# SOME OPERATOR INEQUALITIES INVOLVING IMPROVED YOUNG AND HEINZ INEQUALITIES 

Alireza Moazzen


#### Abstract

In this work, by applying the binomial expansion, some refinements of the Young and Heinz inequalities are proved. As an application, a determinant inequality for positive definite matrices is obtained. Also, some operator inequalities around the Young's inequality for semidefinite invertible matrices are proved.


## 1. Introduction

The classical Young's inequality for non-negative real numbers says that if $a$ and $b$ are non-negative and $0 \leq r \leq 1$, then

$$
a^{r} b^{1-r} \leq r a+(1-r) b
$$

with equality if and only if $a=b$.
If $r=\frac{1}{2}$, we obtain the arithmetic-geometric mean inequality

$$
\sqrt{a b} \leq \frac{a+b}{2}
$$

Here, by the following inequality a short proof for the Young's inequality is given,

$$
e^{x-1} \geq x \quad x \in \mathbb{R}
$$

The proof of the Young's inequality:
Take $L=r a+(1-r) b$ then,

$$
\begin{aligned}
& e^{\frac{a}{L}-1} \geq \frac{a}{L} \geq 0, \\
& e^{\frac{b}{L}-1} \geq \frac{}{L} \geq 0 .
\end{aligned}
$$

So, we have

$$
1=e^{r\left(\frac{a}{L}-1\right)+(1-r)\left(\frac{b}{L}-1\right)} \geq\left(\frac{a}{L}\right)^{r} \times\left(\frac{b}{L}\right)^{1-r} .
$$

Received by the editors January 10, 2018. Accepted February 20, 2018
2010 Mathematics Subject Classification. 47A63, 47A60, 47A64.
Key words and phrases. operator inequality, Young's inequality, Heinz's inequality.

Hence,

$$
a^{r} b^{1-r} \leq r a+(1-r) b .
$$

Kittaneh and Manasrah obtained a refinement of Young's inequality as the following[5]:

$$
\begin{equation*}
a^{r} b^{1-r} \leq r a+(1-r) b-r_{0}(\sqrt{a}-\sqrt{b})^{2} \tag{1.1}
\end{equation*}
$$

where, $r_{0}=\min \{r, 1-r\}$.
The Heinz's means are defined as

$$
H_{r}(a, b)=\frac{a^{r} b^{1-r}+a^{1-r} b^{r}}{2}
$$

where $a, b$ and $r$ has the same conditions of the Young's inequality.
The Heinz's inequality asserts that

$$
\sqrt{a b} \leq H_{r}(a, b) \leq \frac{a+b}{2}
$$

Kittaneh and Manasrah also obtained a refinement of the Heinz's inequality as follows:

$$
H_{r}(a, b) \leq \frac{a+b}{2}-r_{0}(\sqrt{a}-\sqrt{b})^{2}
$$

where, $r_{0}=\min \{r, 1-r\}$.
In this work, by applying the binomial expansion we prove some refinements of the Young and Heinz inequalities and as an application, a determinant inequality is proved by these inequalities. Also, some operator inequalities around the Young's inequality are obtained.

Theorem 1.1 (Newton's generalized binomial theorem). If $x$ and $y$ are real numbers with $|x|>|y|$ and $r$ is any complex number, then

$$
\begin{aligned}
(x+y)^{r} & =\sum_{k=0}^{\infty}\binom{r}{k} x^{r-k} y^{k} \\
& =x^{r}+r x^{r-1} y+\frac{r(r-1)}{2!} x^{r-2} y^{2}+\frac{r(r-1)(r-2)}{3!} x^{r-3} y^{3}+\cdots .
\end{aligned}
$$

## 2. Main Results

In the following, at first a refinement of the Young's inequality is given. Then a refinement of the Heinz's inequality is proved by it.

