

BIBLIO CONNECT

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EDITORIAL

Prezado leitor, é com muito orgulho que apresentamos a 16ª edição do Boletim Informativo de Periódicos Científicos das Bibliotecas do Centro Universitário São Camilo - SP, cujo objetivo é divulgar artigos científicos dos periódicos assinados pela Instituição.

Nesta edição, selecionamos artigos considerando as datas de conscientização da saúde, o Dia Mundial da Conscientização sobre a Doença Celíaca, o Dia da Saúde Ocular e o Dia Nacional do Diabetes, todos os artigos com questões relacionadas às áreas temáticas dos cursos ofertados. Aqui, você também encontrará publicações de docentes da Instituição e temas da atualidade.

No Podcast, convidamos o professor Gilberto Back, coordenador dos cursos de graduação na área de Gestão do Centro Universitário São Camilo, para um bate-papo sobre Gestão do Tempo.

Se você se interessar por algum artigo, clique no link disponível e será direcionado à página da Biblioteca, em que preencherá o formulário de solicitação e o arquivo será enviado por e-mail em até 48 horas. Lembramos que o acesso aos artigos é destinado a toda comunidade acadêmica: docentes, discentes e colaboradores.

Nesta edição, apresentamos o Repositório Institucional, que é um sistema digital usado por instituições de ensino para armazenar, preservar e disponibilizar o acesso a produções técnico-científicas de sua comunidade, permitindo o acesso às informações via internet.

Outro destaque dessa edição é a divulgação do portal de periódicos da Capes, onde você encontrará conteúdo científico diversificado para auxiliar em seus trabalhos acadêmicos. Por meio do registro acadêmico e da senha, todos os alunos da Instituição têm acesso ao portal.

Siga a Biblioteca nas redes sociais e fique por dentro de todas as atividades que realizamos: cursos, dicas, divulgações de artigos científicos atuais e muito mais.

Esperamos que esta publicação contribua para a análise e o conhecimento sobre os temas apresentados.

A todos, uma ótima leitura!

Comissão do Boletim Informativo da Biblioteca São Camilo - SP



ON AIR

Como fazer tantas coisas em pouco tempo?

Agenda! Anotações! Planejamento! Conheça algumas ferramentas que podem te auxiliar com a gestão do seu tempo ;)



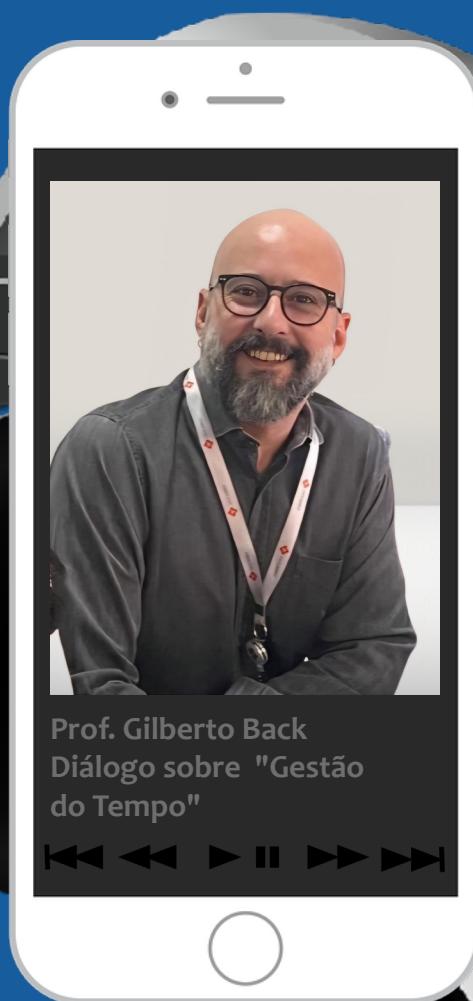
Procrastinação, como vencer esse vilão do tempo!

POD CAST #6 DO BIBLIO CONNECT

É só dar o play e conferir a edição completa do nosso podcast #6!



Nesta edição, convidamos o professor Gilberto Back, coordenador dos cursos de Gestão da Instituição, para uma conversa sobre Gestão do Tempo.



#Fica a Dica:

- Domine a arte de manter o foco! 😊
- Aprenda a identificar e controlar os gatilhos que desviam sua atenção. 😊

#Dica do professor:

Leia o livro **“Avalie o que Importa: Como o Google, Bono Vox e a Fundação Gates Sacudiram o Mundo com os OKRs”**, escrito por John Doerr. Disponível na **“Minha Biblioteca”**. 📖



O Dia Mundial de Conscientização sobre a Doença Celíaca desempenha um papel fundamental na educação e sensibilização sobre essa condição. É uma oportunidade crucial para aumentar a conscientização sobre os desafios enfrentados por aqueles que vivem com doença celíaca e para disseminar informações sobre diagnóstico, tratamento e cuidados. A conscientização pública é essencial para promover a compreensão e empatia em relação aos desafios enfrentados pelos celíacos, bem como para promover uma maior inclusão e respeito em ambientes sociais e de consumo. Também serve como uma oportunidade para destacar a importância de práticas alimentares seguras e da prevenção da contaminação cruzada em restaurantes, escolas e outras instituições.

