

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

- New experimental HIV vaccine is one of only five in 35 years of research to progress to human trials. <http://ow.ly/fXng30kR2ou> (07-09-18)
- Tourists' baby is treated with a nap and bottle of formula and the parents are mailed a bill for \$18,000 two years later. <http://ow.ly/yuD530kR2s1> (07-09-18)
- U.S. opposition to a resolution intended to promote breastfeeding stuns world health officials. <http://ow.ly/KLug30kR2CE> (07-09-18)
- Drug combination selectively eliminates non-functioning cells and extends health and life in mice. <http://ow.ly/ta6l30kSk41> (07-10-18)
- A one-time administration of an experimental gene therapy reverses diabetes without adverse side effects in a recent mouse study. <http://ow.ly/VcR330kSk4S> (07-10-18)
- Doctors explore whether partial fasting can improve multiple sclerosis symptoms and alter gut bacteria. <http://ow.ly/Pp6q30kSk6b> (07-10-18)
- University of Utah scientists discover why certain sounds can make people dizzy. <http://ow.ly/l1xA30kTu8V> (07-11-18)
- Vitamin D does not protect people from brain-related disorders, contrary to popularized belief. <http://ow.ly/C3Lx30kTucv> (07-11-18)
- FDA gives Israeli pharmaceutical company approval to begin late-stage trials for a non-opioid painkiller. <http://ow.ly/Hp8v30kTuhv> (07-11-18)
- Fifteen minutes of exercise after practicing a new skill can help your brain retain that skill. <http://ow.ly/DVpC30kUzvy> (07-12-18)
- New Jersey dad may lose all four limbs after contracting a potentially lethal bacterial infection while crabbing. <http://ow.ly/vmOt30kUzD0> (07-12-18)
- Australian experiment destroys 80 percent of mosquito populations in 3 trial locations. <http://ow.ly/hCAP30kUzJa> (07-12-18)
- Eat an orange every day to protect your eyes from macular degeneration, says 15-year study. <http://ow.ly/zDfF30kVAmt> (07-13-18)
- Cheese-lovers rejoice: new study finds no evidence that dairy is linked to heart disease or stroke. <http://ow.ly/Z7rK30kVAwl> (07-13-18)
- Have you ever felt like you can't think straight during a blisteringly hot day? Now there's evidence that this is the case. <http://ow.ly/xw8l30kVQmS> (07-13-18)
- Does rushing treatment expose suspected stroke victims to greater levels of dangerous misdiagnosis? <http://ow.ly/bweW30kWU0c> (07-14-18)
- Humans are not the only animal that sticks with the wrong choice even when another choice is clearly better. <http://ow.ly/cRRp30kWU0Z> (07-14-18)

From FDA: Common hypertension drug recalled in the U.S. and more than 20 other countries

On Friday, the FDA announced voluntary recalls of some **valsartan** products, due to possible contamination with carcinogenic ingredient, N-nitrosodimethylamine or NMDA. The discovery was initially announced by the European Medicines Agency (similar to the U.S. FDA) about two weeks ago, following a discovery of the ingredient in valsartan products provided by the supplier (Chinese company Zhejiang Huahai Pharmaceuticals). Initially, it was thought that the U.S. was not affected, but now the FDA has identified three companies with contaminated product. The FDA's release on Friday identifies these products and three associated companies:

Valsartan	Major Pharmaceuticals
Valsartan	Solco Healthcare

Valsartan Teva Pharmaceuticals Industries Ltd.

Valsartan/Hydrochlorothiazide (HCTZ) Solco Healthcare

Valsartan/Hydrochlorothiazide (HCTZ) Teva Pharmaceuticals Industries Ltd.

Sources and more reading:

[FDA press release](#) Friday, July 13: "FDA announces voluntary recall of several medicines containing valsartan following detection of an impurity"

Solco Healthcare has provided information to consumers on [affected lots](#) of the drug.

<https://www.fda.gov/Safety/Recalls/ucm613504.htm> (press release by Solco Healthcare)

Teva and Major Pharmaceuticals have not yet released any instructions at the FDA for consumers or lists of affected products.

Common heart drug recalled in 22 countries because of possible cancer link ([CNN report](#))

Health Canada recalls valsartan from five companies. Affected lots and [instructions for consumers](#)

New on AskaPatient: shingles vaccines reviews

Have you taken the recently approved "Shingrix" shingles vaccine? GlaxoSmithkline reports that the product is 90% effective in preventing shingles and will reduce the severity of painful post-herpetic neuralgia that can linger on after the rash clears. Shingrix is now the CDC's recommended shingles vaccine for folks 50 and over, and requires two doses. The drawback: this vaccine has a greater risk of side effects than the live-virus shingles vaccine Zostavax, which has been on the market since 2006. Patients who have already received Zostavax may also benefit from a Shingrix vaccination.

If you've received a vaccination with Shingrix and/or Zostavax, click vaccine name below to share your experience at AskaPatient:

Shingles Vaccine Type	FDA Link
Shingrix, approved October 2017	Package Insert
Zoster Vaccine Recombinant, Adjuvanted (RZV)	
Zostavax, approved May 2006	Patient Insert
Zoster Vaccine, Live (ZVL)	

More vaccine information: for the upcoming 2018-2019 flu season, there is good news for people who prefer the intranasal spray as an alternative to the flu shot: the CDC says that while they did not recommend it last year because it was not shown to be effective enough, FluMist will once again be recommended as a vaccination option in the next flu season. Check out their report on the [CDC site](#).

Sources and more reading:

CDC: Vaccine Adverse Event Reporting System: <http://www.vaers.hhs.gov>

[Should I get the new shingles vaccine?](#) by Harriet Hall, sciencebasedmedicine.org

Consumer Reports: [The new shingles vaccine: what you should know](#)

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