Theorem 2.1. Let $a$ and $b$ be positive numbers and $0 \leq r \leq 1$.
(i) If $\frac{b}{2}<a<b$ then,

$$
\begin{equation*}
a^{1-r} b^{r} \leq(1-r) a+r b+\frac{r(r-1)}{2} \frac{(b-a)^{2}}{a}+\frac{r(r-1)(r-2)}{6} \frac{(b-a)^{3}}{a^{2}} \tag{2.1}
\end{equation*}
$$

(ii) If $a<\frac{b}{2}$ then,

$$
\begin{equation*}
a^{1-r} b^{r} \leq(1-r) a+r b+\frac{r(r-1)}{2} \frac{(b-a)^{2}}{b}-\frac{r\left(1-r^{2}\right)}{6} \frac{(b-a)^{3}}{b^{2}} \tag{2.2}
\end{equation*}
$$

Proof. By taking $y=\frac{b}{a}$, we have $y=1+x$. We consider two cases:
Case 1: $x<1$.
By Theorem 1.1 we have

$$
\begin{aligned}
\left(\frac{b}{a}\right)^{r} & =y^{r}=(1+x)^{r} \\
& =1+r x+\frac{r(r-1)}{2} x^{2}+\frac{r(r-1)(r-2)}{6} x^{3}+\cdots
\end{aligned}
$$

For $0<r<1$, after the second term this series is alternative. So, we have

$$
a^{1-r} b^{r} \leq(1-r) a+r b+\frac{r(r-1)}{2} \frac{(b-a)^{2}}{a}+\frac{r(r-1)(r-2)}{6} \frac{(b-a)^{3}}{a^{2}}
$$

Note that the condition $\frac{b}{2}<a<b$ ensures that this inequality is a refinement of the Young's inequality.
Case 2: $x>1$.
In this case, by taking $y=\frac{a}{b}=1-t$, we have $\frac{1}{2}<t<1$ and so

$$
\begin{aligned}
y^{1-r}=\left(\frac{a}{b}\right)^{1-r} & =(1-t)^{1-r} \\
& =1+(r-1) t+\frac{r(r-1)}{2} t^{2}-\frac{r\left(1-r^{2}\right)}{6} t^{3}+\cdots
\end{aligned}
$$

Since all terms of the series after the first element are negative we have

$$
a^{1-r} b^{r} \leq(1-r) a+r b+\frac{r(r-1)}{2} \frac{(b-a)^{2}}{b}-\frac{r\left(1-r^{2}\right)}{6} \frac{(b-a)^{3}}{b^{2}}
$$

As a conclusion a refinement of the Heinz inequality is given.
Corollary 2.2. Let $a$ and $b$ be positive numbers and $0 \leq r \leq 1$.
(i) If $\frac{b}{2}<a<b$ then,

$$
H_{r}(a, b) \leq \frac{a+b}{2}+\frac{r(r-1)}{2} \frac{(b-a)^{2}}{a}-\frac{r(r-1)}{4} \frac{(b-a)^{3}}{a^{2}}
$$

(ii) If $a<\frac{b}{2}$ then,

$$
H_{r}(a, b) \leq \frac{a+b}{2}+\frac{r(r-1)}{2} \frac{(b-a)^{2}}{b}+\frac{r(r-1)}{4} \frac{(b-a)^{3}}{b^{2}} .
$$

Proof. In (2.1) and (2.2) applying 1- $r$ instead of $r$, two inequalities are obtained. By adding and dividing by 2 , these inequalities are proved.

In the following, another refinement of the Young's inequality is given. At first, this lemma is needed.