1. Diagnóstico laboratorial da doença celíaca: considerações gerais.

Resumo: Um diagnóstico preciso da doença celíaca é fundamental para garantir uma abordagem terapêutica adequada e melhorar a qualidade de vida dos indivíduos afetados. **Objetivo:** Este artigo de revisão tem como objetivo fornecer uma visão geral das considerações gerais relacionadas ao diagnóstico laboratorial da doença celíaca. Inicialmente, foram discutidos os fundamentos da doença, incluindo sua definição, fisiopatologia e a resposta imunológica desencadeada pelo glúten. **Resultados:** A sorologia desempenha um papel crucial, com destaque para os marcadores de anticorpos, como a transglutaminase tecidual (tTG), o endomísio (EMA) e a gliadina (AGA). Além disso, discutimos a importância da endoscopia digestiva com biópsia e a interpretação dos resultados histológicos. Também são mencionados outros exames complementares, como testes genéticos e testes de provocação, os critérios diagnósticos atuais e as recomendações. Na sequência, destacamos as considerações na interpretação dos resultados dos exames laboratoriais, abordando a sensibilidade, especificidade e valores preditivos desses testes. Também são discutidos fatores que podem influenciar os resultados, como a idade do paciente e a ingestão de glúten. **Conclusão:** Em conclusão, ressalta-se a importância da correlação clínico-laboratorial para um diagnóstico preciso. O artigo busca aproximar o conhecimento abrangente para profissionais da saúde neste momento de diagnóstico, enfatizando a importância do diagnóstico laboratorial e a necessidade de atualizações contínuas diante dos avanços científicos e das demandas dos pacientes.



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Referência: ALVES, Francisco Eduardo Ferreira; MOREIRA, Cicero Lasaro Gomes. Diagnóstico laboratorial da doença celíaca: considerações gerais. **NewsLab: a mídia oficial do diagnóstico laboratorial**, São Paulo, v.30, n.179, p. 45-54, set. 2023.

2. Incidence, prevalence, and co-occurrence of autoimmune disorders over time and by age, sex, and socioeconomic status: a population-based cohort study of 22 million individuals in the UK. (Incidência, prevalência e ocorrência de doenças autoimunes ao longo do tempo e por idade, sexo e status socioeconômico: um estudo de coorte de base populacional com 22 milhões de indivíduos no Reino Unido).

Background: A rise in the incidence of some autoimmune disorders has been described. However, contemporary estimates of the overall incidence of autoimmune diseases and trends over time are scarce and inconsistent. We aimed to investigate the incidence and prevalence of 19 of the most common autoimmune diseases in the UK, assess trends over time, and by sex, age, socioeconomic status, season, and region, and we examine rates of co-occurrence among autoimmune diseases. Interpretation: Autoimmune diseases affect approximately one in ten individuals, and their burden continues to increase over time at varying rates across individual diseases. The socioeconomic, seasonal, and regional disparities observed among several autoimmune disorders in our study suggest environmental factors in disease pathogenesis. The inter-relations between autoimmune diseases are commensurate with shared pathogenetic mechanisms or predisposing factors, particularly among connective tissue diseases and among endocrine diseases.

Reference: CONRAD, Nathalie *et al.* Incidence, prevalence, and co-occurrence of autoimmune disorders over time and by age, sex, and socioeconomic status: a population-based cohort study of 22 million individuals in the UK. **The Lancet**, London/England, v.401, n.10391, p. 1878-1890, 03 jun. 2023.



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3. Celiac disease symptom profiles and their relationship to gluten-free diet adherence, mental health, and quality of life. (Perfis de sintomas da doença celíaca e sua relação com adesão à dieta sem glúten, saúde mental e qualidade de vida).

Abstract – Background: A subgroup of adults with celiac disease experience persistent gastrointestinal and extraintestinal symptoms, which vary between individuals and the cause(s) for which are often unclear. **Conclusions:** Adults with celiac disease reported variable patterns of persistent symptoms, symptom severity, and subjective health. Lack of profile differences in gluten-free diet adherence suggests that adjunctive dietary or medical assessment and intervention may be warranted. Lower persistent symptom burden did not necessarily translate to better mental health and QOL, suggesting that behavioral intervention may be helpful even for those with lower celiac symptom burden.

Reference: DOCHAT, Cara *et al.* Celiac disease symptom profiles and their relationship to gluten-free diet adherence, mental health, and quality of life. **BMC Gastroenterology**, [s.l.], v.24, n. 9, p. 1-12, Jan. 2024.



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4. Celiac disease: risks of cross-contamination and strategies for gluten removal in food environments. (Doença celíaca: riscos de contaminação cruzada e estratégias para remoção de glúten em ambientes alimentares).

Abstract: Celiac disease (CD) is the chronic immune-mediated enteropathy of the small bowel, manifesting when exposure to gluten occurs in genetically predisposed individuals. Nowadays, the only treatment considered safe for CD is a gluten-free diet (GFD). However, one of the problems faced by celiac patients is the cross-contamination of gluten-free food when preparing meals, in addition to utensils, surfaces and equipment. This study aimed to evaluate cross-contamination in gluten-free products and strategies for removing gluten from cross-contamination in cooking environments. The selection of papers for this integrative review was carried out by searching different databases. Gluten cross-contamination is a global concern for celiac patients in food environments. Although some practices are positive, such as gluten labeling on processed food in several countries, it is crucial to promote good practices in food services around the world. Only a few studies showed effective results in removing gluten from surfaces and utensils; furthermore, sampling was limited, making it difficult to identify appropriate procedures to reduce cross-contamination. The variation in contamination in different kitchen environments also highlighted that celiac patients must continue paying attention to the methods used to prepare gluten-free food. More research is needed, especially into methods of removing gluten from surfaces and utensils, to ensure food safety for celiac patients in many food environments.

Reference: VARGAS, Fabiana Magnabosco de. *et al.* Celiac disease: risks of cross-contamination and strategies for gluten removal in food environments. **International Journal of Environmental Research and Public Health**, [s.l.], v.21, n.2, p. 1-13, 2024.



