

STUDY LINKS MICROPLASTICS TO ALZHEIMER’S RISK

A new study has raised alarms about the potential link between micro- and nanoplastics and the development of Alzheimer’s disease, suggesting that these ubiquitous environmental pollutants may contribute to cognitive decline. The findings come from researchers at the University of Rhode Island’s College of Pharmacy, who tested how plastic particles interact with the brain in mice.

Microplastics in everyday life

Micro- and nanoplastics, tiny fragments of plastic prevalent in the environment, regularly enter the human body. They are found in the water we drink, the food we eat, and even the air we breathe. While earlier research confirmed that microplastics can infiltrate all systems of the body—including the blood-brain barrier, a natural defense that protects the brain from harmful pathogens—this new study takes the concern further by directly connecting their presence to Alzheimer’s-like symptoms.

Focus on genetic risk

The study, published in Environmental Research Communications, examined mice genetically modified to carry the APOE4 gene, a well-known risk factor for Alzheimer’s



Mouse research reveals troubling findings

disease. Individuals with this gene are 3.5 times more likely to develop the condition than those carrying the APOE3 variant. “In these mice, like in people, it’s not a guarantee that you’re going to see any changes in cognition,” explained Jaime Ross, assistant professor of pharmacy at the University of Rhode Island. “You could have identical twins, both carrying APOE4, one totally cognitively healthy, and the other could develop Alzheimer’s

disease. That tells us lifestyle and environmental factors play a role.” Ross and her team specifically wanted to know: if someone carries the APOE4 gene and is also exposed to high levels of microplastics, could this combination accelerate Alzheimer’s onset?

Testing and results

To explore this, the researchers exposed the mice to micro- and nanoplastics and then observed their cognitive behaviors.

The findings revealed sex-dependent differences similar to those seen in human Alzheimer’s patients. “In human patients, men often show more changes in apathy—they care less—while women experience greater memory loss. When we exposed these mice carrying the Alzheimer’s risk gene to plastics, we saw behavior changes that matched these sex-specific patterns,” Ross said. The implication is that microplastics not only accumulate in the brain

but may also trigger behavioral and cognitive effects resembling early Alzheimer’s.

A call for deeper research

The results, while preliminary, are significant enough to warrant further investigation. Alzheimer’s is a complex disease influenced by genetics, lifestyle, and environment, and the study underscores the possibility that microplastics could be a key environmental toxin influencing its development. “There are modifiable factors related to Alzheimer’s—diet, exercise, vitamins, and now environmental toxins like microplastics,” Ross added. “If exposure to these plastics is confirmed as a contributing factor, reducing or eliminating them could become an important step in prevention.” With microplastics already considered one of the most prominent pollutants in daily life, this study highlights an urgent need to examine their long-term effects on human health. While more research is required to establish a definitive link, the early evidence paints a troubling picture of how pervasive plastic pollution may extend far beyond environmental damage—directly impacting human cognitive health.

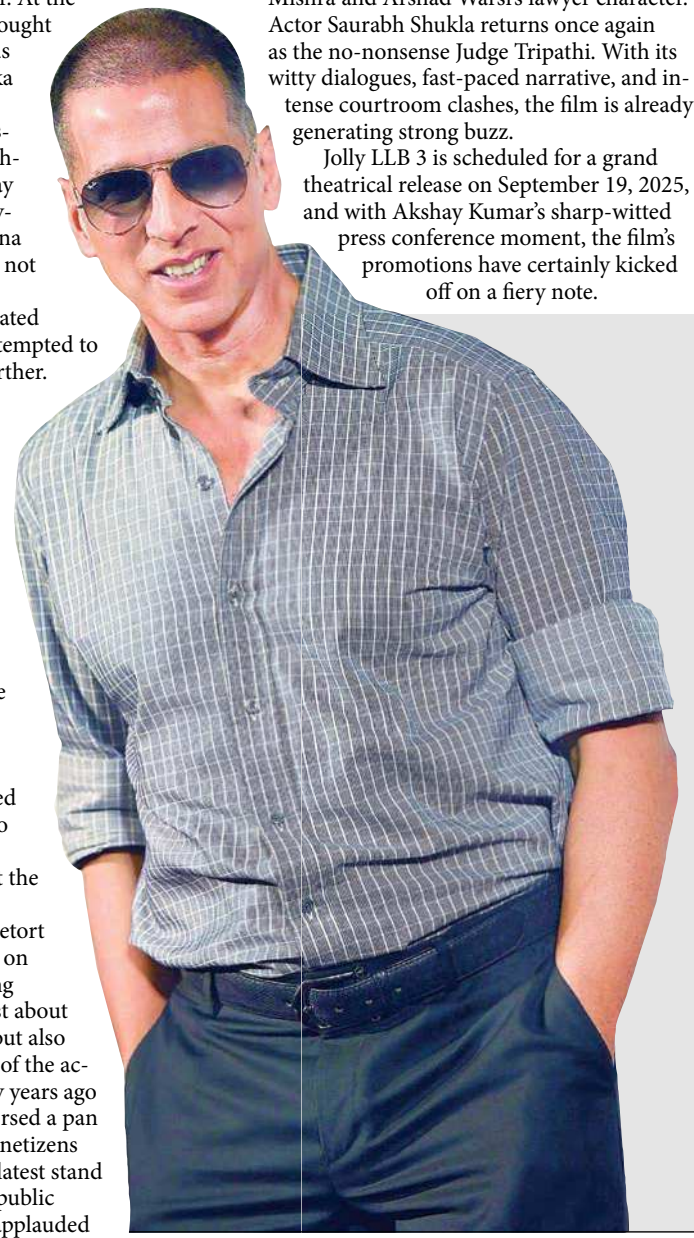
Akshay Kumar takes a firm stand on gutka: One should not consume it

Bollywood and its long-standing connection with pan masalas and gutka endorsements is no secret. Over the years, several top stars have faced criticism for promoting harmful products while earning hefty paychecks from such brand endorsements. Despite repeated backlash, the practice continues, raising concerns about the influence celebrities have on public health.