Lemma 2.3. If $r \in[0,1]$ and $x \in[-1,1]$ then,

$$
(1+x)^{r} \leq 1+r x+\frac{r(r-1)}{8} x^{2} .
$$

Proof. By taking $f(x)=(1+x)^{r}-1-r x-\frac{r(r-1)}{8} x^{2}$ we have

$$
f(0)=0 \quad, f^{\prime}(x)=r(1+x)^{r-1}-r-\frac{r(r-1)}{4} x
$$

and

$$
f^{\prime \prime}(x)=\frac{r(r-1)}{4}\left[4(1+x)^{r-2}-1\right]<0 .
$$

Consequently, $f^{\prime}$ decreases on the interval $(-1,1)$. Thus, $f^{\prime}(x)>0$ for $x \in(-1,0)$ and $f^{\prime}(x)<0$ for $x \in(0,1)$. It then follows that $f$ attains its minimum at zero. Since, $f(0)=0$, we have $f(x) \leq 0$ for $x \in[-1,1]$.

Theorem 2.4. Let $a$ and $b$ be positive numbers and $0 \leq r \leq 1$.
(i) If $\frac{b}{2}<a<b$ then,

$$
\begin{equation*}
a^{1-r} b^{r} \leq(1-r) a+r b+\frac{r(r-1)}{8} \frac{(b-a)^{2}}{a} . \tag{2.3}
\end{equation*}
$$

(ii) If $a<\frac{b}{2}$ then,

$$
\begin{equation*}
a^{1-r} b^{r} \leq(1-r) a+r b+\frac{r(r-1)}{8} \frac{(b-a)^{2}}{b} . \tag{2.4}
\end{equation*}
$$

Proof. (i) If $\frac{b}{2}<a<b$ then, by taking $y=\frac{b}{a}=1+x$, we have $x \in(0,1)$. Hence, applying Lemma 2.3, the following inequality is obtained.

$$
\left(\frac{b}{a}\right)^{r}=(1+x)^{r} \leq 1+r\left(\frac{b}{a}-1\right)+\frac{r(r-1)}{8}\left(\frac{b}{a}-1\right)^{2} .
$$

So we have

$$
a^{1-r} b^{r} \leq(1-r) a+r b+\frac{r(r-1)}{8} \frac{(b-a)^{2}}{a} .
$$

(ii) If $a<\frac{b}{2}$ then, by taking $y=\frac{a}{b}=1-t$, we have $t \in\left(\frac{1}{2}, 1\right)$. So, by Lemma 2.3

$$
y^{1-r}=\left(\frac{a}{b}\right)^{1-r}=(1-t)^{1-r} \leq 1+(r-1) t+\frac{r(r-1)}{8} t^{2} .
$$

This implies that

$$
a^{1-r} b^{r} \leq(1-r) a+r b+\frac{r(r-1)}{8} \frac{(b-a)^{2}}{b} .
$$

Corollary 2.5. Let $a$ and $b$ be positive numbers and $0 \leq r \leq 1$.
(i) If $\frac{b}{2}<a<b$ then,

$$
H_{r}(a, b) \leq \frac{a+b}{2}+\frac{r(r-1)}{8} \frac{(b-a)^{2}}{a} .
$$

(ii) If $a<\frac{b}{2}$ then,

$$
H_{r}(a, b) \leq \frac{a+b}{2}+\frac{r(r-1)}{8} \frac{(b-a)^{2}}{b} .
$$

Young's inequality in operator algebras has been considered in [2] and references therein. A determinant version of Young's inequality is also known ([4], P. 467):

$$
\operatorname{det}\left(A^{r} B^{1-r}\right) \leq \operatorname{det}(r A+(1-r) B)
$$

Let $M_{n}(\mathbb{C})$ be the space of $n \times n$ complex matrices. Recently, Kittaneh and Manasrah, by inequality (1.1) for $A, B \in M_{n}(\mathbb{C})$ which are positive definite, prove that

$$
\operatorname{det}\left(A^{r} B^{1-r}\right)+r_{0}^{n} \operatorname{det}(A+B-2 A \sharp B) \leq \operatorname{det}(r A+(1-r) B)
$$

where, $r_{0}=\min \{r, 1-r\}$ and $A \sharp B=B^{\frac{1}{2}}\left(B^{-\frac{1}{2}} A B^{-\frac{1}{2}}\right)^{\frac{1}{2}} B^{\frac{1}{2}}$ is the geometric mean of $A$ and $B$.
In the following, as an application of Theorem 2.4, we prove the inequality for positive definite matrices.