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5. Celiac disease and COVID-19 in adults: a systematic review. (Doença celíaca e COVID-19 em adultos: uma revisão sistemática).

Background: Celiac disease (CD) is an autoimmune disease affecting around 1.4% of the total human population. Local and systemic manifestations are described in CD. Viral infections seem to trigger CD or even have a worse outcome in CD patients. The evidence on the relationship between CD and coronavirus disease (COVID-19) is limited. To evaluate existing evidence on the association between CD and COVID-19, we conducted the current systematic review. **Conclusion:** The risk of acquiring COVID-19 in CD patients is lower than in the general population. Females were more likely to be infected by COVID-19, and the most common comorbidity in infected patients was a chronic lower respiratory disease; around 10% of infected patients needed hospitalization, GFD adherence, and HR-QOL was more or less the same before and during the pandemic, depression, anxiety, and stress levels of patients varied among studies. Patients had more difficulties accessing GFPs based on limited data.



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Reference: AMIRIAN, Parsa *et al.* Celiac disease and COVID-19 in adults: a systematic review. **Plos One**, [s.l.], v. 16, May, 2023.



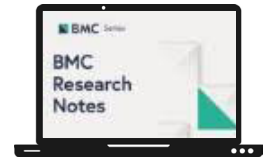


#16.05: Dia Mundial de Conscientização sobre a Doença Celíaca

6. Awareness of celiac disease among the public in Kuwait: a cross-sectional survey. (Conscientização sobre a doença celíaca entre o público no Kuwait: uma pesquisa transversal).

Objective: Health literacy levels among the general population predict better health outcomes and uptake of health services. Inequities in health literacy and uptake of health services are often observed in deprived neighborhoods. There is a paucity of data on literacy regarding celiac disease in Kuwait. Therefore, the present survey aims to address this paucity of data. **Results:** We conducted a survey of 350 respondents in six governates of Kuwait. Although around 51% of respondents were aware of peanut allergy and gluten sensitivity, less than 15% were aware of celiac disease. More than 40% of respondents reported that a gluten-free diet should be promoted for everyone. Better awareness regarding CD was associated with Kuwaiti nationality, higher education levels and higher age. Among different governates, residents of Al-Asimah reported the highest awareness levels, while the rest of the governates did not differ significantly. While eating behavior did not significantly predict awareness regarding CD.

Reference: QASEM, Wafaa A. *et al.* Awareness of celiac disease among the public in Kuwait: a cross-sectional survey. **BMC Research Notes**, [s.l.], v.16, n.133, 2023.



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#26.05: Dia Mundial de Combate ao Glaucoma #10.07: Dia da Saúde Ocular



O glaucoma é uma condição ocular que afeta o nervo óptico e pode levar à perda permanente da visão se não for diagnosticado e tratado precocemente. Geralmente está relacionado ao aumento da pressão intraocular, que gradualmente prejudica o nervo óptico. O Dia Nacional de Combate ao Glaucoma é importante para conscientizar sobre essa doença silenciosa, que muitas vezes não apresenta sintomas até que a perda de visão ocorra. É uma oportunidade para incentivar exames oftalmológicos regulares, especialmente para pessoas com fatores de risco como histórico familiar, idade avançada, diabetes e pressão intraocular elevada. A detecção precoce é essencial para prevenir danos irreversíveis e preservar a visão.

7. Exploring the knowledge, attitudes, and practice towards child eye health: a qualitative analysis of parent experience focus groups. (Explorando o conhecimento, as atitudes e a prática em relação à saúde ocular infantil: uma análise qualitativa da experiência dos pais em grupos focais).

Background: The majority of childhood blindness causes in low-income countries are treatable or avoidable. Parents or guardians are responsible for making decisions regarding a child's eye care. Understanding parents' awareness and perception of eye problems is crucial in helping to know parents' eye care-seeking behavior. **Objective:** To determine parental knowledge, attitudes and practice regarding child eye health. **Conclusion:** The study revealed that parents are often unaware of the causes and etiologies of common childhood eye diseases, which has downstream effects on health-seeking behavior. Health promotion efforts, potentially through mass and social media, could be helpful to raise awareness, coupled with training of health professionals at primary and secondary health facility levels.

Reference: SHERIEF, Sadik Taju *et al.* Exploring the knowledge, attitudes, and practice towards child eye health: a qualitative analysis of parent experience focus groups. **Plos One**, [s.l.], v. 18, n.11, Nov. 2023.



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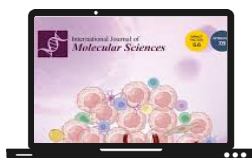




8. Revisiting retinal degeneration hallmarks: insights from molecular markers and therapy perspectives. (Revisitando as características da degeneração da retina: percepções de marcadores moleculares e perspectivas terapêuticas).

Abstract: Visual impairment and blindness are a growing public health problem as they reduce the life quality of millions of people. The management and treatment of these diseases represent scientific and therapeutic challenges because different cellular and molecular actors involved in the pathophysiology are still being identified. Visual system components, particularly retinal cells, are extremely sensitive to genetic or metabolic alterations, and immune responses activated by local insults contribute to biological events, culminating in vision loss and irreversible blindness. Several ocular diseases are linked to retinal cell loss, and some of them, such as retinitis pigmentosa, age-related macular degeneration, glaucoma, and diabetic retinopathy, are characterized by pathophysiological hallmarks that represent possibilities to study and develop novel treatments for retinal cell degeneration. Here, we present a compilation of revisited information on retinal degeneration, including pathophysiological and molecular features and biochemical hallmarks, and possible research directions for novel treatments to assist as a guide for innovative research. The knowledge expansion upon the mechanistic bases of the pathobiology of eye diseases, including information on complex interactions of genetic predisposition, chronic inflammation, and environmental and aging-related factors, will prompt the identification of new therapeutic strategies.

