan

S maltophilia isolates were detected in four patients undergoing bronchoscopy during a one-week period. More attention should be paid to this microorganism as it can cause epidemics in intensive care units and operating theatres where invasive procedures take place. Appropriate disinfection procedures should be done and the staff should be continuously monitored and educated.

62 The Effect of Impaired Sleep on Preterm Labour

M Dolatian, Z Mehraban, K Sadeghniat

Early diagnosis and management may decrease the adverse outcomes associated with sleep disorder during pregnancy.

68 Sustainability of a Curriculum-based Intervention on Dietary Behaviours and Physical Activity among Primary School Children in Trinidad and Tobago

SDS Nichols, MP Francis, N Dalrymple

We investigated the long-term effect of a brief school-based curriculum intervention on dietary behaviours and physical activity among primary school children. The intervention was associated with significantly lower intakes of fried foods and sodas and higher knowledge scores 18 months later.

78 Effect of Integrated Yoga Module on Selected Psychological Variables among Women with Anxiety Problem

S Parthasarathy, K Jaiganesh, Duraisamy

The practice of asanas, relaxation and pranayama decreased anxiety in women but the practice of yoga as an integrated yoga module significantly improved anxiety scores without any ill effects in young women with proven anxiety.

81 St George's University's Medical Student Research Institute: A Novel, Virtual Programme for Medical Research Collaboration

RS Chamberlain, Z Klaassen, MC Meadows, S Weitzman, M Loukas

Medical student research involvement has evolved to be a core component of medical education. In 2009, the St George's University's Medical Student Research Institute was designed to encourage, support, facilitate and centralize medical student research.

VIEWPOINT

88 The Land and Seed Traditional Theory of Health

J Jainarinesingh

This research paper deals with the body's built-in mechanisms to ward off cancer. It also attempts to highlight the use of carefully selected foods that will protect against the ravages of cancer.

90 Herbs that Ensure Good Health and Longevity

J Jainarinesingh

This paper gives a helpful insight into herbal medicine and its importance in disease management. Indeed, modern (allopathic) medicine can no longer doubt the vast benefits of most tested herbs per their growing relevance to both medicine and surgery.

92 A "Believe It or Not" Episode of Medical Conquests by the Indigenous Peoples of South America and the African Descendants Domiciled Mainly in Tobago

J Jainarinesingh

This paper provides insight into medicinal/botanical cures and the management of diabetes mellitus among the 'Warao' and 'Guajiro' indigenous Indians of Venezuela. Mention is also made of traditional and holistic practices among the East Indian population of Trinidad and Tobago. All of the above is based on age-old customs, traditions, beliefs and practices of these people in the field of traditional/complementary medicine.

CASE REPORTS

94 Nontyphoidal Salmonella Urinary Tract Infection in a Case of Hyperparathyroidism and Nephrocalcinosis

C-P Chen, Z-Y Shi, C-H Chen, W-M Chen, Y-H Lin, C-A Tsai, S-P Lin, S-R Huang, P-Y Liu

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