Theorem 2.6. Let $A, B \in M_{n}(\mathbb{C})$ be positive definite and $0 \leq r \leq 1$, if $\frac{1}{2} A<B<A$ then

$$
\begin{equation*}
\operatorname{det}\left(A^{r} B^{1-r}\right)+\left(\frac{r(r-1)}{8}\right)^{n} \operatorname{det}\left(A B^{-1} A+B-2 A\right) \leq \operatorname{det}(r A+(1-r) B) \tag{2.5}
\end{equation*}
$$

Also, if $B<\frac{A}{2}$ then

$$
\begin{equation*}
\operatorname{det}\left(A^{r} B^{1-r}\right)+\left(\frac{r(r-1)}{8}\right)^{n} \operatorname{det}\left(B A^{-1} B+A-2 B\right) \leq \operatorname{det}(r A+(1-r) B) \tag{2.6}
\end{equation*}
$$

Proof. (i): If $\frac{1}{2} A<B<A$, then we have $\frac{1}{2} B^{-\frac{1}{2}} A B^{-\frac{1}{2}}<I<B^{-\frac{1}{2}} A B^{-\frac{1}{2}}$. So by inequality (2.3)

$$
r s_{j}\left(B^{-\frac{1}{2}} A B^{-\frac{1}{2}}\right)+(1-r) \geq s_{j}^{r}\left(B^{-\frac{1}{2}} A B^{-\frac{1}{2}}\right)+\frac{r(1-r)}{8}\left(s_{j}\left(B^{-\frac{1}{2}} A B^{-\frac{1}{2}}\right)-1\right)^{2}
$$

where $s_{1}(A) \geq s_{2}(A) \geq \cdots \geq s_{n}(A)$ are the singular values of $A$. This implies that

$$
\begin{aligned}
& \operatorname{det}\left(r B^{-\frac{1}{2}} A B^{-\frac{1}{2}}+(1-r) I\right) \\
& =\prod_{j=1}^{n}\left(r s_{j}\left(B^{-\frac{1}{2}} A B^{-\frac{1}{2}}+1-r\right)\right. \\
& \geq \prod_{j=1}^{n} s_{j}^{r}\left(B^{-\frac{1}{2}} A B^{-\frac{1}{2}}\right)+\frac{r(1-r)}{8}\left(s_{j}\left(B^{-\frac{1}{2}} A B^{-\frac{1}{2}}\right)-1\right)^{2} \\
& \geq \prod_{j=1}^{n} s_{j}^{r}\left(B^{-\frac{1}{2}} A B^{-\frac{1}{2}}\right)+\left(\frac{r(1-r)}{8}\right)^{n} \prod_{j=1}^{n}\left(s_{j}\left(B^{-\frac{1}{2}} A B^{-\frac{1}{2}}\right)-1\right)^{2} \\
& =\operatorname{det}\left(B^{-\frac{1}{2}} A B^{-\frac{1}{2}}\right)^{r}+\left(\frac{r(1-r)}{8}\right)^{n} \operatorname{det}\left(B^{-\frac{1}{2}} A B^{-\frac{1}{2}}-I\right)^{2} .
\end{aligned}
$$

By multiplying $\operatorname{det}(B)$, the proof of inequality (2.5) is completed.
(ii) If $B<\frac{A}{2}$, then we have $\frac{I}{2}>A^{-\frac{1}{2}} B A^{-\frac{1}{2}}$. So by inequality (2.4) and similar to (i), the inequality (2.6) is proved.