Reference: ROSA, João Gabriel Santos *et al.* Revisiting retinal degeneration hallmarks: insights from molecular markers and therapy perspectives. **International Journal of Molecular Sciences**, [s.l.], v. 24, n.17, Sept. 2023.



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9. Genetic changes and testing associated with childhood glaucoma: A systematic review. (Mudanças genéticas e testes associados ao glaucoma infantil: uma revisão sistemática).

Abstract: Many forms of childhood glaucoma have been associated with underlying genetic changes, and variants in many genes have been described. Currently, testing is variable as there are no widely accepted guidelines for testing. Information was extracted regarding genetic variants including genotype-phenotype correlation. Risk of bias was assessed using the Newcastle-Ottawa Scale. Of 1,916 records screened, 196 studies met inclusion criteria and 53 genes were discussed. Among study populations, mean age \pm SD at glaucoma diagnosis was 8.94 \pm 9.54 years and 50.4% were male. The most common gene discussed was CYP1B1, evaluated in 109 (55.6%) studies. CYP1B1 variants were associated with region and population-specific prevalence ranging from 5% to 86% among those with primary congenital glaucoma. MYOC variants were discussed in 31 (15.8%) studies with prevalence up to 36% among patients with juvenile open angle glaucoma. FOXC1 variants were discussed in 25 (12.8%) studies, which demonstrated phenotypic severity dependent on degree of gene expression and type of mutation. Overall risk of bias was low; the most common domains of bias were selection and comparability. Numerous genes and genetic changes have been associated with childhood glaucoma. Understanding the most common genes as well as potential genotype-phenotype correlation has the potential to improve diagnostic and prognostic outcomes for children with glaucoma.

Reference: KUMAR, Anika; HAN, Ying; OATt, Julius T. Genetic changes and testing associated with childhood glaucoma: A systematic review. **Plos One**, [s. l.], v. 19, n. 2, Feb. 2024.



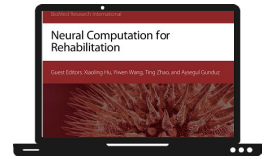
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10. Herbal and natural treatments for the management of the glaucoma: an Update. (Tratamentos fitoterápicos e naturais para o tratamento do glaucoma: uma atualização).

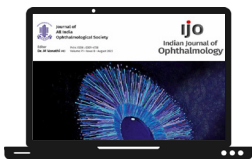
Abstract: Glaucoma causes the degeneration of the retinal ganglion cells (RGCs) and their axons, inducing a tissue reshaping that affects both the retina and the optic nerve head. Glaucoma care especially focuses on reducing intraocular pressure, a significant risk factor for progressive damage to the optic nerve. The use of natural treatments, such as herbs, vitamins, and minerals, is becoming increasingly popular today. While plants are a rich source of novel biologically active compounds, only a small percentage of them have been phytochemically examined and evaluated for their medicinal potential. It is necessary for eye care professionals to inform their glaucoma patients about the therapy, protection, and efficacy of commonly used herbal medicines, considering the widespread use of herbal medicines. The purpose of this review is to examine evidence related to the most widely used herbal medicines for the management and treatment of glaucoma, to better understand the potential benefits of these natural compounds as supplementary therapy. **Competing Interests:** The authors declare that there is no conflict of interest regarding the publication of this paper.



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Reference: VITIELLO, Livio *et al.* Herbal and natural treatments for the management of the glaucoma: an Update. **BioMed Research International**, [s. l.], Nov. 2023.

11. Comparison between ocular biometry parameters in patients with unilateral congenital glaucoma. (Comparação entre parâmetros de biometria ocular em pacientes com glaucoma congênito unilateral).



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Purpose: To compare the axial length (AL) and corneal diameter between glaucomatous eye (GE) and fellow normal eye (NE) in patients with unilateral congenital glaucoma and to obtain a normative database for ocular growth among Indian children below 3 years of age. **Methods:** Retrospective longitudinal study. Patients who had a follow-up of 3 years from diagnosis with ocular biometry parameters being recorded at least thrice (once a year) and fellow eye being normal were included. Data collected were age, gender, intraocular pressure (IOP), AL, corneal diameter, optic disc findings, diagnosis, and surgery details. **Results:** Eleven patients were analyzed. All GE underwent combined trabeculotomy with trabeculectomy. Mean (SD) baseline IOP, AL, and corneal diameter were 17.1 (6.7) mmHg, 18.9 (1.1) mm and 12 (0.91) mm in GE, and 11.1 (3.8) mmHg, 17.8 (0.44) mm, and 10.5 (0.58) mm in NE, respectively. Increase in AL was 3.1 mm in the first year followed by 0.6 mm in second year and 0.4 mm in third year in GE compared to 2.6, 0.6, and 0.5 mm in NE, respectively. Corneal diameter increased by 1.1 mm in GE in the first year and remained stable thereafter compared to 0.7 mm in first year followed by 0.3 mm in second year and stable thereafter in NE. The percentage of success was 73% at 3 years. **Conclusion:** Axial length and corneal diameter were higher in GE than NE at all-time points. With prompt intervention, the growth curve of the GE was made parallel to that of NE.

