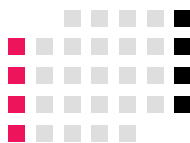


SCIENCE NEWS IN NUMBERS

HYPERTENSION AND WORKING LONG HOURS

Working 49+ hours each week:

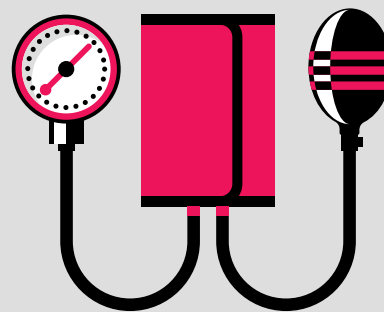
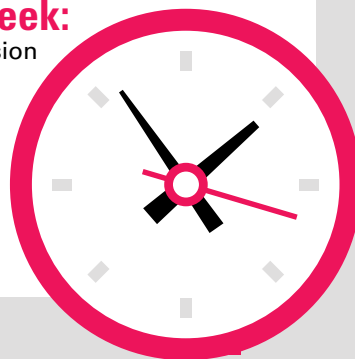
70% greater likelihood of masked hypertension
66% greater likelihood of sustained hypertension.



Working 41-48 hours each week:

54% greater likelihood of masked hypertension
42% greater likelihood of sustained hypertension.

These statistics come from a **Canadian study of 3500 white-collar employees**. They are in comparison with colleagues who worked fewer than 35 hours a week.



People with high blood pressure who take all their anti-hypertensive medication in one go at bedtime

have significantly lower risk of death or illness caused by heart or blood vessel problems, compared to those who take their medication in the morning, according to new research.



When they looked at individual outcomes, they found risk of:

66% Death from heart or blood vessel problems was reduced by 66%

44% Myocardial infarction was reduced by 44%

40% Coronary revascularisation was reduced by 40%

42% Heart failure was reduced by 42%

49% Stroke was reduced by 49%.



25%

Funding drop: Cancer Research UK expects to see its fundraising income decline by up to 25% in the next financial year as a direct result of the COVID-19 coronavirus pandemic. Many other charities expect similar drops.



Stents vs medication

New US research shows stents and surgery are no better than medication and lifestyle changes at reducing risk.

A trial followed more than 5000 patients with **stable heart disease and moderate to severe heart disease** for a median of 3.2 years.

Among those who had **invasive procedures**, 145 died, compared to 144 who received medication alone.

100,000

It is estimated that every year, over 100,000 human deaths can be attributed to snakebite.

These are inflicted in self-defence when snakes feel threatened by encroaching humans. However, a new piece of research concludes that **snake venom did not evolve as a defence mechanism**. It reveals that **surprisingly few** venomous snake bites cause immediate pain, implying that the venom has **not evolved for a defensive primary purpose**.