The Hilbert-Schmidt norm of a matrix $A=\left[a_{i j}\right] \in M_{n}(\mathbb{C})$ is defined by

$$
\|A\|_{2}=\left(\sum_{i, j=1}^{n}\left|a_{i j}\right|^{2}\right)^{\frac{1}{2}}
$$

This norm is unitarilly invariant, i.e.,

$$
\|U A V\|_{2}=\|A\|_{2}
$$

for all unitary matrices $U, V \in M_{n}(\mathbb{C})$. By using the singular value decomposition of $A$, we have

$$
\|A\|_{2}=\left(\sum_{j=1}^{n} s_{j}^{2}(A)\right)^{\frac{1}{2}}
$$

where, $s_{1}(A) \geq s_{2}(A) \geq \cdots \geq s_{n}(A)$ are the singular values of $A$ (the eigenvalues of $\left.|A|=\left(A^{*} A\right)^{\frac{1}{2}}\right)$. In the following, the operator form of Theorem 2.4 will be given.

Theorem 2.7. Suppose that $A, B, X \in M_{n}(\mathbb{C})$ such that $A$ and $B$ are positive semidefinite invertible matrices and $r \in[0,1]$.
(i) If $B<2 A<2 B$, then
$\left\|A^{1-r} X B^{r}\right\|_{2}^{2} \leq(1-r)\|A X\|_{2}^{2}+r\|X B\|_{2}^{2}+\frac{r(r-1)}{8}\left(\left\|A^{-1} X B^{2}\right\|_{2}^{2}+\|A X\|_{2}^{2}-2\|X B\|_{2}^{2}\right)$.
(ii) If $2 A<B$, then

$$
\left\|A^{1-r} X B^{r}\right\|_{2}^{2} \leq(1-r)\|A X\|_{2}^{2}+r\|X B\|_{2}^{2}+\frac{r(r-1)}{8}\left(\left\|B^{-1} X A^{2}\right\|_{2}^{2}+\|X B\|_{2}^{2}-2\|A X\|_{2}^{2}\right) .
$$

Proof. There are unitary matrices $U$ and $V$ such that $A=U \Lambda U^{*}$ and $B=V M V^{*}$, so that

$$
\begin{gathered}
\lambda=\operatorname{diag}\left(\lambda_{1}, \cdots, \lambda_{n}\right), \\
M=\operatorname{diag}\left(m_{1}, \cdots, m_{n}\right)
\end{gathered}
$$

where, $\lambda_{i}, m_{j} \geq 0$. Let $Y=U^{*} X V=\left[y_{i j}\right]$. Then

$$
\begin{aligned}
\left\|A^{1-r} X B^{r}\right\|_{2}^{2} & =\left\|U\left[\lambda_{i}{ }^{1-r} y_{i j} m_{j}\right] V^{*}\right\|_{2}^{2} \\
& =\sum_{i, j=1}^{n}\left(\lambda_{i}^{2}\right)^{1-r}\left(m_{j}^{2}\right)^{r}\left|y_{i j}\right|^{2} \\
& \leq \sum_{i, j=1}^{n}(1-r)\left(\lambda_{i}^{2}\right)\left|y_{i j}\right|^{2}+r m_{j}^{2}\left|y_{i j}\right|^{2}+\frac{r(r-1)}{8} \frac{\left(m_{j}^{2}-\lambda_{i}^{2}\right)^{2}}{\lambda_{i}^{2}}\left|y_{i j}\right|^{2}
\end{aligned}
$$

On the other hand, since $A X=U \Lambda Y V^{*}$ and $X B=U Y M V^{*}$ and $A^{-1} X B^{2}=$ $U \Lambda^{-1} Y M^{2} V^{*}$, we have

$$
\begin{gathered}
\|A X\|_{2}^{2}=\left\|U \Lambda Y V^{*}\right\|_{2}^{2}=\|\Lambda Y\|_{2}^{2}=\sum_{i, j=1}^{n}\left(\lambda_{i}^{2}\right)\left|y_{i j}\right|^{2} \\
\|X B\|_{2}^{2}=\left\|U Y M V^{*}\right\|_{2}^{2}=\|Y M\|_{2}^{2}=\sum_{i, j=1}^{n} m_{i}^{2}\left|y_{i j}\right|^{2} \\
\left\|A^{-1} X B^{2}\right\|=\left\|U \Lambda^{-1} Y M^{2} V^{*}\right\|=\sum_{i, j=1}^{n} \frac{m_{j}^{4}\left|y_{i j}\right|^{2}}{\lambda_{i}^{2}}
\end{gathered}
$$

