



The bacterial horror of hot-air hand dryers

If you're the kind of person who avoids public bathrooms at all costs, you may feel validated, as well as disturbed, by a new study. Hot-air hand dryers in public restrooms might be sucking up bacteria from the air, and dumping them on the newly washed hands of unsuspecting patrons.

Weight Loss Surgery: Pros and Cons



It might be an option to help you shed pounds and get your blood sugars in a healthier range. But there are possible complications.

<https://lanka.com/events/kandy-esala-perahera/>



Cartoon by Max Gerreyn



ARTICLE

Teamwork: The Key to Diabetes Care

It takes more than one doctor to treat all parts of the disease. These are some of the specialists you may see.

<http://halgollaplantationhome.com/PlacesOfInterestNearby.htm>

A diet rich in dietary plant polysaccharides suppresses *Clostridium difficile* infection in mice

An update on the role of prebiotics and probiotics in controlling obesity

14 MAY 2018 | Andreu Prados

Obesity currently affects up to [650 million people](#) worldwide and this figure has doubled since 1980. Of the environmental factors that may contribute to the development of obesity, gut microbiota is in the spotlight, given that it may be involved in the low-grade inflammatory process and subsequent disrupted glucose metabolism and fat absorption that are features of [obesity](#).

Epidemiological research has linked gut microbiota to the state of an individual's metabolic health. A first [study](#) with a cohort of 292 non-obese and obese individuals showed that individuals with a low bacterial richness were characterized by more marked overall adiposity, more weight gain over time, insulin resistance and dyslipidemia when compared with individuals showing high bacterial richness. High gene count individuals also showed an enrichment in anti-inflammatory species such as *Faecalibacterium prausnitzii*, whereas low gene count individuals had a higher prevalence of potentially pro-inflammatory bacteria, such as *Bacteroides* and *Ruminococcus gnavus*. It should be taken into account that in addition to the hypothesis regarding the causative role of microbiota in obesity, this dysbiosis may be the result of [adaptation to a high-fat and high-sugar diet](#).

Recent analyses ([here](#); [here](#)) have shown high inter-individual differences in particular bacterial groups related to obesity and these data highlight the difficulty in finding a simple taxonomic signature of obesity in the gut microbiome and predicting the most important factor driving human weight change.-Read more

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