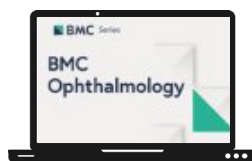
and 0.4 mm in third year in GE compared to 2.6, 0.6, and 0.5 mm in NE, respectively. Corneal diameter increased by 1.1 mm in GE in the first year and remained stable thereafter compared to 0.7 mm in first year followed by 0.3 mm in second year and stable thereafter in NE. The percentage of success was 73% at 3 years. **Conclusion:** Axial length and corneal diameter were higher in GE than NE at all-time points. With prompt intervention, the growth curve of the GE was made parallel to that of NE.

Reference: CHANDRAN, Premanand *et al.* Comparison between ocular biometry parameters in patients with unilateral congenital glaucoma. **Journal of Ophthalmology**, Indian, v. 7, n.8, p.2962-2966, Aug. 2023.

12. Implementing and evaluating a fully functional AI-enabled model for chronic eye disease screening in a real clinical environment. (Implementar e avaliar um modelo totalmente funcional habilitado para IA para triagem de doenças oculares crônicas em um ambiente clínico real).

Background: Artificial intelligence (AI) has the potential to increase the affordability and accessibility of eye disease screening, especially with the recent approval of AI-based diabetic retinopathy (DR) screening programs in several countries. **Conclusions:** The implementation of the AI-based approach for screening three chronic eye diseases proved effective in real-world settings, earning positive feedback on the usability of the integrated platform from both the screening staff and auditors. The auditing function has proven valuable for obtaining efficient second opinions from experts, pointing to its potential for enhancing remote screening capabilities.

Reference: SKEVAS, Christos *et al.* Implementing and evaluating a fully functional AI-enabled model for chronic eye disease screening in a real clinical environment. **BMC Ophthalmology**, [s.l.], v.24, n.51, Feb. 2024.



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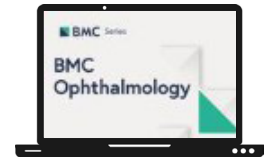




13. Utilizing visual symptoms to distinguish dry eye from glaucoma, cataract, and suspect glaucoma patients: a cross-sectional study. (Utilizando sintomas visuais para distinguir olho seco de pacientes com glaucoma, catarata e pacientes suspeitos de glaucoma: um estudo transversal).

Background: The diagnosis of dry eye and other common ophthalmological conditions can be supported using patient reported symptoms, which is increasingly useful in contexts such as telemedicine. We aim to ascertain visual symptoms that differentiate dry eye from cataract, glaucoma, or glaucoma suspects. **Conclusion:** Visual symptoms may serve as a complementary tool to distinguish dry eye from various ocular conditions, though the symptoms that best distinguish dry eye differ across comparisons. Differentiating how patients visually perceive common eye diseases may be used in a variety of clinical settings to rule out specific conditions.

Reference: Zhao, David X. et al. Utilizing visual symptoms to distinguish dry eye from glaucoma, cataract, and suspect glaucoma patients: a cross-sectional study. *BMC Ophthalmology*, [s. l.], v.24, n.1, Jan. 2024.



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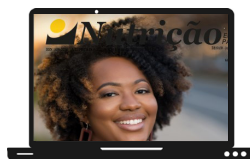
#26.06 Dia Nacional do Diabetes

O diabetes é uma condição crônica que afeta a forma como o corpo utiliza a glicose (açúcar) no sangue. Se não controlado adequadamente, pode levar a complicações graves, como danos nos nervos, nos rins, nos olhos e nos vasos sanguíneos. O Dia Nacional do Diabetes desempenha um papel fundamental na conscientização sobre esta doença, fornecendo informações sobre prevenção, controle e tratamento. Ele também serve como uma oportunidade para destacar a importância de um estilo de vida saudável, incluindo dieta equilibrada, exercícios regulares e monitoramento regular da glicose no sangue. Ao aumentar a conscientização sobre o diabetes, podemos promover uma melhor compreensão da doença e ajudar a prevenir complicações graves associadas a ela.

14. Efeito do quiabo (*Abelmoschus Esculentus*) no controle do diabetes mellitus.

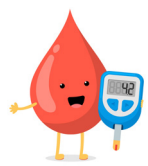
Resumo: O Diabetes Mellitus (DM) é um distúrbio metabólico que ocorre a partir de um quadro persistente de hiperglicemia. Algumas plantas medicinais se destacam por auxiliar no tratamento do DM, dentre elas está o *Abelmoschus esculentus* L. Moench, conhecido popularmente como quiabo. O objetivo desse artigo é apresentar os efeitos decorrentes da utilização do quiabo no tratamento do Diabetes mellitus tipo 2. Realizou-se uma revisão integrativa, nas seguintes bases de dados: MEDLINE via site PUBMED, SCIELO e LILACS via site BVS. Foram incluídos onze artigos na pesquisa, 10 dos estudos mostraram efeitos positivos em relação à utilização do quiabo na sintomatologia do DM2. Nesse sentido, o quiabo parece ser um importante adjuvante no tratamento do DM2, devido aos elementos presentes em sua composição, responsáveis por sua ação terapêutica.

Referência: MARTINS, Luana Mota et al. Efeito do quiabo (*Abelmoschus Esculentus*) no controle do diabetes mellitus. *Nutrição em Pauta*, São Paulo, v.31, n.180, p. 5-9, jun. 2023.



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15. Gestational weight change in a diverse pregnancy cohort and mortality over 50 years: a prospective observational cohort study. (Mudança de peso gestacional em uma coorte diversificada de gravidez e mortalidade ao longo de 50 anos: um estudo de coorte observacional prospectivo).