By using the above equalities, the proof of the first part of the theorem is completed. The second part is proved similarly.

Let $A$ and $B$ be two positive operators, $r \in[0,1]$. $r$-weighted arithmetic mean of $A$ and $B$, denoted by $A \nabla_{r} B$ is defined as

$$
A \nabla_{r} B=(1-r) A+r B .
$$

For an invertible operator $A, r$-geometric mean of $A$ and $B$, denoted by $A \not \sharp_{r} B$, is defined as

$$
A \sharp_{r} B=A^{\frac{1}{2}}\left(A^{-\frac{1}{2}} B A^{-\frac{1}{2}}\right)^{r} A^{\frac{1}{2}} .
$$

The power mean $A \not \sharp_{r} B$ is defined by F. Kubo and T. Ando [6]. In the special case $r=\frac{1}{2}$, the index is omitted.
There are several inequalities around $A \not \sharp_{r} B$ and $A \nabla_{r} B$. Recently, J. Zhao and J. Wu [7], for two positive invertible operators $A$ and $B$ of $B(H)$ and $r \in[0,1]$, proved that:
If $0<r<\frac{1}{2}$ then

$$
r_{0}\left(A \sharp B-2 A \sharp_{\frac{1}{4}} B+A\right)+2 r(A \nabla B-A \sharp B)+A \not \sharp_{r} B \leq A \nabla_{r} B,
$$

if $\frac{1}{2}<r<1$, then

$$
r_{0}\left(A \sharp B-2 A \sharp_{\frac{3}{4}} B+B\right)+2(1-r)(A \nabla B-A \sharp B)+A \not \sharp_{r} B \leq A \nabla_{r} B,
$$

In the sequel, by the above refinements of the Young's inequality and the following lemma, some inequalities concerning $A \not \sharp_{r} B$ and $A \nabla_{r} B$ will be obtained.

Lemma 2.8 ([3]). Let $X \in B(H)$ be self-adjoint and let $f$ and $g$ be continuous functions such that $f(t) \geq g(t)$ for all $t \in S p(X)$ (the spectrum of $X$ ). Then $f(X) \geq$ $g(X)$.

Theorem 2.9. Let $A, B \in B(H)$ be two positive invertible operators and $r \in(0,1)$.
(i) If $B<2 A<2 B$, then

$$
\begin{array}{r}
A \sharp_{r} B \leq A \nabla_{r} B+\frac{r(r-1)(r-2)}{6}\left(B A^{-1}\right)^{2} B+\frac{r(r-1)(3-r)}{2} B A^{-1} B \\
+\frac{r(r-1)(r-4)}{2} B+\frac{r(r-1)(5-r)}{6} I . \tag{2.7}
\end{array}
$$

(ii) If $2 A<B$, then

$$
\begin{array}{r}
A \sharp_{r} B \leq A \nabla_{r} B+\frac{r\left(1-r^{2}\right)}{6}\left(A B^{-1}\right)^{2} A+\frac{r(r-1)(r+3)}{4} A B^{-1} A \\
-\frac{r(r-1)(r+3)}{2} B+\frac{r(r-1)(5-r)}{6} I . \tag{2.8}
\end{array}
$$

Proof. (i) By Theorem 2.1 if $1<x<2$ then,

$$
x^{r} \leq(1-r)+r x+\frac{r(r-1)}{2}(x-1)^{2}+\frac{r(r-1)(r-2)}{6}(x-1)^{3} .
$$

