

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

- People with low muscle mass are at a greater risk of death than those who are overweight, but this doesn't mean pack on pounds. <http://ow.ly/UWMT30jvaDK> (04-16-18)
- More than 200 million eggs are recalled in response to 22 illnesses over 9 states, the largest recall since 2010. <http://ow.ly/qZn330jvaGb> (04-16-18)
- Drinking more than a few drinks every week could be shaving years off your life. <http://ow.ly/INpx30jvaA4> (04-16-18)
- Combination therapy doubles survival rate in lung cancer patients compared to chemotherapy alone. <http://ow.ly/lhw530jwltb> (04-17-18)
- Much like the soda industry, alcohol companies are funding research to make people think drinking makes you healthier. <http://ow.ly/WbMA30jvaLi> (04-17-18)
- Virus that causes mono has also been linked to 7 other diseases that affect 8 million people in the U.S. <http://ow.ly/BzGw30jwtkq> (04-17-18)
- Acute thrombosis in the leg puts patients at a 3 times greater risk of developing cancer within 6 months. <http://ow.ly/FE9R30jwmb> (04-18-18)
- A person's level of education is a much better predictor of life expectancy than income is. <http://ow.ly/7IR330jxLKK> (04-18-18)
- Mexico City study finds evidence that air pollution can lead to brain changes associated with Alzheimer's at a young age. <http://ow.ly/7ym530jxLUT> (04-18-18)
- Streamlined approach to bowel cancer diagnosis could lead to treatment in a quarter of the normal time. <http://ow.ly/P0l730jxMc2> (04-19-18)
- Novo Nordisk and Red Cross to team up to combat chronic diseases in conflict areas. <http://ow.ly/Je0c30jyVYB> (04-19-18)
- Vanderbilt scientists work on crafting the key to controlling hunger in the fight against obesity. <http://ow.ly/7YQE30jyW5v> (04-19-18)
- Eating raw fruits and vegetables is associated with qualitatively better mental health than eating those that have been processed. <http://ow.ly/2VnM30jyWfJ> (04-20-18)
- Homeopathy enthusiast gives 4 year-old rabid dog saliva to treat bad behavior, outraging the scientific community. <http://ow.ly/lAZN30jyWZU> (04-20-18)
- Getting physically active after a heart attack halves the risk of dying within 4 years. <http://ow.ly/fKwS30jA6rx> (04-20-18)
- Research suggested patients could lower their drug dose to save money, so the company tripled the price of the drug. <http://ow.ly/ytwy30jA6xi> (04-21-18)
- Migraines that don't respond to treatment may be relieved by a new drug that blocks the molecule that transmits the pain signals. <http://ow.ly/gryS30jA7GN> (04-21-18)

From AskaPatient: Drug and Health Online Resources

Did you know that the National Association of Boards of Pharmacy reviewed more than 10,000 online pharmacy sites and found 97% of them to be out of compliance with state and/or federal law for patient safety and pharmacy practice standards? Before you order your medications online from an unfamiliar online pharmacy, check to see if they are NABP-accredited. You can link to this list and more from the [AskaPatient Drug Resources](#) page under "Online Pharmacies" category.

Items of interest on the [Health Resources](#) page include:

- Assessment risk tests to find out if you are at risk for certain cancers
- Health Knowledge quizzes to test your knowledge about ADHD, cancer, depression, or whatever condition you may have or would like to learn more about.

Other compilations of links to useful sites include [Kids Health](#), and [Patient Empowerment](#).

Do you know of a useful health care tool or web site? [Please let us know](#) using our contact form!

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