Amidst this, Bollywood action star Akshay Kumar chose to distance himself from the controversial trend, making his stance loud and clear during the trailer launch of Jolly LLB 3 in Kanpur. At the event, a journalist brought up Kanpur’s infamous association with gutka consumption and posed a pointed question to the actor. Without hesitation, Akshay responded firmly, saying, “Gutka nahi khana chahiye (One should not consume gutka).”

The situation escalated when the reporter attempted to push the question further. Clearly unimpressed with the interruption, Akshay immediately shot back, “Interview mera hai ya tumhara? Main bol raha hoon, gutka nahi khana chahiye, that’s it. Next question.” (Is this my interview or yours? I’m saying one should not consume gutka, that’s it. Next question). His sharp reply not only silenced the journalist but also drew loud reactions from those present at the event.

Clips of Akshay’s retort have since gone viral on social media, sparking conversations not just about gutka consumption but also reigniting memories of the actor’s own controversy years ago when he briefly endorsed a pan masala brand. Many netizens pointed out how his latest stand reflects a shift in his public image, while others applauded



Anushka steps away from social media; says ‘just to reconnect with the world’

Actress Anushka Shetty, who was expected to make a strong comeback with director Krish Jagarlamudi’s film Ghaati, has faced disappointment as the movie failed to click at the box office. Despite high expectations, both the film and Anushka’s performance drew criticism from audiences and critics alike. The actress had promoted the film ahead of its release through digital means and telephonic interviews but chose not to participate in physical promotional events.

Following the mixed response, Anushka has now announced that she is taking a temporary break from social media. In a heartfelt Instagram note to her followers, the actress wrote, “Trading Blue light to candle light. Will be stepping away from social media for a bit. Just to reconnect with the world and work beyond the scrolling, to where we all actually started.”

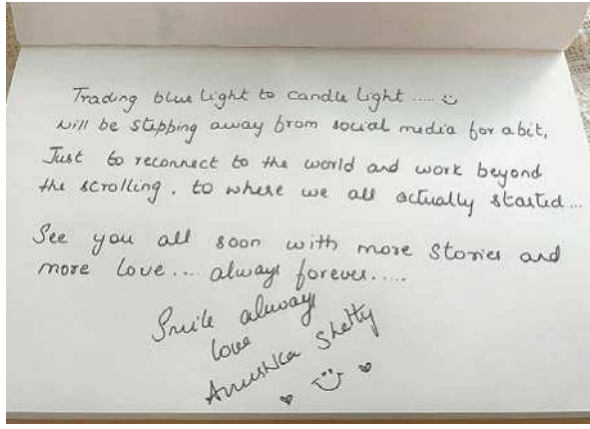
She further assured her fans that this was not a farewell but a pause, adding, “See you all soon with more stories and more love.”

While many speculated that the social media criticism around her absence from promotions may have pushed her to step back, Anushka has always maintained a composed outlook toward such chatter. Sources close to the actress suggest that she is focused on regaining her momentum and choosing her projects wisely in the future.

Currently, Anushka has not signed any new Telugu



film. However, she will next be seen in Kathana: The Wild Sorcerer, a fantasy drama that has already piqued audience interest. Fans are hopeful that the actress, known for her powerful roles in Arundhati, Rudhradevi, and Baahubali, will soon bounce back with renewed energy. With her social media hiatus, Anushka seems determined to reconnect with herself, focus on her craft, and return stronger.



Karnataka govt caps movie ticket prices at Rs 200; gives a shock to high budget films

In a move that is being welcomed by cinema lovers across Karnataka, the state government has officially issued a notification capping cinema ticket prices at Rs 200 (plus GST) across all theaters, including multiplexes. The step, aimed at making movie-going more affordable, comes as part of the newly amended Karnataka Cinemas (Regulation) (Amendment) Rules, 2025.

According to the new order, the price cap will be applicable to all films—across languages—screened in both single screens and multiplexes. However, there is an exemption clause. The rule will not apply to multi-screen cinemas offering premium facilities with seating capacity of less than 75 seats. This carve-out was included to allow niche, luxury experiences to maintain their pricing flexibility.

The notification follows a draft order issued earlier this year, where the state government had sought feedback from citizens. After reviewing objections and suggestions, the amended rule was finalized. It will now come into effect from the date of its publication in the Official Gazette.

This isn’t the first time Karnataka has attempted



to regulate movie ticket prices. A similar initiative was introduced in 2017, but the Karnataka High Court stayed the plan before it could be implemented. Learning from past hurdles, the government appears to have crafted the latest rules with greater clarity, ensuring stronger acceptance.

For the Kannada film industry, this announcement has been long overdue.

Industry stakeholders have repeatedly urged the government to bring ticket prices down, arguing that Kannada films often face an uneven playing field in multiplexes dominated by high-priced non-Kannada releases. With the new regulation, there is hope that regional films will have better ac-



cess to audiences. However, the big question remains—how will the box office collections of star-driven films fare under these capped rates? The coming months will test the waters with major releases such as Rishab Shetty’s Kantara Chapter 1 and Yash’s Toxix. Both films carry massive expectations following the record-breaking success

of Kantara and the KGF franchise. While the reduced ticket rates promise fuller theaters and increased accessibility, the industry will be closely watching whether revenue balances out through higher footfalls. For now, cinephiles are celebrating, as the magic of the big screen just became easier on the pocket in Karnataka.