Taking $X=A^{-\frac{1}{2}} B A^{-\frac{1}{2}}$, we have $I<X<2 I$ and so $S p(X) \subseteq(0,1)$. Hence, by Lemma 2.8

$$
X^{r} \leq(1-r)+r X+\frac{r(r-1)}{2}(X-1)^{2}+\frac{r(r-1)(r-2)}{6}(X-1)^{3} .
$$

Multiplying both sides of the above inequality by $A^{\frac{1}{2}}$, inequality (2.7) is deduced.
(ii) If $y>2$, by Theorem 2.1

$$
y^{1-r} \leq(1-r) y+r+\frac{r(r-1)}{2}(y-1)^{2}+\frac{r\left(1-r^{2}\right)}{6}(y-1)^{3} .
$$

Taking $Y=B^{-\frac{1}{2}} A B^{-\frac{1}{2}}$ we have $Y>2 I$ and so $S p(Y) \subseteq(2, \infty)$. Hence, by Lemma 2.8

$$
Y^{1-r} \leq(1-r) Y+r+\frac{r(r-1)}{2}(Y-1)^{2}+\frac{r\left(1-r^{2}\right)}{6}(Y-1)^{3} .
$$

Multiplying both sides of the above inequality by $B^{\frac{1}{2}}$ and since $A \sharp_{r} B=B \sharp_{1-r} A$, inequality (2.8) is deduced.

Theorem 2.10. Let $A, B \in B(H)$ be two positive invertible operators and $r \in(0,1)$.
(i) If $B<2 A<2 B$, then

$$
\begin{equation*}
\frac{A \sharp_{r} B+B \sharp_{r} A}{2} \leq A \nabla B+\frac{r(r-1)}{8}\left(B A^{-1} B-2 B+I\right) . \tag{2.9}
\end{equation*}
$$

(ii) If $2 A<B$, then

$$
\begin{equation*}
\frac{A \sharp_{r} B+B \sharp_{r} A}{2} \leq A \nabla B+\frac{r(r-1)}{8}\left(A B^{-1} A-2 A+I\right) . \tag{2.10}
\end{equation*}
$$

Proof. (i) By Corollary 2.5 if $1<x<2$ then,

$$
\frac{x^{1-r}+x^{r}}{2} \leq \frac{x+1}{2}+\frac{r(r-1)}{8}(x-1)^{2}
$$

If $A<B<2 A$ then, by taking $X=A^{-\frac{1}{2}} B A^{-\frac{1}{2}}$, we have $I<X<2 I$ and so $S p(X) \subseteq(0,1)$. Hence, by Lemma 2.8

$$
\frac{X^{1-r}+X^{r}}{2} \leq \frac{X+1}{2}+\frac{r(r-1)}{8}(X-1)^{2} .
$$

Multiplying both sides of the above inequality by $A^{\frac{1}{2}}$, inequality (2.9) is deduced.
(ii) If $y>2$, by Corollary 2.5

$$
\frac{y^{r}+y^{1-r}}{2} \leq \frac{y+1}{2}+\frac{r(r-1)}{8}(y-1)^{2} .
$$

Taking $Y=B^{-\frac{1}{2}} A B^{-\frac{1}{2}}$ we have $Y>2 I$ and so $S p(Y) \subseteq(2, \infty)$. Hence, by Lemma 2.8

$$
\frac{Y^{r}+Y^{1-r}}{2} \leq \frac{Y+1}{2}+\frac{r(r-1)}{8}(Y-1)^{2}
$$

Multiplying both sides of the above inequality by $B^{\frac{1}{2}}$ and since $A \sharp_{r} B=B \sharp_{1-r} A$, inequality (2.10) is deduced.

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Department of mathematics, Kosar University of Bojnord, Bojnord, Iran
Email address: ar.moazzen@kub.ac.ir, ar.moazzen@yahoo.com

