

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

- Novartis readies anti-sexism marketing message against expected attacks against its migraine medicine. <http://ow.ly/xDBv30kj7xB> (06-04-18)
- Chinese newborns are expected to have more years of healthy life than American babies for the first time. <http://ow.ly/VuWh30kj7BX> (06-04-18)
- Having a mental illness increases the risk of being a crime victim, especially of violent crime. <http://ow.ly/xgH130kjFjx> (06-04-18)
- Experimental immunotherapy approach leads to complete regression in breast cancer patient who was unresponsive to other treatments. <http://ow.ly/kKBH30kkX8f> (06-05-18)
- More frequent screening after prostate cancer treatment does not improve survival more than screening once per year. <http://ow.ly/P4oo30kkX9y> (06-05-18)
- New algorithm can tell you how much caffeine to take and when to take it for optimal alertness. <http://ow.ly/vjxW30kkXd0> (06-05-18)
- Lack of data and transparency makes it possible for hundreds of doctors to continue practicing in another state after losing their license. <http://ow.ly/KWAW30km8Gp> (06-06-18)
- Researchers take advantage of a vulnerable site on HIV in a vaccine that allows dozens of strains of the virus to be neutralized. <http://ow.ly/6FOc30km8SJ> (06-06-18)
- You may soon be able to avoid excruciating tooth decay by using crystals to regrow enamel. <http://ow.ly/mKkT30km9jd> (06-06-18)
- Despite an overall decline, more young people are being diagnosed with colorectal cancer. <http://ow.ly/49tN30km9xm> (06-07-18)
- U of Tennessee scientists discover diabetes drug as effective as metformin, but with a dose 30 times lower. <http://ow.ly/D0hm30kmHdH> (06-07-18)
- Why are autoimmune diseases so much more common in women? Scientists propose a new theory. <http://ow.ly/aE6Z30kmHwV> (06-07-18)
- Forced rehab for drug addiction is considered a lifeline for desperate families, but do some facilities verge on inhumane? <http://ow.ly/1E4O30koD0s> (06-08-18)
- Measuring certain blood factors can reliably predict if a baby will be born prematurely, Stanford study says. <http://ow.ly/XKOs30koD55> (06-08-18)
- Chemicals produced by gut bacteria may influence the buildup of fat in our bodies. The good news? It can be changed. <http://ow.ly/a3sU30koDbZ> (06-08-18)
- Don't blame the increase in celiac disease and gluten sensitivity on more gluten in wheat nowadays. <http://ow.ly/hDTG30koDv9> (06-09-18)
- Essential oils could help prevent millions of infections caused by biofilms on medical devices each year. <http://ow.ly/rHFk30kpKqD> (06-09-18)
- Two high profile suicides this week highlight the need for more funding, suicide prevention programs argue. <http://ow.ly/VUhs30kpKzi> (06-09-18)
- Compare thousands of patient ratings and experiences with antidepressants at AskaPatient: <http://ow.ly/IDG130kpKDI> (06-09-18)

From AskaPatient; Yet another medical use for baking soda: thwarting autoimmune disease

Autoimmune diseases are often poorly understood and even more difficult to treat. When afflicted with an autoimmune disease, an excessive immune response against a perceived threat causes inflammation that can damage organ systems throughout the body. Researchers at the Medical College of Georgia have found evidence that drinking a daily solution of baking soda in water can reduce this immune response by changing how the spleen interacts with mesothelial cells. These are the cells that line our organs and can produce either an inflammatory or anti-inflammatory immune response. The researchers found that baking soda shifts the landscape throughout the body to an **anti-inflammatory** setting. According to the *Jagwire's* health news release (see below for link), the baking soda acts as a "trigger for the stomach to make more acid to digest the next meal and for little-studied mesothelial cells sitting on the spleen to tell the fist-sized organ that there's no need to mount a protective immune response."

Previous clinical trials have shown that drinking baking soda can slow kidney disease and reduce blood acidity. Baking soda has a long

history of providing health benefits: It is used for dental health, to treat heartburn (it's the main ingredient in Alka Seltzer), and when mixed with water and salt it can soothe mouth ulcers. This new research suggests that with further study, baking soda may also prove to be a very cheap and safe way to treat inflammatory diseases.

Here is a list of traditional Nonsteroidal Anti-inflammatory Drugs (NSAIDs); these are used not only to relieve pain but also to reduce muscle and joint stiffness and inflammation. Click the drug name to read patient reviews for those using it for inflammation.

Patient reviews of NSAIDs used for inflammation

ALEVE	(NAPROXEN SODIUM)
ARTHROTEC	(DICLOFENAC SODIUM; MISOPROSTOL)
CELEBREX	(CELECOXIB)
MOBIC	(MELOXICAM)
MOTRIN	(IBUPROFEN)
NAPROSYN	(NAPROXEN)
NAPROXEN	(NAPROXEN)
RELAFEN	(NABUMETONE)
TORADOL	(KETOROLAC TROMETHAMINE)

Source: AskaPatient.com

More reading on this topic:

1. Augusta University's Jagwire News: "Drinking baking soda could be an inexpensive, safe way to combat autoimmune disease" <http://ow.ly/jphR30kmJL7>
2. "[Baking Soda Combats Autoimmune Disease, According to Scientists](#)" by Carly Fraser, June 7, 2018. An overview of the study, examples of autoimmune diseases, precautions about using baking soda (including high salt content), and a recommended ratio of water to baking soda for a basic solution that you can drink every day.
3. Sarah C. Ray, Babak Baban, et. al. **Oral NaHCO₃ Activates a Splenic Anti-Inflammatory Pathway: Evidence That Cholinergic Signals Are Transmitted via Mesothelial Cells.** *Journal of Immunology* May 15, 2018, 200 (10) 3568-3586; DOI: <http://www.jimmunol.org/content/200/10/3568>

Contact AskaPatient at admin@askapatient.com
Send newsletter feedback or suggestions to AskaPatientNews@askapatient.com
[unsubscribe from this list](#)



Copyright © *|CURRENT_YEAR|* AskaPatient ®