Background: High weight gain in pregnancy is associated with greater postpartum weight retention, yet long-term implications remain unknown. We aimed to assess whether gestational weight change was associated with mortality more than 50 years later. **Interpretation:** This study's novel findings support the importance of achieving healthy gestational weight gain within recommendations, adding that the implications might extend beyond the pregnancy window to long-term health, including cardiovascular and diabetes-related mortality.

Reference: HINKLE, Stefanie N. *et al.* Gestational weight change in a diverse pregnancy cohort and mortality over 50 years: a prospective observational cohort study. **The Lancet**, London/England, v.402, n.10415, p. 1857-1865, 18 Nov. 2023.



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16. Once-weekly insulin icodec versus once-daily insulin degludec as part of a basal-bolus regimen in individuals with type 1 diabetes (ONWARDS 6): a phase 3a, randomised, open-label, treat-to-target trial. (Insulina icodec uma vez por semana versus insulina degludec uma vez ao dia como parte de um regime de bolus basal em indivíduos com diabetes tipo 1 (AVANTE 6): um estudo de fase 3ª, randomizado, aberto, tratamento para o alvo).

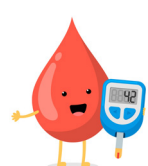
Background: ONWARDS 6 compared the efficacy and safety of once-weekly subcutaneous insulin icodec (icodec) and once-daily insulin degludec (degludec) in adults with type 1 diabetes. **Findings:** Between April 30 and Oct 15, 2021, of 655 participants screened, 582 participants were randomly assigned to icodec (n=290) or degludec (n=292). At week 26, from baseline values of 7.59% (icodec) and 7.63% (degludec), estimated mean changes in HbA1c were -0.47 percentage points and -0.51 percentage points, respectively (estimated treatment difference 0.05 percentage points [95% CI -0.13 to 0.23]), confirming non-inferiority of icodec to degludec (p=0.0065). Overall rate of combined clinically significant or severe hypoglycaemia (baseline to week 26) was statistically significantly higher with icodec than degludec (19.9 vs 10.4 events per patient-year of exposure; estimated rate ratio 1.9 [95% CI 1.5 to 2.3]; p<0.0001). The rate was also statistically significantly higher with icodec than degludec when evaluated over 57 weeks (52 weeks plus a 5-week follow-up period). 39 serious adverse events were reported in 24 (8%) participants receiving icodec, and 25 serious adverse events were reported in 20 (7%) participants receiving degludec. One participant in the icodec group died; this was judged unlikely to be due to the trial product. **Interpretation:** In adults with type 1 diabetes, once-weekly icodec showed non-inferiority to once-daily degludec in HbA1c reduction at week 26, with statistically significantly higher rates of combined clinically significant or severe hypoglycaemia. For icodec, time below 3.0 mmol/L (<54 mg/dL) was at the threshold of the internationally recommended target (<1%) during weeks 22-26 and below target during weeks 48-52.

Reference: RUSSELL-JONES, David *et al.* Once-weekly insulin icodec versus once-daily insulin degludec as part of a basal-bolus regimen in individuals with type 1 diabetes (ONWARDS 6): a phase 3a, randomised, open-label, treat-to-target trial. **The Lancet**, London/England, v. 402, n.10413, p. 1636-1647, 04 nov. 2023.



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17. What contextual features affect the outcome and sustainability of therapeutic patient education interventions? (Que características contextuais afetam o resultado e a sustentabilidade das intervenções terapêuticas de educação do paciente?)



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Background: Therapeutic patient education interventions are influenced by contextual factors. Therefore, describing the context is crucial to understanding how it can affect therapeutic patient education interventions and contribute to outcomes. We aimed to identify the contextual features that may affect the outcome and sustainability of therapeutic patient education interventions from a healthcare professional perspective. Conclusion: New insights into contextual features that may be involved in therapeutic patient education interventions are represented in a framework based on the Medical Research Council evaluation framework. These features need to be addressed in studies of therapeutic patient education interventions and could help healthcare professionals build more effective interventions within the context. However, describing a list of elements of the context is not enough; analyses should also focus on how the contextual elements might affect an intervention and how they interact.

Reference: RAT, Anne-Christibe *et al.* What contextual features affect the outcome and sustainability of therapeutic patient education interventions? *Plos One*, [s. l.], v. 14, Feb. 2024.

18. Mechanisms of endothelial activation, hypercoagulation and thrombosis in COVID-19: a link with diabetes mellitus. (Mecanismos de ativação endotelial, hipercoagulação e trombose em COVID-19: uma ligação com diabetes mellitus).

Abstract: Early since the onset of the COVID-19 pandemic, the medical and scientific community were aware of extra respiratory actions of SARS-CoV-2 infection. Endothelitis, hypercoagulation, and hypofibrinolysis were identified in COVID-19 patients as subsequent responses of endothelial dysfunction. Activation of the endothelial barrier may increase the severity of the disease and contribute to long-COVID syndrome and post-COVID sequelae. In this review, we provide an overview of the potential triggers of endothelial activation related to COVID-19 and COVID-19 under diabetic milieu. Several mechanisms are induced by both the viral particle itself and by the subsequent immune-defensive response (i.e., NF- κ B/NLRP3 inflammasome pathway, vasoactive peptides, cytokine storm, NETosis, activation of the complement system). Alterations in coagulation mediators such as factor VIII, fibrin, tissue factor, the von Willebrand factor: ADAMST-13 ratio, and the kallikrein-kinin or plasminogen-plasmin systems have been reported. Moreover, an imbalance of thrombotic and thrombolytic (tPA, PAI-I, fibrinogen) factors favors hypercoagulation and hypofibrinolysis. In the context of DM, these mechanisms can be exacerbated leading to higher loss of hemostasis. However, a series of therapeutic strategies targeting the activated endothelium such as specific antibodies or inhibitors against thrombin, key cytokines, factor X, complement system, the kallikrein-kinin system or NETosis, might represent new opportunities to address this hypercoagulable state present in COVID-19 and DM. Antidiabetics may also ameliorate endothelial dysfunction, inflammation, and platelet aggregation. By improving the microvascular pathology in COVID-19 and post-COVID subjects, the associated comorbidities and the risk of mortality could be reduced.



