

Here are this week's health care news highlights from AskaPatient:

- Walmart making closer ties with Humana could lead to superstores become healthcare centers. <http://ow.ly/OPcC30jg5Ek> (04-02-18)
- Mosquitoes could be killed by making human blood poisonous to them using a drug already used against other parasites. <http://ow.ly/RfJu30jg5La> (04-02-18)
- Taking a high cost prostate cancer drug with food could cut costs and help eliminate digestive issues. <http://ow.ly/15TK30jg6aj> (04-02-18)
- Having high blood pressure before pregnancy could increase the likelihood of a miscarriage. <http://ow.ly/ZLj730jhmpH> (04-03-18)
- Teacher survey suggests that children as young as 4 exhibit signs of mental health problems. <http://ow.ly/HkZv30jhmux> (04-03-18)
- New York allows new controversial advance directive that would allow dementia patients to refuse food. <http://ow.ly/9UC130jhmFC> (04-03-18)
- Seroquel is frequently used off-label for insomnia and can have perilous side effects. <https://t.co/RIQRH4FBkU> (04-03-18)
- Using a combination of two currently available drugs could treat most lung cancer cases by cutting off the cancer's escape route. <http://ow.ly/dbPI30jiDZx> (04-04-18)
- Children with autism are more likely to be prescribed antipsychotic medications from a younger age and for a longer period of time. <http://ow.ly/vrkh30jiEeJ> (04-04-18)
- Eli Lilly's liver cancer drug succeeds in recent trial where it failed 4 years prior. <http://ow.ly/mhHC30jiEp9> (04-04-18)
- Examining the lung's immune response against flu viruses could lead to more effective treatments against the disease. <http://ow.ly/Rpuo30jiEQi> (04-05-18)
- Asthma is linked to an increased risk of bone fracture in children, especially boys. <http://ow.ly/PMC530jiF45> (04-05-18)
- Relaxation techniques appear to change gene expression in some patients with high blood pressure. <http://ow.ly/tPYq30jk5qX> (04-05-18)
- FDA mandates recall of kratom products amid continuing Salmonella outbreak spanning 35 states. <http://ow.ly/s2fk30jlhs4> (04-06-18)
- Obesity-related hospital admissions have more than doubled in England in the past 4 years. <http://ow.ly/Vy3k30jihB7> (04-06-18)
- Temple University scientists discover a possible link between biofilms on the body and lupus. <http://ow.ly/bWku30jihPT> (04-06-18)
- Australian study supports the idea that dance can improve physical and mental well-being in older adults. <http://ow.ly/vXW330jihYX> (04-07-18)
- Study findings suggest children under three are more likely to develop complications following a tonsillectomy. <http://ow.ly/h96c30jmZiC> (04-07-18)
- Childhood food allergy is linked to a combination of factors including genetics, infant cleansing wipes, and skin exposure to allergens. <http://ow.ly/2Jlg30jmZqp> (04-07-18)

From AskaPatient: Drugs for treating migraine headaches

For the "migraine headaches" drug treatment category on AskaPatient, patients are satisfied overall with the treatment options. For the 19 drugs listed in this category, the overall average satisfaction score (combined) is 3.75, a rating corresponding to "satisfied." A "5" score indicates the highest patient satisfaction, while "1" is the lowest patient satisfaction. Here are drug satisfaction scores for migraine medications with at least 180 ratings. Click drug name to link to patient comments and reviews.

Migraine Headache Drugs

Drug	Count	Rating
IMITREX	581	3.6
ELAVIL	560	3.2
MAXALT*	310	4.0
ZOMIG	259	4.2
PAMELOR	187	3.2
MAXALT-MLT	185	4.4

*Maxalt was third highest-rated drug on AskaPatient in 2016; it was also one of the top 15 drugs most frequently described as "expensive" by patients.

Average
Satisfac

[Complete drug list: MIGRAINE HEADACHES-OTHER HEADACHES](#)

tion
score
for all
19
drugs:
3.75

Preventing migraine headaches:

[Inderal](#) and [Inderal LA](#) (brand name) or **Propranolol** (generic name) are approved for preventing migraine headaches. These are multi-use drugs, and also approved for treating high blood pressure and angina pectoris. Inderal is not meant to be taken once the symptoms of a headache have begun.

Propranolol (Inderal) is the only drug listed on the World Health Organization's "essential" medication list for anti-migraine prevention. On the AskaPatient site, it also has over a 3.5 satisfaction score.

While headaches might respond well to the many prescription strength treatment options available in the U.S., familiar OTC aspirin or NSAIDs are often good enough to bring relief, and these are medicines that are readily available in many countries. So for treating migraine headaches, the WHO essential list includes these three medications:

[Acetylsalicylic acid](#) (Aspirin, an NSAID)
Ibuprofen (an NSAID)
Paracetamol (Acetaminophen)

More reading on migraine headache treatments and prevention:

<https://www.nyheadache.com/blog/>

The New York Headache Center blog has articles on chemical prescription drugs including off-label drugs like Namenda, Botox injection for prevention, as well as non-drug treatments such as the wireless electrical patch that is attached to the forehead. There are many, many headache web sites and resources. Do you know of a good one? Please let us know at AskapatientNews@askapatient.com and we may add it to the "Drug Resources" list.

This week in the *Washington Post*:

"One of America's most popular drugs — first aimed at schizophrenia — reveals the issues of 'off-label' use."

by Amy Ellis Nutt and Dan Keating. <https://t.co/RIQRH4FBkU>

The authors investigated the dangerous side effects linked to off-label use of Seroquel, an anti-psychotic drug. Some related patient anecdotes from the AskaPatient web site were included. Click below to read more comments from patients who took Seroquel for insomnia:

[Seroquel for insomnia](#)
[Seroquel XR for insomnia](#)

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