

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

- Lack of paid sick leave leads to higher rates of poverty in the U.S., according to new research. <http://ow.ly/MeRP30kcOSA> (05-28-18)
- Cars parked in the sun on a hot day can reach deadly temperatures in as little as an hour. <http://ow.ly/RXPz30kcP5J> (05-28-18)
- Some call for graphic warning labels on junk food similar to those used for cigarettes in an effort to cut obesity. <http://ow.ly/ia1o30kcPbo> (05-28-18)
- One million French citizens quit smoking in the last year, the largest drop in the past decade. <http://ow.ly/ndbo30kdGCI> (05-29-18)
- The most common supplements have absolutely no impact on health, good or bad, study says. <http://ow.ly/5azH30kdGG1> (05-29-18)
- New Zealand will spend \$610 million to depopulate dairy farms in an attempt to eradicate a cattle disease. <http://ow.ly/4cTr30kdGNN> (05-29-18)
- In a study that pitted AI against dermatologists, the computer was better at diagnosing skin cancer. <http://ow.ly/HvZe30kf5Wq> (05-30-18)
- Lung cancer risk drops significantly 5 years after quitting smoking and continues to do so afterwards albeit more slowly. <http://ow.ly/8ALh30kf6bP> (05-30-18)
- Heart failure patients who feel socially isolated are more likely to be hospitalized than those that are socially involved. <http://ow.ly/rctI30kf6tY> (05-30-18)
- Typically, a hepatitis A infection is not difficult to recover from, but the 27 deaths in Michigan's outbreak has medical workers concerned. <http://ow.ly/IGnu30kgdTH> (05-31-18)
- Standard care for glioblastoma patients keeps them alive for 15-17 months, but a new vaccine could add years of life. <http://ow.ly/1P5u30kgeaG> (05-31-18)
- A distinct area of the brain controls cravings for sweet foods, and scientists can turn it on or off in mice. <http://ow.ly/lePR30kgew1> (05-31-18)
- 3D-printed corneas could mean an unlimited supply in the future and spell an end to the current severe shortage. <http://ow.ly/SFjv30kgeI7> (06-01-18)
- Global antibiotic shortage caused by failing drug supply chains could fuel the "superbug" epidemic. <http://ow.ly/djKH30khsQb> (06-01-18)
- New guidelines reduce the recommended age to start colon cancer screenings from 50 to 45. <http://ow.ly/NiFq30kht2a> (06-01-18)
- Taking a picture of something makes it harder to remember it whether or not you plan on keeping the photo. <http://ow.ly/CWmS30khtc2> (06-02-18)
- "Gag clause" might keep your pharmacist from informing you that buying medication outside your insurance could be cheaper. <http://ow.ly/pfE630kiNqv> (06-02-18)
- Traumatic brain injury is not reserved for athletes: domestic violence is hugely overlooked as a leading cause. <http://ow.ly/VxjV30kiNIk> (06-02-18)

**Trending this week: side effects of sleep medications**

Flonase, usually the most looked-up drug on the AskaPatient site, lost its position this week as interest in the insomnia drug Ambien increased by about 1000%. Social media response to Roseanne Barr's racial slur on Twitter and subsequent comments about "Ambien-tweeting" led many to visit the site to read patient comments on the drug.

Ambien, approved in 1992, is part of the class of insomnia drugs called "non-benzodiazepines," which are DEA Schedule IV drugs and act on the body in a similar way to benzodiazepines (which are usually used as tranquilizers or for anxiety). The non-benzodiazepines are supposed to be less habit forming with less severe side effects. Nevertheless, abnormal behaviors and amnesia-related side effects are warned about in patient inserts and on television commercials. "Sleep driving" is one of the most dangerous examples, and the FDA has received more than 700 reports of sleep driving mishaps involving Ambien. On AskaPatient, more than 75 users commented on [sleep driving](#) in their reviews.

Because it became increasingly evident that the insomnia drugs could impair a person's ability to function even the day after taking the drug, in 2013 the FDA required that manufacturers cut the recommended dosage for women in half and suggested that the dosage also be

reduced for men.

Non-benzodiazepines for insomnia include: Ambien, Lunesta, and Sonata, along with their generic versions. A benzodiazepine (also Schedule IV) prescribed for insomnia is Restoril (Temazepam). The chart below gives average ratings scores and links to one of the more frequently reported example side effects on AskaPatient.com. From the drug review pages, click on the "Review Summary" or the "Adverse Event Report" to see broad categories of side effects. Or, use the [Advanced Search](#) feature to find side effects by keyword.

<b>Sleep Drug</b>	<b>Rating</b>	<b>Example Side Effect:</b>
<a href="#">Ambien</a>	3.20	<a href="#">amnesia</a>
<a href="#">Lunesta</a>	2.80	<a href="#">metallic taste in mouth</a>
<a href="#">Sonata</a>	2.80	<a href="#">hallucination</a>
<a href="#">Restoril</a>	3.00	<a href="#">bad dreams</a>

**Key to ratings scores:**

5-Very Satisfied: this medicine cured me or helped me a great deal.

4-Satisfied: this medicine helped.

3-Somewhat Satisfied: this medicine helped somewhat.

2-Not Satisfied: this medicine did not work to my satisfaction.

1-Dissatisfied: I would not recommend taking this medicine.

**More Reading:**

[FDA requires cuts to dosages of ambien and other sleep drugs](#) (New York Times article)

FDA Consumer Update: [Some Sleep Drugs Can Impair Driving](#)

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