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Reference: VALENCIA, Inés *et al.* Mechanisms of endothelial activation, hypercoagulation and thrombosis in COVID-19: a link with diabetes mellitus. *Cardiovascular Diabetology*, [s. l.], v. 23, n. 75, Feb. 2024.

19. Graph theoretical analysis and independent component analysis of diabetic optic neuropathy: A resting-state functional magnetic resonance imaging study. (Análise teórica gráfica e análise de componentes independentes da neuropatia óptica diabética: um estudo de ressonância magnética funcional em estado de repouso).

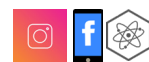
Abstract - Aims: This study aimed to investigate the resting-state functional connectivity and topologic characteristics of brain networks in patients with diabetic optic neuropathy (DON). **Results:** Compared with HCs, patients with DON showed altered global characteristics. At the nodal level, the DON group had fewer nodal degrees in the thalamus and insula, and a greater number in the right rolandic operculum, right postcentral gyrus, and right superior temporal gyrus. In the internetwork comparison, DON patients showed significantly increased FNC between the left frontoparietal network (FPN-L) and ventral attention network (VAN). Additionally, in the intranetwork comparison, connectivity between the left medial superior frontal gyrus (MSFG) of the default network (DMN) and left putamen of auditory network was decreased in the DON group. **Conclusion:** DON patients altered node properties and connectivity in the DMN, auditory network, FPN-L, and VAN. These results provide evidence of the involvement of specific brain networks in the pathophysiology of DON.

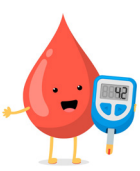


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Reference: Wei, Qian *et al.* Graph theoretical analysis and independent component analysis of diabetic optic neuropathy: A resting-state functional magnetic resonance imaging study. *CNS Neuroscience & Therapeutics*, [s.l.], Dec. 2023.





20. Biomarkers of diabetes: role in the pathogenesis of atrial fibrillation. (Biomarcadores do diabetes: papel na patogênese da fibrilação atrial).

Abstract: The prevalence of both atrial fibrillation (AF) and diabetes is increasing day by day and commonly co-exist with a longer duration of diabetes and poor control, putting the individual at higher risk of AF. This review article presented some traditional and novel biomarkers related to AF in patients with diabetes *mellitus*. The literature review employed several databases, including Google Scholar, PubMed, and Science Direct. The investigation was finished on October 30, 2023. Many terms are utilized, including "AF", "Biomarkers", "Diabetes Mellitus", and "Pathogenesis". There are numerous biomarkers of diabetes, but this review article reports only leptin, adiponectin, glycated hemoglobin, ceramide, ferritin, fibrinogen, hematological indices, interleukin-18, thrombospondin 1, acylcarnitine, plasminogen activator inhibitor-1 and triglycerides and high-density lipoprotein cholesterol, since those biomarkers play a significant role in the pathogenesis of AF. However, no data was found, including fructosamine, glycated albumin, 1,5 anhydroglucitol, fetuin-A, α -hydroxybutyrate, mannose-binding lectin serine peptidase, transferrin, IL-1 receptor antagonist in AF. Understanding the interplay between diabetes and AF through the measurement of relevant biomarkers can contribute to better risk assessment, early detection, and the development of targeted therapeutic strategies for individuals at risk or already affected by these conditions.



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Reference: RAFAQAT, S. *et al.* Biomarkers of diabetes: role in the pathogenesis of atrial fibrillation. *European Review Medical Pharmacological Science*, [s.l.], v.28, n.4, p. 1524-1540, 2024.

21. Construction of a TF-miRNA-mRNA regulatory network for diabetic nephropathy. (Construção de uma rede reguladora TF-miRNA-mRNA para nefropatia diabética).

Background: This study aims to elucidate the microRNA (miRNA)-messenger RNA (mRNA)-transcription factors (TFs) network relevant to diabetic nephropathy (DN). **Conclusions:** This study explores a gene regulation network of miRNA-mRNA-TFs, identifying potential molecular targets in the aetiology of DN. It also suggests potential targets for genetic counselling and prenatal diagnosis for DN.

Reference: DONG, Fuxing; ZHENG, Luli; YANG, Guokai. Construction of a TF-miRNA-mRNA regulatory network for diabetic nephropathy. *Archivos Espanoles De Urologia*, [s.l.], v.77, n.1, p. 104-112, 2024.



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22. Association of anti-diabetic drugs and covid-19 outcomes in patients with diabetes mellitus type 2 and chronic kidney disease: nationwide registry analysis. (Associação de medicamentos antidiabéticos e resultados de COVID-19 em pacientes com diabetes mellitus tipo 2 e doença renal crônica: análise de registro nacional).

Introduction: Patients with diabetes *mellitus* type 2 and chronic kidney disease (T2DM-CKD) have a 5 times higher risk of developing severe SARS-CoV-2 infection than those without these 2 diseases. The goal of this study is to provide information on T2DM-CKD and COVID-19 outcomes, with an emphasis on the association with anti-diabetic medications. **Conclusion:** T2DM-CKD are heavily burdened by COVID-19 disease. Our results suggest no association between antidiabetic drugs and COVID-19 death outcome while SGLT-2 and metformin show to be protective against COVID-19 hospitalization and infection, repaglinide against infection, and insulin and sulfonylureas show to be risk factors for COVID-19 hospitalization and infection. Further research in T2DM-CKD is needed.



