

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

- More than 80 percent of dengue virus infections are attributable to infected people with no symptoms. <http://ow.ly/L6rc30jRI2a> (05-07-18)
- Briefly separating a mother from her newborn can cause behavioral and brain abnormalities into adulthood, study suggests. <http://ow.ly/btZy30jRI9p> (05-07-18)
- Age-related deficits in stem cell function can be reversed by a 24-hour fast, according to MIT biologists. <http://ow.ly/Ukbs30jRIfs> (05-07-18)
- Study finds eggs don't increase cardiovascular risk factors, contrary to prevailing dietary advice. <http://ow.ly/1zmM30jSzou> (05-08-18)
- Walmart is restricting opioid prescriptions to no more than 7 days, in an effort to combat the opioid epidemic. <http://ow.ly/q6dD30jSzpM> (05-08-18)
- Very low-carb diets improve blood sugar control in type 1 diabetics, according to study on self-reporting subjects. <http://ow.ly/MBSv30jSzsh> (05-08-18)
- Massive study of US veterans finds that even a single mild brain injury can double dementia risk later in life. <http://ow.ly/Lsfq30jTTu5> (05-09-18)
- AstraZeneca sells rights for the schizophrenia and bipolar disorder drug Seroquel to Luye Pharma Group for over \$500 million. <http://ow.ly/bFqZ30jTTzD> (05-09-18)
- Insatiable hunger caused by a genetic defect can be turned off, study demonstrates. <http://ow.ly/ykc630jTUdJ> (05-09-18)
- Three healthcare providers for veterans are indicted for preferentially using MiMedx products after accepting payments. <http://ow.ly/JIX730jVfJ> (05-10-18)
- Scientists demonstrate it is possible to favor the placement of one bacterial strain over others in the gut using seaweed. <http://ow.ly/1nmm30jVjir> (05-10-18)
- Spinal surgery does no better than injections do for relieving pain in osteoporosis. <http://ow.ly/NiuN30jVjiH> (05-10-18)
- A lack of diversity in gut bacteria appears to account for hardening of arteries more so than cholesterol levels, smoking, diabetes, and obesity. <http://ow.ly/Zz9c30jWhuK> (05-11-18)
- New guidelines say there is very little evidence that cranberry juice can treat UTIs. <http://ow.ly/p03f30jWhEF> (05-11-18)
- Exposure to antibiotics in infancy could inhibit vaccine responses, though restoring gut bacteria can improve them. <http://ow.ly/LxoE30jWhOI> (05-11-18)
- Congo announces its first confirmed death in a new Ebola outbreak, with 11 more infections confirmed. <http://ow.ly/NPU830jWhWS> (05-12-18)
- Resistance exercise significantly reduces depressive symptoms among adults, analysis finds. <http://ow.ly/lunl30jWi2K> (05-12-18)
- Virginia lawsuit says \$25,000 diabetic alert dogs were untrained and some were not even housebroken. <http://ow.ly/QvBT30jXvUU> (05-12-18)

**From AskaPatient: Pollen forecasts -- when will it get better?**

The surge of pollen in the air means spring allergies are affecting people in much of the country. To find out just how bad it is in your area, check out the "National Allergy Forecast Map" at <https://www.pollen.com/map>. The map reports that today (May 13, 2018), most of the country has medium-high pollen levels.

You can zoom in on a state for more detail, or type in your zip code to view the allergy severity in your city and the top 3 allergens. For example, in Philadelphia, the top allergens today are from: oak, birch, and maple trees. While today's pollen level in the city is "medium," tomorrow's pollen forecast is "medium-high."

The site also has an interesting research section where you can look up descriptions of more than 1,200 different kinds of plant allergens with associated locations, seasons, and photographs. For example, check out this report on [pine](#) trees and use the search box at the bottom of the page to find other types of plants and trees. Interestingly, while pine creates a very visible pollen that you often see on your car windows and elsewhere, it actually has a **low** "allergenicity" level. Certain [maple tree](#) species, such as the box maple, have **severe**

allergenic effects.

Here are patient satisfaction reports for some popular allergy medications. This list includes pills/tablets/syrup (oral doses), shots (injection doses), and nasal sprays. Click the drug name to read individual reviews and ratings.

<b>Allergy Treatment</b>	<b>Type</b>
<a href="#">ALLEGRA</a>	oral
<a href="#">ASTELIN</a>	oral
<a href="#">ATARAX</a>	oral
<a href="#">BENADRYL</a>	oral
<a href="#">CLARITIN-D 24 HOUR</a>	oral
<a href="#">FLONASE</a>	nasal spray
<a href="#">KENALOG-40</a>	injection
<a href="#">NASACORT AQ</a>	nasal spray
<a href="#">SUDAFED 12 HOUR</a>	oral
<a href="#">VERAMYST</a>	nasal spray
<a href="#">XYZAL</a>	oral
<a href="#">ZYRTEC</a>	oral

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