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Important Note for Readers. The findings in medical articles are usually not directly applicable and patients should consult their physicians before any utilization of the results of medical studies.

GET SOME GRAPE SEEDS BEFORE SURGERY!

You might prefer seedless grapes, but scientists are showing that the seed is helpful for our health. Grape seed contains a variety of biological elements such as vitamin E that can prevent our body from harms during surgeries. The kidneys are valuable to ischemia, when blood flow decreases or stops during the operation. To minimize this effect, scientists have suggested several preventive measures, and Dr Changizi Ashtiyani and his colleagues in Arak have added that grape seed extracts might protect the kidneys in such situations. They induced ischemia in the kidneys of rats and found that animals fed with grape seed extract were less affected by the procedure. This finding can help further research in the human to reduce the adverse effects of surgeries and accidents to the kidneys. So, it might not be a bad idea to choose grapes with large bitter seeds when you are shopping!

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ITCHING CAN BE REDUCED IF PARATHYROID GLAND WORKS BETTER

Patients on dialysis suffer from different complications of their kidney problem, medications, and dialysis itself. All these complications are related to each other, even itching and hormonal imbalance. A side effect of dialysis treatments is hyperactivity of the parathyroid glands, tiny glands just behind the thyroid. Dr Makhloogh and her coworkers in Sari examined patients with the irritating side effect of itching in their dialysis patients and found that the more severe the itching is the higher parathyroid hormone is in the blood. Itching is sometimes resistant to all treatments in dialysis patients and findings of this research project may help doctors remove this problem by checking more rigorously all the hormonal imbalances of dialysis patients, including excessive parathyroid hormone in blood.

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