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Reference: DIMNJAKOVIĆ, Jelena *et al.* Association of anti-diabetic drugs and covid-19 outcomes in patients with diabetes mellitus type 2 and chronic kidney disease: nationwide registry analysis. *Plos One*, [s.l.], v.27, Mar. 2024.



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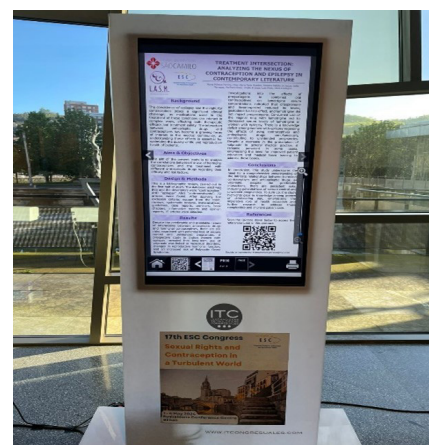
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Com grande alegria, destacamos as pesquisas científicas da profa. Maria Monica (@dra.maria.monica.pereira) docente do curso de Medicina, juntamente com estudantes da liga acadêmica de saúde da mulher (@lasm.medsc). Os trabalhos foram apresentados no congresso da Sociedade Europeia de Contracepção e Reprodução, em Bilbao, Espanha. O Centro Universitário São Camilo tem orgulho em fomentar a pesquisa e contribuir para os avanços científicos.

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O e-book “Conexões Culinárias: Histórias de Família e Tradições” foi idealizado pela professora Sonia Maria Soares Rodrigues Pereira, com o apoio da professora Adriana Garcia Peggia de Castro e da coordenadora do curso de Nutrição, Sandra Maria Chemin Seabra da Silva.

Este material é fruto das narrativas dos alunos do primeiro semestre do curso de Nutrição, que abordaram diversas situações, exposições de fatos e histórias familiares relacionadas à alimentação.

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I. A bioinformática está impulsionando a medicina do futuro.

Especialista aponta como esse campo – ainda pouco conhecido pela população – pode sacudir a área da saúde. (Veja Saúde, mar. 2024).



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II. O futuro da inteligência artificial na psiquiatria.

Especialista aponta recursos que essa tecnologia pode agregar no consultório, especialmente no atendimento de pessoas neurodivergentes. (Veja Saúde, mar. 2024).



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III. Uso Ético da Inteligência Artificial.

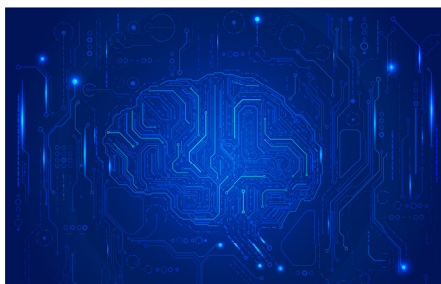
Os algoritmos de Inteligência Artificial (IA) estão cada vez mais presentes na vida humana, em muitas situações nas quais sua existência nem é percebida. A utilização da IA introduz desafios éticos que merecem atenção da comunidade científica. (Revista Em Paula, nov. 2023).



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IV. O plágio encoberto em textos do ChatGPT.

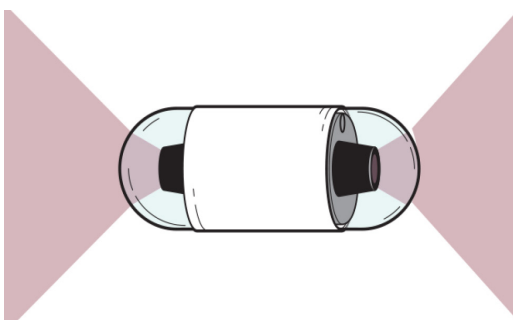
Estudos mostram como modelos de linguagem natural podem ser fonte de má conduta acadêmica e indicam formas de prevenir o problema. (Revista Pesquisa Fapesp, 2023).



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V. Dispositivos ingeríveis prometem revolucionar a medicina.

Cápsulas inteligentes embutem sensores que monitoram sinais vitais, facilitam diagnósticos e alertam sobre a adesão a tratamentos medicamentosos. (Revista Veja Saúde, maio, 2024).



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VI. Inteligência artificial e os impactos dos grandes modelos de linguagem na educação e na cultura informativa.

Se o leitor sabe como funcionam os softwares de inteligência artificial generativa de modelo de linguagem, os LLMs (caso do ChatGPT, o mais conhecido) e o contexto de uma ferramenta probabilística, pode saltar os primeiros parágrafos: vá direto à parte do impacto deles na educação. (Revista da USP, jan. 2024)



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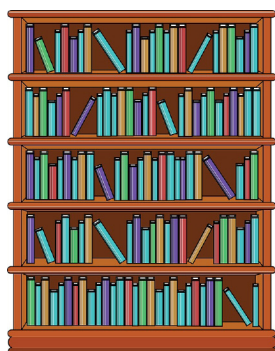


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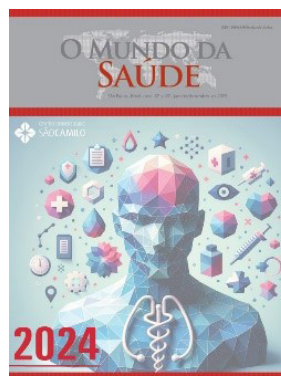
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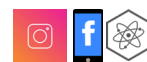


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