

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

- Results from a 15-year study reassure women that either acute or long-term stress do not increase risk of breast cancer. <http://ow.ly/kkYd30jYoNV> (05-14-18)
- Eighty-one year-old man 'retires' after 1,173 blood donations which have saved millions of babies. <http://ow.ly/wsz30jYCU8> (05-14-18)
- Certain oral antibiotics have been linked to kidney stones, especially in children and adolescents. <http://ow.ly/6lOi30jYCY4> (05-14-18)
- Study of a protein critical in the function of our innate immune system could shed light on how autoimmunity develops. <http://ow.ly/Ctwn30jYD5t> (05-15-18)
- Schizophrenia is considered a disorder of the mind, but changes in other organs at its onset suggest it may be a disease of the whole body. <http://ow.ly/PoA330jZY26> (05-15-18)
- WHO calls for the elimination of trans fat from the global food supply within 5 years. <http://ow.ly/SpVe30jZY4V> (05-15-18)
- Why is it harder to plan ahead when we are stressed? New research suggests planning uses the same limited resources as self-control and decision-making. <http://ow.ly/mQ7N30jZYgv> (05-16-18)
- Kenyan doctors are angry with their government's decision to import 100 Cuban doctors instead of hiring locally. <http://ow.ly/iD6E30jZYlv> (05-16-18)
- Digital recordings of doctor visits can be beneficial to both doctor and patient, but potential security risks exist. <http://ow.ly/p2tH30jZYvl> (05-16-18)
- UCLA geneticists discover 2 hormones that burn fat faster and prevent or reverse diabetes, respectively. <http://ow.ly/odOx30k1cbb> (05-17-18)
- Nestle will cut down on sugar and salt in its products to keep up with the shifting consumer preferences toward healthier food. <http://ow.ly/ZBc430k1cdU> (05-17-18)
- Simply having a cell phone next to you can impair learning and memory, even if it's not being used. <http://ow.ly/E1Gk30k1cgx> (05-17-18)
- Florida investigators rule out causes of vaping device explosion that killed a 38 year-old. <http://ow.ly/F3Vh30k3AOi> (05-18-18)
- People are much happier living in small towns and rural areas than they are in cities, researchers find. <http://ow.ly/AIDt30k3ATJ> (05-18-18)
- Alcohol-related cirrhosis in women skyrocketed 50 percent in just 7 years. <http://ow.ly/EqVE30k3B1M> (05-18-18)
- Chikungunya virus targets joints and causes arthritis that can persist for months or years, and now we know why. <http://ow.ly/Czsg30k3B7v> (05-19-18)

From AskaPatient: Two recent FDA warnings: Biaxin and MRI gadolinium injections

Even short-term use of Biaxin (clarithromycin) may increase risk of death years later in patients with heart disease

If you take the very common antibiotic Biaxin (or generic clarithromycin) **and** you have heart disease, you should ask your doctor right away about an alternative medication. The FDA announced in 2005 that they were monitoring a 10-year study on use of clarithromycin in patients with heart disease. The large, long-term clinical trial, called the CLARICOR trial, observed an unexpected increase in deaths among patients with coronary heart disease who received a **two-week course** of clarithromycin that became apparent after patients had been followed for one year or longer.

In February of 2018, the FDA announced that they were requiring a new warning on the drug, and that the study results must now also be included on clarithromycin drug labels. Read the [FDA's announcement](#) for references to the study.

Biaxin (clarithromycin) [patient reviews](#)

Biaxin (clarithromycin) [Adverse Event Report](#)

Biaxin (clarithromycin) [Review Summary](#)

FDA warns that gadolinium-based contrast agents (GBCAs) are retained in the body

Contrast agents like Omniscan and Gadavist are injected into your veins to help visualize internal organs, blood vessels, and tissues during an MRI. The procedure helps your doctor diagnose your condition. However, because the contrasting agent (even trace amounts of the GBCA) might stay in your system for days or even years, the FDA is requiring new warnings on all of the GBCA "drugs." In general, the

kidney does a good job of filtering the agent out of the system. But for people with impaired kidneys, nephrogenic systemic fibrosis (NSF) can occur after such a procedure because the kidneys cannot filter out the agent. For more on this topic, and a list of the drugs in the class, see the FDA's May 16 [Drug Communication](#) announcement. Also, click to view AskaPatient's adverse event report for Omniscan: <https://www.askapatient.com/adverse-events.asp?drug=OMNISCAN>

Privacy Policy Updates

Within the past few weeks, you have probably received emails from various companies asking you to confirm your email subscriptions. You also may have come across web sites with an opt-in notice related to use of site cookies and other tracking techniques. This is because of the "GDPR", or General Data Protection Regulation, which goes into effect on May 25, 2018 in the European Union and also affects all international sites that have visitors and/or customers in the European Union. The regulation specifies how EU personal data can be collected, used, and processed.

AskaPatient, which does have EU subscribers and web site visitors, welcomes this new regulation as an opportunity to evaluate its own privacy policy and to communicate with users about current practices. U.S. consumers have little in the way of data privacy protection, and the numbers of data breaches are growing exponentially. Some predict that new EU regulations may benefit U.S. and other consumers worldwide. For more about this topic, check out the Spring 2018 edition of [Consumer Action News](#).

Here is an update on how our practices (for **all** subscribers and site users) comply or will comply soon with the new EU regulation:

Newsletter: Subscriptions to this newsletter have always been opt-in **only**, without automatic subscriptions for those who email us for a different reason or who post reviews. Also, we don't use the newsletter email list for reasons other than to send you the weekly newsletter. Each newsletter contains an "unsubscribe" option so that you can unsubscribe at any time. Since these practices are in compliance with the requirements of the new Data Protection regulation, we are not required to ask you to re-subscribe.

Web Site: Our [privacy policy](#) describes what information is collected, an explanation of why we don't use social media apps for log-on, and a description of tracking practices of third party advertisers. AskaPatient has never used "remarketing," "behavioral targeting," or "retargeting" or Google's in-depth demographic analytic tools to track its visitors' activity on the site and elsewhere on the internet. (However, third party advertisers may be using these practices, but no advertising appears on sensitive pages such as drug rating forms and patient-contact forms.) In addition, we use an effective bot-blocking service to keep malicious, unauthorized, and automated bots from scraping and redistributing information posted on the site. Search engine bots used by Google, Yahoo, and Bing continue to be able to index information on the site.

By next **Friday, May 25**, our site's privacy policy will be updated with additional information about Google Analytics, Google AdSense, and other third party tracking, such as social media sharing widgets. If warranted for user privacy reasons, such widgets may be removed from the site or from portions of the site. Please send your privacy-related comments or suggestions to Askapatientnews@askapatient.com or use the web form at <https://www.askapatient.com/general/contact.asp>.

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